

“My Qi Life Experience” by Federico Black

I have known Anthony for about 9 years. I met him through my wife Fiona as she is a former student of the INMI. Anthony was the one who introduced me to Qi Gong and, while living in Ireland, I used to attend his Qi Gong classes. When I heard that he was organising this course, I could not resist and signed up without hesitation.

The course has superseded all my expectations and the format is excellent. It provides theory, podcasts, resource videos, tailor-made meditations targeted for each module, and practical demonstrations on video by the Coach. In addition, the student is requested to provide videos of the Qi Gong exercises, to do write ups about certain topics or to give a personal opinion on a theme or subject.

One of the things that I love about this course is that we do not know the syllabus in advance so every week I am waiting kind of nervously for the new module without knowing what the next challenges will be.

But the key thing that makes this course so successful is the accountability document. This is the best way for us, the students, to keep track of our assignments, keeping us motivated and making us feel almost “ashamed” if we are not hitting the weekly targets (the list of tasks that we need to complete on a weekly basis for each module)

In my case, having to complete the accountability document helped me a lot in not procrastinating and aided me in micromanaging my workload and practicing every day, and this was despite the fact that I had to play catch up a few times. Qi Gong is about discipline, so we should be disciplined if we want to be good at it.

The group of students (currently 6 of whom are located in different countries) have to read all the theory, watch the resource videos plus the coach demonstration videos, then put them into practice and finally create a video of themselves and post it or them in the collaboration platform (Facebook).

The next step is that either Anthony the coach or some of the other students will provide very valuable feedback – not only on the bad things that we are doing but also the good ones.

In my experience, I did the majority of my videos at home, but a few times we went outdoors and filmed our exercises in amazing places like the mountains, forests, ski resorts, etc. Not only did we post videos, but we also had to report our experiences, meditations, changes in eating habits and life habits and other tasks requested for that module.

Some of the students, including myself, had a lot of technical challenges but we helped each other and Anthony always found a workaround or a technical way for us to get the content in on time. It's important to remember that every week there is a different module to complete so both coach and students are under pressure to deliver.

Another advantage of this course is that it allowed me to share with my wife the good things and challenges of practicing Qi Gong, and when this happened we helped each other to not give up and complete the task in hand.

I feel that the benefits of doing the course these last 6 weeks are immense. One of the main ones was that I overcame altitude sickness – two months ago I could not ski at altitudes of more than 2500 meters above sea level. Last week I was skiing and running at 3500 meters. Also, the fascia issues I have had in my shoulders and my left achilles tendon are starting to decrease. I sleep better, especially after doing the meditations and breathing exercises. I have a better digestion as part of

improving my eating habits. I feel less stressed, and the course has helped me big time at work where I can use the shacking techniques at 10 am and after lunch to increase my energy levels and not have to drink coffee as a stimulant to fight being lethargic. Other benefits are improved memory, better posture, increased fitness levels and reduced migraines and headaches.

As with everything in life, there are some challenges too. Like having to find time to practice every day and to try to include Qi Gong in morning rituals and after coming back from work. Not only is the practice tough but so is trying to understand the principles of traditional Chinese medicine, the resource videos and podcasts related to it. I have to say that being one of the few on the course that has not trained or studied Chinese Medicine, I have found it extremely useful to be provided with that Knowledge and it also helps a lot to understand the reason why Qi Gong exercises or moves are mostly focused on healing our body and mind.

Continuing on with some of the challenges, sometimes after practicing Qi Gong I was so wired that I could not sleep, or a few times I felt so frustrated about some of the moves that were so complicated that I had to spend hours repeating them and watching at Anthony's videos on YouTube to get them right. I experienced crazy nightmares and experience a lot of heat in my stomach.

Overall however, the chance to share this amazing course (that I can also call a journey) with my wife and to get to know a group of talented and extraordinary people, is making this experience invaluable and priceless.

I'm incredibly eager to keep receiving such good training and amazing knowledge and to tackle every module with the same passion and motivation that our coach inspires in us and transmits to us on a daily basis.

#MyQiLife #QiLife #QiLifeAcademy and #HealerInEveryHousehold