

June 17, 2017 - Presentation by Mary Zelmer

Your Sacred Path Shines: Amongst Chaos and Fear

Join us for an optimal opportunity to maximize our Qi to flourish during times of chaos and fear.

We are all on a sacred path. Qigong is rooted in the Tao, which signifies way, path, key. It is a way to live in our true nature. Like energy, our true nature is always changing. In Chinese medicine the energy of yin (spirit) and yang (body) needs to be in balance in order to be in good health and joyful living. Our body and spirit are invested to help us stay on our sacred path and fulfill our work here.

Qigong is a life practice that helps us to stay in tune with these life changes and to help us stay true to ourselves. Each of the five organ systems holds an emotional component and a spiritual essence help guide us to our true nature. When we feel the emotions, we can then hear the spiritual essence. While all systems are important, we will focus on the Kidney system because if weakened we have a tendency to live in fear or flight; if strong it moves us to live in calmness and strong will that supports determination.

Through this teaching, you will learn ways in which you can stay centered on your sacred paths amongst chaos and fear. Our time together is an opportunity to become aware of your emotions and release them in a loving way that positively feeds the planet and all of life. Participants will be given the tools to strengthen your will to make these changes. Lay aside your fears.

Presenter Biography

Mary Zelmer earned her B.S. in Community Education. She has always enjoyed living life energetically. She was excited to find Qigong in her community and started practicing Spring Forest Qigong in 2002. Mary worked at the SFQ Center as a Master Healer II for four years, while also starting her own private practices. During that time, she was certified in three SFQ disciplines. She is the co-founder and executive director of the Qigong Connection.

Mary has led numerous large group healing meditations, retreats, organized conferences, created programs and laid intentional groundwork for healing communities and organizations both locally and internationally by bringing awareness to both the energy of the group heart and its connection to the energy of nature.

Mary is most comfortable working in the spiritual world and has committed herself to work through life's challenges by integrating the spiritual with the physical in order to live a balanced and joyful life.

Mary has used Qigong to help herself and others heal from PTSD, panic attacks, depression and anxiety. On occasion at different Qigong classes, she would be introduced as the, "Master of Fear". Now, she is the, Master of Calm!"