

WHAT IS TRINITY CHI KUNG EXERCISE?

- Exercising Energetically, Muscularly and Emotionally;
- Where you are weak muscularly, you are weak energetically, and emotionally – during the TRINITY class, you work to strengthen all three;
- Many times when you weight lift or exercise, you add congestion to your system – TRINITY teaches you how to clear congestion.
- TRINITY teaches self-healing in the form of Mind-Body Medicine (emotions, muscles and energy meridians.)

WILL I GET A GOOD CARDIO/MUSCLE WORKOUT?

- It is a very strong workout -- we open the energy and strengthen the muscles in the body by using weights, free movement, ball and bands.
- During each class, we identify and locate an issue in the body and work to clear and strengthen the body's energy, physical and emotional systems. (Sample issues: boundaries, pleasure, stress, anger, sadness.)

The Trinity program provides a unique opportunity to exercise muscularly, energetically and emotionally for an integrated healing approach. Its focus is to help participants (1) identify unhealthy energetic, emotional and physical patterns and (2) unwind and reprogram these unhealthy defenses. Exercise work includes: ball, weights, bands, free movement, and foam roller. A free energetic assessment is included upon request.

The Trinity Program helps you identify and clear these unhealthy energetic, muscular and emotional patterns. To compliment the Trinity Program, bodywork, energetic work and body-mind therapy can be very helpful.

BACKGROUND:

Muscular/energetic and emotional tension can cause physical and emotional illness. Tension or restriction at the physical level usually reflects an imbalance energetically and emotionally. Usually, this means people have limited their ability to feel emotions and sensations because they want to escape from pain and discomfort.

Another way of saying this is that areas of our bodies become trapped or frozen in time - usually, a time in our childhood that was painful.

Unfortunately, when we cut off from feeling, it also means we cut off positive feelings and sensations. The physical results are usually muscle tension, energetic congestion and potential illness and injury.

On a psychological level, the effects of these negative patterns are that we develop what professionals label: a false sense of self or a limited view of self.

So, the freezing of the feelings and the sensations in our bodies trap false images and beliefs so our view of ourselves and others are limited. As we release these false beliefs and painful emotions in our mind and our bodies, unhealthy patterns and thoughts heal. This can make us healthier physically, energetically and emotionally.

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PROGRAM STRUCTURE

The program has 4 major phases.

(1) The warm-up phase includes setting your intention for the day, cardio work, free movement, hara dance, stretching and a self-assessment to determine what is happening with each person energetically, physically and emotionally. At this time, the emotional issue to be explored is discussed.

(2) Grounding phase. Significant legwork is included in this phase. The purpose is to help people connect fully to their bodies and to the

earth energies. Without this connection they will not be able to explore the emotional issues in a body-mind fashion because they will not be connected deeply to their body.

(3) The core phase includes a wide variety of exercises using any or all of the following: weights, ball, bands, slide and the floor.

(4) The cool down phase provides the opportunity for participants to review the energetic, emotional and muscular discoveries. A stretching component is also included as well as a short-guided meditation.

The warm-up assessment and cardio phase lasts between 10-15 minutes. It is then followed by the grounding phase. For greatest effect, the grounding phase must be mastered before moving to the core phase. If people are not connected to their body, they will have difficulty feeling the emotional issue being explored and they will have difficulty connecting to their core during the next phase. If participants feel shaking in their legs and/or up the body -OR- they feel flows up their legs it signals they are grounded and ready to move to the next phase. They are encouraged to be patient and to notice if they fall into the self-judgment trap. They are encouraged to set-up a time with me for individual guidance.

Once in their body, the core is opened through a third core phase of exercises using the ball, bands, floor exercises or movement. The core of the body holds both our true essence and our false images of self. It holds areas we judge and are separate. It holds our trauma, our fears and our shadow self. It also holds our unique gifts, our power, our wisdom, our joy and intuition. This phase lasts 20 minutes.

The fourth and last phase of the program lasts approximately 10-15 minutes and is part of the cool down. It includes meditation, stretching and reassessment.

DIFFERENCES FROM TRADITIONAL METHODS OF EXERCISE

Working the edge at all times: One of the main differences is something I call the smile point. Most times we exercise to our edge.

Our edge in this form is defined by the **smile point** – which is defined as being able to relax into the sensations and smile into them. If they go beyond the smile point at any time, it negatively shifts the energy.

