

Anti-Racist Community Engagement
Digital Companion

<https://compact.org/anti-racist-ce>

Qì Gōng and (Re) Centering the Body in Community Engagement as an
Anti-Racist Pedagogy

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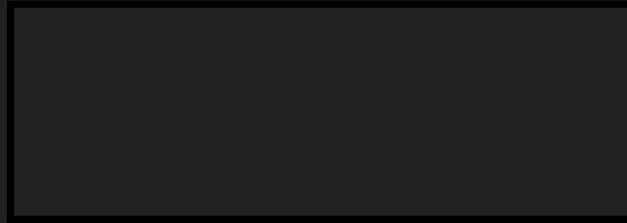
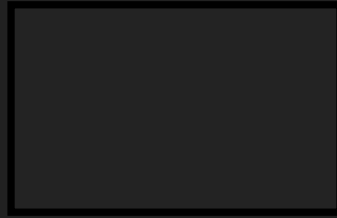
Presentation: Qì Gōng

[Presentation commences on the next page.]



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Qi Gong



What is Qi

-Qi, broadly speaking, is energy.

-Somewhat like the force from Star Wars.

-Qi comes from the Chinese character composed of two other characters: the character for “steam,” or 气, and the character for “rice,” or 米

-”A system is comprised of everything that creates and sustains it. Everything is interconnected and interdependent. If all of the parts of a system are in harmony with one another, then the whole system is in harmony. Disturb one thing and you create a disturbance that ripples through the whole system.” (University of Minnesota)

-Qi is what binds us together.

What is Qi Gong?

-Qi, as we have said means energy and so gong means subtle breathing.

-Qi Gong is the transformation of bad or wicked energy into good or peaceful energy.

-This is often done through slow bodily movements and controlled “subtle” breathing.

-Qi is “drawn into the human body through mundane tasks such as breathing and eating. Its cultivation through physical exercises—the forerunners of today’s qigong—could lead to excellent physical health and vigor” (Rogaski 2019).

Qi Elevator

- As a preamble one usually starts with intentional belly breathing
- One then progresses to a Qi Shower
- This is accomplished by setting one's feet shoulder width apart and by relaxing the body
- One then begins to breath in through the nose and out through the mouth rhythmically.
- As one breaths in they raise their hands up, palms up
- As one breaths out they lower their hands
- One can alter this pattern by placing one foot in front of the other and shifting their balance from foot to foot as they breath, shifting the movements of one's hands and arms forward and back in as opposed to up and down
- One closes this exercise by rubbing hands around one's belly in a circular fashion one direction, and then in the other, and by rubbing one's hands together

Love Yourself and Practice Qi Gong (Phoeun You)

-Be present with yourself and practice resilience.

-Through practicing Qi Gong, learn to listen to your body.

-Learn to process emotions and consider thought before action.

-“Don’t worry about the past because you can’t change it, don’t worry about the future because the future is unpredictable, just live in the moment, because the moment is what you can control” (You)

Embodied Learning in Relation to Qi Gong (Ng)

-“we need to disturb the existing boundaries of educational discourse and turn to and incorporate other epistemological and philosophical traditions” (Ng)

-Qi Gong represents a “new” form of thought in relation to traditionally “western” pedagogies.

-Qi Gong, as a process, emphasizes reflection and growth → embodied learning!

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Embodied Learning

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