

Title: Conversations

Subtitle: Dance-Chi

Second Subtitle: Dance-Chi

Author: wizanda

Date: 1306188475

URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=19

The other day was contemplating starting Dance-Chi...

This is based on a few ideas:

Its possible to check Chi level, by placing hands together and feeling the energy. Then by moving the hands apart and feeling the energy, it brings the Chi externally. This is used in energy healing and by training this, it focuses the energy.

Tai Chi is the art of moving in a way that can use the Chi, as a force and energy. In the body, we readjust our alignment. Many people do the motions, yet not the energy. of striking objects without touching them.

My mum mentioned dance therapy; where its like people readjusting their energy by moving the spine in a way that promotes alignment.

There are certain dance moves that seem like Shiva's dance, where some people move on the floor. This energy can be manifested within parties; where some people are manipulating others, by adjusting the energy field of the party.

So what if dance moves were taught in the correct fashion, where energy is used like Tai Chi; yet in dance form, thus encouraging people to do so in any form.