



Chi flows like water, she balances the inner fire, and her essence is the life force, the subtle air.

Who is Chi?

Chi is the Dakini who chooses to be the vehicle of expression for the life energy known in Asia as Chi. She exemplifies mastery of the flow of energy in the physical form, knowing this comes from alignment with subtle invisible energies that are present in our own bodies and in all of nature. Chi, Qi in Chinese, literally means air, breath, steam, but is generally translated as 'energy flow', or bio-electrical energy. Its nature is both spiritual and physical.

It is the relationship with chi that forms the basis of the martial and the healing arts.

The understanding of the flow of Chi is the gift from Asian wisdom that Chi offers to the world. Although it would generally be expected that Chi would be classified as air, in our pantheon her field is expressed through the vehicle of water as she offers the path of flow, the path of least resistance, and this is well expressed in fluid terms. This Asian archetype models these qualities for the world, so that even the warrior forms are not hard and brittle, but soft and mutable. That which bends does not break.

So Chi's elemental glyph describes how fluidity balances fire, with air as the inner essence, the internal and universal subtle force.

Chi also carries with her the Chinese Divinatory system known as the I Ching, The I Ching, the Book of Changes, has affinity with this Oracle as they both employ a cycle of 64 energies. It describes the cyclic patterns of the Tao, the pathless path of Chinese mysticism.

This portal pays homage to this great work.

Location/Sphere of Influence

China/Asia/ the body/the Wu Gi.

Allies

Animals indigenous to China. Bamboo.

Nature & Description of Dakini

Chi flies through the air in the center of a blue yin/yang symbol, expressing the effortless exuberation of elemental attunement. Her form echoes behind her as a motion blur, for she is movement in space assuming solid form.

Chi arises from the heart of the Wu Gi, the great pregnant void, as pure imminence.

The Chinese symbols for the five elements – wood, fire, earth, metal, water – are inscribed around the inner circumference of the circle. Around the outer circumference are the eight phases of Universal Energy expressed by the trigrams of the Pre Heaven (Primal) arrangement. This cycle forms the basis of the I Ching.

Her realm is a combination of the nature and art of China, a collage of tribute to this ancient culture. Chi is both in the landscape and of it.

She shows how Chi is ever present at all times for us to tap into. She demonstrates many ways to work with the energy of Chi. The forms are inner meditations with outer expression, always seeking to flow with the Chi ever present in nature.

The healing arts of acupuncture and massage are an intrinsic part of Chi's realm. Acupuncture needles trigger responses in the energy body that release the appropriate chemicals and bio-electrical signals to release pain and promote energy flow and healing.

Chi's back displays golden needles placed in the points of the Governing Vessel (Du Mei), the confluence of all the yang channels of the subtle body. It circulates the 'guardian Chi' and controls the back area. This Chi 'has your back' and represents the fire of the body.

She is the life force of sprouting bamboo. She is pert, vivacious, spunky yet graceful, fierce yet delicate and flowing. She has her yin and yang balanced and acting in perfect harmony as they compliment each other in the realization of her being.

Beyond male and female polarities, the balancing of yin and yang requires the uniting of dualities within as the play of light and dark and the union of heaven and earth - the upper and lower centers of consciousness in the body.

Chi flows with Wu Wei, effortless action. The aim of Wu Wei in Taoism (the Indescribable Way) is to achieve a state of perfect alignment with natural forces and thereby achieve an equilibrium which facilitates the 'soft and invisible' flowing power of chi.

She moves like flowing water, harnessing her inner fire, as she unites heaven and earth and channels the pure nature of Chi.

Breathe.

Divinatory Meaning

A gift of energy from Dakini Chi.

Chi flows without blockage in a healthy organism. As our Chi flows, our life force circulates within. A wise disciple of Chi attunes the inner flow to the elemental Chi that flows through everything. Chi wants you to know that she flows through all creation-within and without every dancing molecule.

You may need to adopt certain practices in order to channel Chi's gift to maximum advantage. She reveals that these practices are essentially about form - the relationship with self and the space around and between things.

When she is involved in martial arts, she demonstrates that combat forms are about interaction, playing with energy exchange between beings who have been working with the art, not about killing and defeating. View all competition in this light.

Chi comes to you to encourage you to work with the natural flow of energy within the physical body in order to align with subtle energies that exist in nature and in spirit.

Do you see your body as dense material, solid form?

Wake up! Chi wants you to know that you are energy in matter. This is the first principle.

Chi helps us see that our bodies are interconnected wholograms and that what happens to one part has an effect on the whole system.

This is true within the biosystem of our own bodies and also applies to how we as individuals relate to the biosphere of the planet.

Chi teaches us through the example of her being how to work with the forces of nature, not against them.

Look to the spaces between things and events to know how the energy could shift.

Lean into the wind of change.

Chi works with, plays with, energy by inviting it in, never trying to dominate or control it, but to work with it as an ongoing co-creation.

The wise one knows that they own nothing but their connection to Chi.