Stretching differences: The stretching phase facilitates the grounding phase. During this phase, as is true in every part of the program, participants honor the smile point. They connect to their body with breath and mind and relax completely into the stretch. Once the muscle is completely relaxed at this position participants increase the stretch but never beyond the smile point - always checking to make sure the body is carefully aligned. When participants are in the maximum stretch, they get a sense of a flowing sensation in the area of the stretch. This flowing sensation is the beginning stage of the grounding phase.

Cardio: This phase focuses on two areas – the Hara dance and free movement. The Hara dance is an energetic dance dealing with the dimension of intention. It boosts energy flows and strengthens our ability to manifest our longing. Free movement is a major form of the cardio phase. I begin certain dance-like movements – then participants let their bodies flow and move following their own energy patterns and individual needs.

Ball, floor, band exercises: The smile point is honored at all times – meaning participants completely relax the muscle being worked so the energy shakes through or they feel flows – but never beyond the smile point. Shaking and flows are the focus of the exercise.

Weight lifting: Weight lifting takes place in tandem with breath and voice (optional). Participants hold the weight at certain points while focusing on specific meridians and muscular weaknesses and energetic congested areas. As a point is held, participants relax into the area and feel the sensations, flows and emotions in that area. In addition, unlike traditional weight lifting, participants are encouraged to follow the natural movements and unwind the muscle and surrounding fascia. So non-traditional movements are encouraged, while half of a participant's awareness is held on the muscle and half is connecting to his or her core. For instance, I may begin working on the tricep muscle but I will feel the need to move the weight so it also

engages and unwinds a restriction in the deltoid muscle and surrounding fascia. All the muscles are integrated and are in relation to each other. Therefore, if one area of the body is holding restrictions and is congested, it is important to unwind the relationship between muscles, fascia and core.

Harvesting Sensations: In-between sets and sessions, participants harvest sensations by using breath, awareness and feeling what is happening in their bodies. Participants allow sensations to move into areas where no sensations exist. As with everything in the program, effortless intention is promoted so participants simply allow the energy to reorganize.

Micro-movements: Micro-movement is used throughout the session as needed and on an individual basis. This theory is based on the Continuum Movement Theory developed over 20 years ago. It provides a means of spontaneous, effortless unwinding of unhealthy muscular, energetic and emotional tensions. It promotes re-patterning at the neurological, energetic and emotional levels.

Vocalizing: On an individual basis, vocalizing is led and encouraged as a means of grounding, moving energy and having fun!

Emotional and Energetic Awareness -- the Mind-Body

Connection: Participants are asked to become aware of their thoughts, emotions and energetic system during the class. Time and space is provided so they notice how thoughts are affecting them energetically and muscularly. Examples of emotional issues covered include: anger, fear, boundaries, abandonment, invasion, shock, sense of self, and core essence.

The Smile Point: The Smile Point is the place where you allow muscular tension – but only to the point that you can completely relax and smile into it. If the tension goes beyond this point, then muscular/energetic congestion can form. There are few exceptions to this rule. The Smile Point can help you become aware of your energetic/muscular defense patterns. If your Smile Point for a particular body part can only hold slight physical exertion, then most likely you are connecting to an area of the body that you have

severely disassociated from – in other words, an area that has muscular/energetic and emotional congestion.

Benefits To Class Participants

- Identify and feel energetic flows and congestion;
- Emotional clearing, conditioning, and strengthening of muscular, cardiovascular, and energetic systems;
- Free energy assessment, upon request;
- Awareness of emotional, muscular and energetic defenses; and
- Fun!

Comments By Class Participants:

“When I can feel the energy, I feel I can do more. More powerful!”

“I could feel the energy flow through my body and up through my neck and I could feel emotions arise along with the energy flows.”

“I began to feel the relationship between my emotions and my energetic and muscular systems,”

“I had no idea what an energetic system was when I started and now I think I have a very good idea.”

“By understanding my physical body better and how it is feeling during exercise, I think I am more able to prevent injury by not overexerting myself. Now I see that the mind and body are so interconnected that it seems inappropriate to even consider them separately.”

“I started judging myself less and being aware in a nonattached way to where my blocks are. I started being able to feel without getting stuck in how I felt physically.”

“I definitely believe this class is beneficial.”

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