Rev's Reflections

Getting Unstuck

In case you missed it, Nancy Graham, who spoke at the September 22 Sunday service called "Practical Daoism," is now leading *qi gong* classes in the Oneto Room. She will be with us for six consecutive Tuesday mornings, giving us a basic intro to the practice.

Qi gong (pronounced "chee gung") is a long-established Chinese practice of movement and mindfulness whose goal (as I understand it) is to get the mind, body and spirit working together by moving energy. The term "qi gong" literally translates as "moving or gathering life energy."

Over the last few years I've give time to UU meditation with UU beads and walking with the dog three miles in the morning. It's been a while since I've practiced yoga or anything else that uses stretching as a physical methodology. I thought this might be a good way to help deal with some of the effects of psoriatic arthritis on my body.

I nearly barfed. Seriously. I was asking my body to do things it hasn't done in years, and lately I've been having this inner ear thing going that is affecting my hearing. My body rebelled. Or at least gave me a nudge to let me know this is long overdue and that I should take it easy.

Brief mild nausea was a clear indication that my physical being has been "stuck" in a dichotomous loop of either sitting or walking with precious little other intentional movement.

Like many spiritual practitioners, I believe that we are all doing a delicate balancing act as we nurture our minds, bodies and spirits in unison. I've always thought of it like balancing a three-legged stool. Over engage one part, and you risk disengaging another part, so that the stool goes akimbo.

To look at it another way, while the energy is constantly moving in my mind and spirit (thanks in large part to you all and the goings-on in the world) my body has been *stuck* in a cycle of walk-sit-walk-sit-walk-sit.

What a great opportunity to get *unstuck*.

In Peace,
Rev Denis