

The Authentic Chi Experience

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An authentic chi experience will stimulate a very noticeable response... a type of stress hormone and nervous energy release that feels really good!

When you were a child, do you remember how you felt when you got excited about something? It was genuine exhilaration, and you felt it throughout your body, from your head to your toes. It was enthusiasm, elation, euphoria, fun, pleasure, joy, invigoration, inspiration, and optimism, all wrapped into one momentary feeling. It was wild and raw, and it boosted your immune system and cellular regenerative capabilities beyond any other healing modality. That was real chi! ...and that is the energy we attempt to turn back on at Vibe Bodywork.

As adults trying to reestablish these natural sensations... It may first occur as a deep relaxation in which you get more "into your body" or "let your hair down", becoming more sensitive to external stimuli. Then you'll begin to feel tingling sensations or chills coursing down your body and out your limbs. You may also get a cool "menthol" feeling in certain areas. But when the meridians begin to fully open there is a rush of heat throughout the body, and you might break into a light sweat. These bodily sensations then lead to natural mental and emotional highs that help us to begin looking at the glass as "half-full", and that's when we learn how to truly transform our lives and manifest our true potentials.

This is what you should be getting from your yoga or chi gong practice, from your church service, from all of the various types of holistic treatments you pay for, from the healthy foods and drinks you consume, from your personal relationships, and eventually from all of the other activities that make up your life.

THIS is how you prevent disease and dysfunction... THIS is how you stay young and beautiful... THIS is how you prosper in life... and THIS is how you find your bliss!