

Song of the Ten Phases of Cultivation and Mastery of Qi

From *The Healing Promise of Qi* by Roger Jahnke OMD

In seeking to live vitally in accord with the true nature of the world,

I first become aware of the essential universal resource – Qi.

I find, observe and sense Qi within myself,

in my surroundings, in all beings and everywhere in the universe.

When this profound resource is gathered and absorbed,

its increased presence activates the circulation of Qi

in my channels, reservoirs and fields.

I purify and cleanse the Qi

by dispelling impure and spent resources.

I direct the pure and fresh Qi in the internal pathways

to the organs, glands, limbs and senses.

The activity of pure and ample Qi

empowers my capacity to fulfill my destiny,

my work and my creativity.

To sustain and even multiply my vitality

I conserve, protect and accumulate the Qi

through moment- to- moment life choices.

Qi that is spent is lost, that which I conserve

accumulates and may be stored.

Through cultivation, Qi that is stored

can be transformed within me,

transmuting inner resources,

through inner alchemy, into the Golden Elixir.

When it is transformed the Qi is refined into pure Spirit (Shen)

which elevates my awareness of unity

with my boundless universal nature.

When I am unified with the universal

I am undifferentiated,

one with all possibilities, beings and things.

United with all that is and all that could possibly be,

I dissolve into the boundless field of The One.

One with the Universe, I am the Universe.

One with all beings and possibilities

I am moved to serve those around me,

knowing that they are none other than myself.