



# chi and creativity

Vital Energy and Your Inner Artist

**Elise Dirlam Ching and Kaleo Ching**

*Authors of Faces of Your Soul*

Elise Dirlam Ching

## Chi and Creativity: Vital Energy and Your Inner Artist



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whether which means writing, making art, cooking, gardening, sewing, dancing, acting, singing, or virtually any activity. creative class” as uniquely gifted. Through artwork, they join in creative expression of the internal discoveries along the path to greater balance and integration. Most people have a tendency to idealize artists, authors, and others of the “ In Chi and Creativity, Kaleo Ching and Elise Dirlam Ching present readers how exactly to use an array of ways of harness the energy of chi to uncover, and cultivate, that often elusive inner artist. Based on their well-known workshops, the authors provide an integrative practice to generate the joy, wonder, and feeling of well-being necessary for artistic self-expression. Specific exercises draw on everything from acupressure and inhaling and exhaling ways to Chi Kung movement and meditation. Through Chi Awareness, the body, mind, feelings, and spirit come into higher harmony. Chi and Creativeness is the authors’ Through journaling, they speak. But the capacity to create is part of being human– Through guided imagery, they dialogue. method of sharing this magical transformative process and can be used by anyone who wants to add fuel with their creative fires.



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Indispensable book for better living I came across "Chi and Creativeness" to become a wonderful comprehensive reserve. Thank you because of this amazing encounter! If imagination informs transformation, this is an immensely creative book. Written in language that is not complicated with technical jargon, challenging concepts are made easily understandable. I admire the authors for doing this because I truly feel that their intent is to impart information to raised us and the world in which we live. I was energized just by the creativity where the authors combined genres. Buy this publication. You won't regret it. It really is most of these: it is a poetic, creative, spiritual, physical, psychological trip and guide right into a third space, one which connects us with a creative spirituality and energy that moves beyond the boundaries of physical existence, by using physical movements and art as the entrance and transit factors to a spiritual trip. He demonstrates for all of us, a spirit-body dance in which the object is not really to split up one from the additional. Offered are guides on breathe work, meditation, harmonizing the five elements within ourselves and the globe around us and understanding the acu-points of our anatomies and the organs related. Chi is within us, around us, inside our artwork, our creative process experiences. perhaps that is because both its form, and the spirit and intelligence that inform it, usually do not easily fit beginnings and endings. Spirit Anyone who's on a journey discovering themselves & Kaleo and Elise Ching, Chi and Creativity Just reading Elise and Kaleo Ching's book "Chi and Creativity: Vital Energy as well as your Inner Artist" will offer you energy. I sometimes like to begin my first readings of books from back to front, and then front to back.! This guidebook explains how they movement, how to stability the Chi, release detrimental blocks we may possess and cleanse our anatomies and spirits. This is simply not your normal narrative. The book will not disappoint. Studying Meridiens, Chakras, Accupressure factors, Chi, and the stream of energy offers certainly made my life better and the ones whom I've been able to help even as a novice. This is my 1st clue that I was onto brand-new terrain. This is simply not your normal chi gong book, nor is it your typical creative art book, nor your normal spiritual information, nor your usual poetry publication, nor your typical memoir, nor your typical eastern philosophy publication, nor your usual how-to publication. I certainly didn't! We also browse journals his students create, and we discover paintings and masks his college students create; The conclusion made me recognize that I was going to witness and experience a person transformation that got the energy to transform everyone around me, and everyone around them, and so forth. The book provides helped me to find calmness, peace and serenity in my frenetic existence. We see Kaleo Ching, in another of his last chapters, teaching us frame by framework the Tiger's breath chi kung, and we learn in his motions how exactly to gain physical strength, flexibility, and stability through a dance of moving meditation. Transformative Guide Need to have These authors so effortlessly bring together an incredible transformative guide to assist the reader in studying Chi, guided imagery, assisting the knowledge of mindful, healthful living.. We also recommend to see Kaleo's presence by going to one of his workshops on Chi Kung or Mask Making ([...we are their bloodstream, marrow, bones, DNA. We have been their spirit, their shadow, their wisdom." Kaleo and Elise don't simply say this; they live it, teach it, and breathe it. The book teaches how to use and combine journal composing, mask making, painting, collage, and poetry as meditative, physical, and spiritual automobiles to self and the globe. Since I began by the end of the publication, the Appendix "Materials, Herbs, and Spices for Artwork", gave me my first hint that I was in for an creative, intellectual and spiritual journey. we hear Kaleo and Elise's instructions as though their ancestors' chi is speaking through them and recreating it in us, so that we as well can re-generate it in those all around us. Chi and Creativity: Vital Energy as well as your Inner Artist Reading this book is an ideal way to get a clear knowledge of the relationship of chi, creativity and the body. wonderful journey An absolutely wonderful trip into awareness, health insurance and the integration of mind, body, spirit and emotion. I am impressed by the skill at transmitting obviously and lovingly so powerful information, and by the beauty of this artwork that is Chi and Creativeness. By the end of the reserve or by the

