



## **Qigong for Depression, Anxiety and Trauma**

So one of the greater and common challenges is emotion. Emotional stress is the main stress we experience and directly causes health challenges and challenges of life in general. So what we are learning here is to address the emotion in a new way, in a more energetic and more healing way.

One of the most common emotional challenges is depression and anxiety, including traumatic experiences for whatever happened in the past especially in childhood and so on.

The Qigong perspective provides a new way of approaching emotion and not only recognizing emotion is powerful but that it is a common human experience. Without emotion, we would be walking like zombies. We wouldn't feel anything about life. And yet when we're feeling intense emotions it can be challenging, so we must learn how to embrace the emotion and work with the challenging emotion at the same time - that's one of the important practices of Qigong.

We experience all kinds of emotions as human beings from happy to unhappy, from fearful to strong and well, from worry to confidence, from angry to peaceful and courage, from sadness to sense of compassion of life. So all range of emotion we experience at some point in life, sometimes more intense than other times.

So when we're embracing all these emotions as natural experiences as human beings - responding to the circumstances of life but more importantly on an energetic level realizing it has a deeper purpose.

Depression, anxiety, and even a trauma attack is really about this deeper hidden emotion in our body - an unresolved emotion.

If the energy, the emotion associating with the heart is happiness, when we feel unhappy for too long, eventually we're going to feel depressed. And the same

way when the energy in your kidney system is not resolved, when the fear is not resolved, then eventually you experience depression. And the same way, the energy, the emotion in your digestive system associating with worry, if that energy is not resolved, eventually we also experience depression. And the energy in the liver associating with the emotion of anger, when that is not resolved, we can also experience depression. And the same way for the energy of the lung, you're associating with sadness.

So again, all these emotions including sadness are very natural emotions and yet if we're stuck with our emotion, when the energy, the feeling inside of you is not resolved over time, then we may experience depression and ongoing anxiety as well as emotional stress. The emotional stress is also causing the trauma attack.

The way we heal this condition is go deeper into the energy. First of all, in order to go deep into the energy, we learn to embrace all the emotions in your body, not just the mental interpretation, not just the story of what happened, but even beyond what is happening this moment that may trigger certain emotions -- someone, something else triggering our deeper emotional response.

You must go inwardly directly working with the energy of the organ associating with certain emotional response. So we're having this intense or uncomfortable or intense emotional response that means the energy is not processed in the organ system. The energy is contracted. The energy is suppressed. The energy is not connected in the big flow of life inside of your body. So Wisdom Healing Qigong practice allows you to continuously go deeper into the body, connecting with the energy, opening the energy. Through the movement we're opening the energy deep inside of you, awakening the energy, from numbness to wakefulness, from disconnection to connection, from stagnation to flow.

When we're making the sound we're vibrating the entire body, creating energy vibration to move the energy, opening the energy again, especially deeply in all organ systems. By doing that, you're transforming the emotion from fear to nourishment and creativity, from worry to confidence, from unhappiness to greater happiness, from sadness to compassion, from anger to courage. So when you deeply transform all these deep emotions, naturally you're transforming depression. The energy starts awakening. Depression is really energy that is stuck, it's suppressed. It can be in any of these organs. It can be a combination of these organs, affecting not only your physical health but also emotional well-being as well as the function of your mind, function of your spirit in life in general.

So when we return the energy to openness, to flow, to deeper waking connection in the entire body, then life comes back or spirit comes back to the fullness, to the optimum function. The same way, not only you can heal the depression, heal anxiety, heal all these emotions but also you can heal the trauma, whatever has happened in the past is a program of energetic imprints of contraction and suppression, also disconnection. So now, you bring love, bring compassion,

bring awareness to the energy through diligent practice. Not only you're connecting with the energy, but you're allowing this energy, programming this energy, awakening the energy to function in whole, function in a deeper connection of yourself.

So you empower yourself. You totally rediscover yourself, awakening to the wholeness. And that is the deeper healing of all levels including healing whatever trauma happened in the past, whatever emotion, stress we're experiencing whether from accumulative stress of the past or traumatic stress of certain moments in life.

So the diligent practice continuously allows you to connect the mind and the body, connect deeper to your organs, and connect with the energy which is responsible for all functions of your physical, emotional, mental and spiritual.

Haola