

PRIMORDIAL CHI KUNG FORM AS PRAYER PRACTICE FOR CHRISTIANS

1. Offer prayer for today's practice or set personal intention
2. Invite the Archangels and qualities of the 4 directions to help
3. Honor Christ or the God Head as the Center
4. Perform 4 cycles of Heaven and Earth, beginning & ending in the East
5. Close practice by releasing the energies & expressing gratitude

CENTER

Christ or the God Head

Quote from Teilhard De Chardin, Priest & Paleontologist
"Christ does not act as a dead or passive point of convergence, but as a center of radiation for the energies that lead the universe back to God through humanity, the layers of divine action finally come to us impregnated with divine organic energies."

4 DIRECTIONS:

Tradition of Jewish mysticism, interview with Joan Borysenko, PhD

EAST

Uriel, in Hebrew meaning "fire"
Clarity, new beginnings

SOUTH

Gabriel, in Hebrew meaning "strength of God"
Face & overcome fears

WEST

Raphael, in Hebrew meaning "healer of God"
Physical & emotional healing

NORTH

Michael, in Hebrew meaning "how like unto God"
Wisdom based on deep reflection