beginning (if you read from back again to entrance, as I did so), we feel we are transformed by the action of reading, learning, practicing, creating, breathing, living-- and, following instructions of our teachers, Kaleo and Elise, who show us how to use everything we have in mind and body, and present it to others. This is Chi which is Creativity. I've used it to reinforce my meditation practice and my Chi Kung practice. It's a particular gift to ourselves also to the people in our lives. Chi and Creativity has achieved to talk about and inspire at an extremely deep level by using paper as a moderate. This is really a miracle. I recommend exploring this publication to anyone, really. This reserve can be a channel of Energy alone. As we read the poem, therefore we read the reserve. Few books offer such a holistic view of life and touch the spirit from a wide variety of sides, physical, intellectual, psychological, and spiritual. I came across this reserve to be amazingly inspiring and helpful. Chi and Creativity actually offers more than a path but many suggestions and methods inspired from traditional modalities to awaken, unfold, heal, and exhibit our Selves, and Kaleo and Elise share intimate discoveries and encounters by themselves paths to illustrate the procedure and stimulate our own. Posterior compared to that (or anterior, depending in what direction you read the book), we read in one of Kaleo's journal entries a merchant account of his father's and mother's death, where he shows us that death isn't an ending nor a finish itself, since we bring our "ancestors in us. Through your body, moves breath, lifestyle, energy..]). The experience is really amazing. I can't describe it with phrases...Many thanks, Kaleo and Elise. Some of the high factors in this publication are Elise's poems, which function to show how the divinity of words can reflect that of the globe, and how the worldly phrase can instruct us about other-worlds. There are plenty of very easy to comprehend diagrams and tables, beautiful photographs, illustrations and poems and a great deal of info about how to invite the natural expression of personal and soul. It is a truly great book! Chi and Imagination: Vital Energy and Your Inner Artist Becoming Aware of YOUR SYSTEM, Mind & This is a must have book for the healer and artist in each folks. the energy on earth we reside in should browse this publication. Weather it is through composing, painting, dance, or singing there are plenty of ways to notice your body, brain & spirit. It offers aided me in finding my self consciousness. The Chings' book facilitates that--once you read it you find there is absolutely no end and no beginning, and you can reread it countless ways; Kaleo and Elise are perfect mentors, artists, teachers and friends. A gentle and loving assistance to explore our true Selves Chi and Creativity gives a way to explore our true Selves with the gentle, loving and talented assistance of a gifted healer, teacher, and artist, Kaleo, and his wife, Elise. I'd definitely recommend this book for people that are looking for a reference and kind companion for their spiritual practice. Wonderful book by amazing teachers! Kind Companion I ordered the book not knowing what to expect. This reserve is a supplement to their course "5 Element Chi Gung and Creativeness". I recommend their teachings and writings, which are voiced in a friendly, accessible tone. An amazing deal for a wealth of understanding in this book. Chi and Creativity This is a fantastic book. Well written and very informative. Ideal for both artists and those interested in practicing chi kung. Strongly suggested. One of my favorite poems is "Becoming Stone," where Elise muses on the power and silence of a rock since it is absorbed back to a river: Just how long must I stand here Until I change to stone Steering wheel of existence: No spokes or rim or gentle tube But ring of light Like drinking water in the sun circling me I become smoother and smoother Until I am rubbed back to nothing But the river Like the book, this poem is approximately metamorphosis, transformation, modification, and interaction. I obtained an inspiring appreciation for the meaningfulness of Chi Kung in my own life. wonderful I am an artist thinking about the healing art of chi gung. It'll interest energy healers, artists, and people on a path of self-discovery and growth, but it will also have a particular effect on all others since it touches all aspect of lifestyle and humanity. It really is beautifully organized, poetically written and the self-discipline and philosophies are obviously explained. I would recommend it to anyone interested in improving their quality of life on many different levels!



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