



## Ket: Unity Qigong



Ket teaches Unity Qigong and Inheanity Healing with his wife Cordelia. He is also an Energy healer in his spiritual practice to help all people. He received this teaching in 2015, and brought it out to the public in 2018. He brings an experiential understanding of what Unity Qigong can do for the body, mind and spirit through a very simple but profound practice.

**TOP EMBODIMENT TIP:** Observe that embodiment is more than our bodies, but also the subtle energies and our minds.

### Combined Energy System: Prana and Qi

- There are 2 different energy systems in the human body:
  - o the *Prana* system where prana energy flows in nadis and chakras, and
  - o the *Qi* system where Qi flows in the Dantians and meridians.
- Unity Qigong regulates and strengthens both, through increasing three different energies (Life force, Qi and Prana) with special Movement, Intention and Voice.

### Energy/Qi: Open the Energy flow in the body

- Open the energy flow in the body through: swinging the arms, turning the head, twisting from one side to the other and looking around.
- Then, bring your hands close together in front of you and feel the qi between them, moving back and forth.

### Movement: Gentle movement (right and left) with breathing set

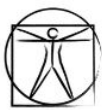
- Ket demonstrated a simple circular movement, placed to move with inhaling, exhaling and pauses.
- Start one set with the left hand. Start the second set with the right hand.

### Intention: Each movement has an intention

- Movement just moves the body. Adding intention to each movement greatly expands the capacity and healing potential of a movement.
- Adding voice to intention increases the power of the body/mind to heal the body, and create Unity with the Universe.
- Ket gathers Earth energy, Heaven energy, and balances the two within the self. Further, he invites healing into all the cells of the body. Lastly, he ends with bringing in the whole universe for letting go.
- He also includes healing for the spirit and harmony for the self, in relationship to the whole.

### Resources

- ❖ **Website:** <http://www.cordyket.com>, <http://www.stonesnchakras.com>
- ❖ **Social:** [Facebook: CordyKet](#)



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