Once Chi leaves the body, so does life. Chi cannot be owned, she is just passing through...

You may be feeling depleted. Chi is here to energize you, but you may need to help her to do this.

If you have a project, Chi asks you to examine how energy flows in the system, where it is blocked and how it could be remedied. Where to apply pressure, what needs soothing and healing.

If you suffer from or express aggression, channel this through the practice of martial arts and the gentler forms of Tai Chi or Chi Gong.

If you are not aggressive enough, same remedy.

If you are to help others, you should know how to handle energy in your own being.

Become aware of the balance of yin (feminine) and yang (masculine) in your life and in yourself.

Learn how to bring out whichever aspect of yourself is relevant to any situation.

We are all composed of male and female energies, whether we have the bodies of men or women. Chi wants to help us be in contact with both these energies in a healthy and vibrant way. She herself brings the power of the masculine, but her mode of expression flows with feminine grace.

Grace is the result of allowing the chi to create the form.

Indications

Look for ways in which your energy may be blocked and not able to reach its full potential.

You may benefit from massage/shiatsu/acupuncture and inner visualization.

* If you have received Chi in your divination, she asks you to also consult the I Ching. The combination of the information you receive from her reading and the divination of the I Ching will deepen your understanding of the issues at hand.

Practices

1. Regard your own energy. See what situations energize you and which drain you.
2. The Taoist practices of inner alchemy focus on the circulation of Chi through the energy centers of the subtle body.
Chi offers a core practice to help you realign with the Chi energy of the universe within. She says that this is vital, as mental activities tend to cut you off from the lower centers of your body and you cannot be whole unless you re-connect.

You were formed in the womb sucking nourishment from your mother through your umbilical chord. You were weaned of this biological connection and had to depend on external sources of nourishment through the use of the faculties – mouth, nose, ears and eyes – of the upper center of the body (Upper Dan Tien).

It is your birthright to seek support from the mother center (Lower Dan Tien), for this is your center of gravity.

Visualize yourself as embryonic cells lying in the center of your body, in the Chi Ocean, the Elixir Field, below the navel, where the Chi is cultivated. Feel yourself connected by your umbilicus to your mother. Accept her, as you accept your earthly existence, and feel her energy.

Feel the life force flowing into you as a fetus as you develop from that center.

Honor that sacred beginning, your birth, by activating the power of life and consciousness with every breath.

The practice of Qigong/Chi kung (energy cultivation) begins with the following quiet meditation in a seated or standing position. Chi says this practice precedes all other practices, whether in medical, scholastic, spiritual or Martial Qi Gong.

It is the practice called ‘Embryonic Breathing’.

The tip of the tongue touches the roof of the mouth. The back is straight, with the perineum (Hui Yin) slightly lifted.

The mind is the key to lead the breath through the body.

First inhale through the nostrils. Pull the lower abdominal muscles towards the spine and tighten the perineum in the floor of your pelvis, the Lower Dan Tien, Elixir Field. Let your mind stay there for a few minutes, as you breathe with long deep breaths, relaxing the muscles of the perineum as you exhale, tightening as you inhale and hold.

Breathe visualizing every inhalation filling your entire body, especially your joints.

Breathe as if every exhalation opens the joints and relaxes the muscles, allowing any ‘old’ Chi to be released through the soles of the feet.

Once you feel fully at ease, let your mind travel up to your 'Third Eye' (in the center above your eyebrows) and concentrate on a Chi ball of light in the 'heavens' of your personal cosmos. Abide here for a few minutes within long deep breaths
Now as you inhale, clearly focus on the Chi ball of light and direct it down into your Lower Dan Tien, through the 'Thrusting Vessel' (the channel, or meridian, that connects the upper and lower centers through the spinal cord). Picture the dark Chi ocean in your abdomen lighting up. Take in long, low breaths, pausing a few moments before you exhale, holding the vision of the energy exchange between these two very important polarities in your living organism. Exhale Chi through your feet into the earth. Let the light of your inner eye permeate your flesh and fill all your cavities with light and life-force. Notice the increased abundance of Chi to all areas of your body, heart and mind.

Allow your mind to focus itself into this practice until it becomes a habit, and the body memory recalls the true state of illuminated peace, without need for the conscious regulation of the mind.

This Embryonic Breathing re-connects Heaven and Earth within you.

3. The adoption of a practice that focuses on how energy moves in the body is indicated. This could be Chi Gong, Tai Chi or any other martial art practice. Dedicate your practice to Chi and see yourself as her.
4. Offer a prayer, a meditation, where you express your appreciation to the Great Ultimate, to the ancient Chinese sages, the alchemists, the Immortal Ones. Thank Them for their timeless wisdom for the healing of the ages. Send this to the Wisdom heart of China.

Dakini Transmission

I am Chi
I belong to all
I exist in all
If you find me
And play with me
It will double my ability
To freely flow
Taking energy where
It needs to go

Affirmations

I have access to infinite supplies of Chi, life force
I am in tune with the forces of nature
I can balance and channel my Chi
I can heal myself

