



STILLNESS AND LIGHT

THE WAY OF THE HEART

太極五息功

Meditation Retreat. Spain.

September, the 25th, to the 29th, 2024.

By Andy Henry.

The essence of the work

In this retreat we first try to find the experience of our stillness (our empty essence) and try to get a little more stable in that experience. As this stability develops so does the energy or light that comes out of this emptiness. Both our stillness and light are different types of our energy or our Qi.

As we experience our light (all our active forms of Qi) we try to learn to work a little better with it .. to develop our awareness of what that light shows us about ourselves, the world we live in, and to integrate with that. This is the Way of the Heart.

How we practise

We use a variety of standing, moving (daoyins) and sitting exercises to let go of our tensions while at the same time to activate and develop our energy, especially our vital energy called Yuan Qi. The **daoyins** are a mixture of mental focus, postural structural work and spontaneous reaction and movement. As we practise them our tensions lessen (called Bin Qi or negative factor) and our Yuan Qi develops. For some students cathartic emotion release can happen in these stages. As we work with this we start to understand more about our Energy body and how this connects to our perception, our emotions and our thoughts.

The **Energy body** includes the energy channels (meridians) and the chakras as well as the phenomena of light that can extend beyond the physical body and our relationship to that. Developing our external Qi (kong jin) is very important in this process. It is here that we have the possibility to see the connection between our thought, emotion and energy and how that comes out into our physical reality. Compassion is a natural expression of this light within ourselves and provides both a path and a guide in our work here.

To support this work we also study the different chakras (energy centres or dantians) and their function and role, both positively and negatively and the different types of Qi involved. We also study the subject of Qi or energy and how this relates with our **Stillness and Light and its relationship to our Heart and Compassion.**

The Aim and Fruit of the Work

Building a stronger energy body results in an improvement in the health of our physical, emotional and mental aspects. This is a first stage in the development of our Compassion where our work for our health enables a greater health, freedom and clarity of body, energy and mind. This in turn gives the chance for a natural lack of worry and fear for self and so the basis for Compassion for others. This is the basis for working with the large channels and their connection to our anger (attachment to what we dont want), jealousy (attachment to what we want) and fear and how to improve how we are with those experiences. As this basis develops and our Yuan Qi becomes clearer, we can see this benefit in both our practise and our everyday life. As we become more stable in the meditation practises (usually after a few days of the retreat most practitioners experience this ease and comfort in their meditation) this becomes a practise for how we are in ourself in the everyday life and our relationship with ourself and others.

For experienced practitioners we deepen our stability in the experience of stillness and light and as our fear gets less and our compassion for others develops more, we work with this developing Energy body in the upper levels of this practise.

At the same time the Retreat environment is an excellent opportunity to spend more time with the teacher and benefit from their personal practise, understanding and healing function.

Developing our external Qi (kong jin) is very important in this process, as it enables us to see the connection between thought, emotion and energy, and how it manifests in our physical reality. Compassion is a natural expression of this light within us, and is both a path and a guide for our work here.

IN LLANES



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Hotel LA POSADA DE BABEL

www.laposadadebabel.com

ANDY HENRY

Andy Henry is a well-established teacher and healer in the Qi Gong field. He has studied and practised with different teachers from the Healing, Martial and Spiritual traditions of the East and the West for over 30 years and has been teaching for over 30 years.

One of the main influences of his work has been the late Dr. Shen Hongxun, founder of Taijiwuxigong and Buqi healing.

Andy maintains a busy teaching and treatment schedule in England, Portugal and Spain. He is a **master and healer** in the field of Qi Gong, with an important trajectory and recognized **international prestige**.

PRECIOS:

Accommodation and course:

Single room:	710€
Double room:	650€
Single room, sharing bathroom:	690€
Only course and tea-breaks:	390€

Booking in advance is mandatory. Payment will be made on arrival.

HOW TO ARRIVE:

If you want to come by plane you have three airports:

- Santander (direct flights from Stansted). Around 45 minutes by car to the venue.
- Asturias. 90 minutes.
- Bilbao, 120 minutes, and more flights at different times.

The easiest way to arrive from the airport to the venue is to catch a taxi. If you are a group of 4 or 6 it could be around 50- 60 €/ person. We could help you to organise the groups and the taxis.

You could take a bus too... It would take you more time. You'll have to change bus at some point, or combine it with a taxi. Again, we could help you with that. (Bus company: [also: https://www.alsa.es/](https://www.alsa.es/))

Another option is a blablacar. Normally it is cheaper and direct. As we did the previous time, we can help you with all the details of your travel to the venue. Just let me know.



INFORMATION AND BOOKINGS

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