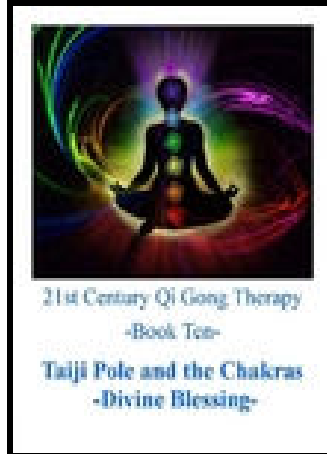


21st Century Qi Gong Therapy
-Level Ten-

“Taiji Pole and the Chakras”
-Divine Blessing-

By Ashida Kim



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There are joys which long to be ours. God sends ten thousands truths, which come about us like birds seeking inlet; but we are shut up to them, and so they bring us nothing, but sit and sing awhile upon the roof, and then fly away.

~Henry Ward Beecher

There are several schools of thought regarding Chakras and the student will a good introduction into one such school covering the Taiji Pole, the nine Chakras and Divine Blessing.

Grandmaster Ashida Kim states *“The Taiji Pole flows from the top of the head (Baihui point – GV 20) through the center core of the body to the base of the perineum (Huiyin point – CV 1). It is visualized as a vertical pole of brilliant white light surrounded by a spiraling veil of golden light, full of vibration and pulsating energy.”*

The study provides a very nice color diagram outlining the areas of the Chakras. Traditionally only the seven primary Chakras are taught but the study has included the two external Chakras.

- Root Chakra
- Sacrum Chakra
- Solar Plexus Chakra
- Heart Chakra
- Throat Chakra
- Third Eye Chakra
- Crown Chakra
- Heavenly Transpersonal Chakra
- Earthly Transpersonal Chakra

A thorough discussion of each Chakra gives the student a very sound overview of their functions and physical manifestations.

A very interesting study included in this lesson is “The Healing Power of Color/Light”.

- Red (Garnet, Ruby)
- Pink (Rose Quartz, Pink Sapphire)
- Orange (Topaz)
- Lemon Yellow (Citrine)
- Emerald Green (Emerald)
- Flame Blue (Sapphire, Tanzanite)
- Indigo (Tanzanite)
- Violet (Amethyst)
- White (Opal, Diamond)

A page covering the “Divine Blessing” is a study that the student will find intriguing – actually, it is quite in line with scripture – *“Bless them which persecute you: bless, and curse not.” Romans 12:14*

Blessing people or objects is not as strange as one may think. Grandmaster Kim states *“Blessing is usually done by first requesting that the negative be removed from the person or object to be blessed so that it can receive the blessing. Erase the negative energetic imprint so that a positive energy imprint can radiate full and vibrant.”*

The student will find the “Blessing” in this lesson!