

Module 3 - Handout # 1

Varieties of Qi

Sheng Qi is positive Qi and it aligns with the six senses.

Sight Sheng manicured gardens, neatly painted exteriors, tidy, clean and organized interiors, and happy cooperative people. Anything pleasing to the eye.

Sound Sheng is pleasant, relaxing sounds, babbling brooks, chirping birds, fountains, wind chimes, solitude, music,

Touch Sheng is smooth surfaces, pets, a warm bath, a kiss, a gentle massage, silk, velvet.

Smell Sheng is flowers, perfume, scented candles, foods, pleasing fragrant odors.

Taste Sheng may be a home-cooked meal, comfort food, chocolate, fine wine, sweets. Anything that is found to be satisfying to the tongue and taste buds.

Sixth Sense Sheng is a feeling, a vibe, like when you are about to receive a promotion, when you click with someone, falling in love, winning a prize, receiving a commendation. It is the look and feel of confidence, cooperation, love and joy.

Sha Qi is the negative Qi. (We're not saying "bad Qi" - only things that make us feel on edge, jarred or imbalanced.

Sight Sha: glaring lights, dark places, offensive or disturbing art, clutter, trash, dead or dying things,

Sound Sha: noise pollution, traffic, screaming babies, sirens, construction work, loud arguments, yelling, certain types of music.

Touch Sha: grime, filth, dust, mold, splinters, cracks, tears, rickety staircases, thin ice, unsteady terrain, unwanted sexual advances, physical aggression.

Smell Sha: pollution, exhaust fumes, mildew, rot, pollen, toxins.

Taste Sha: bitter, sour, rotten, unfamiliar food stuffs.

Sixth Sense Sha: anger, hate, jealousy, tension, when you feel "something's wrong" or you feel watched or followed.

Poison Arrow Qi. This can hit you like a bullet. This comes in the form of sharp, pointed edges, straight roads, opposing doorways and windows, or anything directed at you in a straight line.

We are balanced when Heaven and Earth Qi, meet, marry and compliment. That's when our human Qi flourishes.