



John Millar: Using Qigong to Escape Cycles of Suffering



John is a Qigong practitioner and co-founder of the 3 Monkeys School of Qigong. His passion is in making the ideas and practices within the Chinese moving meditation of Qigong fun, accessible and relevant to a modern western audience. Discover two of the key skills needed to break free through cycles of suffering and move forward towards true freedom.

TOP EMBODIMENT TIP: If you're going to work with an embodiment practice, don't just do it at the time you practice; integrate it, make it part of your life.

Premise:

- We need to understand what we're doing with our practice, and we need to have the awareness to actually work with it.
- **Important elements for practicing Qigong:** 1) **Creating Awareness:** Awareness of what the sensation is, and awareness of the change we are feeling and, 2) **The ability to let go**, and give yourself permission to let go of things that don't serve you anymore.

What is Qigong?: Leads to Oneness, to Equality

- **'Qi':** It's everything. Chinese character for Qi is three lines: 'vapour rising to form clouds', **an invisible force that creates change**. The sensation of change. **What is the change we are feeling?**
- **'Gong':** Often translated as 'work'; John prefers the term 'mastery', mastering a skill, effortless use of skill.
- Often the focus is on 'feeling qi'; John chooses to '**feel change**'.
- Listening, not just to words, but to tone and body language.
- Creating space to consider information you receive, and considering your response to it.

What are these Cycles We are Going Through?:

- "We can only really enjoy relaxation, if we take the time to get stressed."
- **Repetition** of using mindfulness practices for relaxation, returning work, life, using mindfulness practices for relaxation, returning to work, life, etc., which becomes a pattern of building up stress and letting go.
- **The aim** of mindfulness practice then becomes 'when you feel nothing, there is nothing that needs to change.'
- Enjoy the sensation of your world moving, and enjoy the moments that there is no sensation, which is progress.

Cycles of Suffering: 5 Element Theory, 5 Phase Theory

- The image of yin and yang describes a natural cycle.
- Cycles such as 'I am tired, I sleep. I am hungry, I eat' create dynamic change.
- But you can **get caught in a cycle** that is not moving you forward.

Resources

- ❖ **Website:** 3monkeysqigong
- ❖ **References:** Barnaby Kent



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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