

## T'ai Ch'i - Shen (Spiritual) Energy Seminar -- Followup!

Thanks to everyone who came-out to the Taiji-ShenGung Seminar Saturday Feb 11th!

A good time was had by all as we explored (& for some, re-explored ) the fundamental spiritual tools of 'Practical Mystic'-style Shen-Gung!

You may have noticed some differences in your space this week -- often people's sensitivity is heightened for several days after they begin to work these levels. This is expected, as are the 'growth periods' that can sometimes come-up.

Remember, the first rule is amusement...

...if something 'lights you up', why not 'imagine' it wrapped-up in a funny dress, or a clown suit! It's very hard to take the 'not-fun' energy seriously, when it looks very silly. Now blow-up a rose, fill-in with a gold sun, & enjoy the difference in your space!

What's your Next Step? So, how to further explore this kind of Shen-Gung? First, there will be more meditations posted here in the next few weeks (check-out "Let's Ground" in the Meditation section). Next, we have several Meditation Podcasts planned (if you don't use iTunes, you'll just click to play it in the browser). And we also have further workshops (1-on-1 & classes on multiple topics) available, as well as professional intuitive readings & healings, by appointment .

Plus, we'll have a 1-hr cd of the Feb. 11th Seminar available by the end of March!

Congratulations, enjoy your new space, & we'll see you at the next Taiji-ShenGung Seminar! (planned for July/August timeframe).

in Spirit,  
Rev. Dave