

Qigong Connection May 18, 2013

Strength, Joy and Beauty

Strength, joy and beauty are qualities and gifts that come from both us and our wonderful mother earth. We are taught these qualities from nature in the most loving ways; these gifts can greet us in an ocean, be seen in a bird flying overhead or in the touch of a pebble. These gifts are here for us to share with each other to grow, balance and find peace. Strength, joy and beauty have also been given and shared with us by the people that have served to help this group grow. Today, each gift will be honored and woven together by our three speakers with movement, stillness, stories, songs and drumming. This day is also a day of gratitude and recognition for all the people who have given their time, talents and ideas to help the Qigong Connection be of service to its community.

Our Guest Presenters:

Julie Johnson will be leading Active Exercises. Julie has been involved in energy work for many years and has practiced and taught Spring Forest Qigong for the past four years. She was attracted to Spring Forest Qigong because its simplified approach is accessible to anyone, empowering them and enabling to empower others. Julie has led practice groups in Jordan Minnesota. She is a certified yoga instructor and heals with qigong and qi-ssage.

Joanna Hill returns to share the blessing of joy with our Qigong Connection assembly. She is a member of the Mille Lacs Band of Ojibwa and a Pipe Carrier. Her spiritual journey has spanned the globe and embraced many traditions including Christian, Buddhist, the Kabbalah, and Native American. She has received the White Tara Initiation, the Medicine Buddha practice and initiation, and, in 1999, the Avalokiteshvara Initiation from the Dalia Lama. She has studied Kundalini Yoga as taught by Yogi Bhajan; Springforest Qigong Levels 1 & 2 from Master Chunyi Lin and Master Jim Nance; Harmonyum Healing, with Joseph Michael Levry and the Art of Soul Listening and Soul Mentoring with Siri Gian Kaur Khalsa. Joanna draws upon and incorporates the Universal Wisdom of these traditions in her healing practice. She is available for Harmonyum Healing, Soul Mentoring and she can help co-create ceremonies to honor sacred passages and transitions on a case by case basis. Joanna can be reached at 612-723-7147 or via e-mail at: redwillowhealingarts@gmail.com.

Julia Uleberg will share with us powerful and beautiful teachings from her father's transformation. She is a singer, songwriter and storyteller and has deep roots in both her Scandinavian farm family and her adopted Annishinabe family. Gifted with powerful healing teachers from all walks of

life; Julia practices qigong, healing touch, sound vibrational healing, and massage in her own unique way. Julia leads retreats on her beautiful family land guided by the Great Mystery, sky, wind, prairies, and immense starry skies.

Julia says, "I invite everyone to journey with me as I share my father's teachings about his life and death. The process of his dying and transformation taught me to create sacred spaces of beauty out of chaos and sorrow while being held lovingly between heaven and earth. Songs, stories, sounds and movement come together as I share this holy time."

Julia can be reached at juleberg@carleton.edu or by phone at 507-222-7667.