

Find your CHI

Chi is a Chinese philosophy when loosely translated means “**aliveness, the life force energy or life breath**”. Developing your chi is one of the best ways to heal your body – both physically and mentally as well as a path to reaching your full potential.

If you carefully look around you, are people living or mainly existing. Are they posturing themselves in a certain manner to belong or are they really alive and truly feeling a force of energy within to motivate them? Are people’s happiness beyond their lips or does it light up their entire being?

In today’s world it is so easy to see people get caught up with the perceived dreams of pursuit whilst inside they are being sucked in to a dark vacuum and sinking into an abyss. How do you control this?

CHI starts with the first step which is breathing, this allows you to exhale the toxins from within and inhale the new oxygen symbolic of renewal and reengagement. CHI forces you to develop a level of energy and spirituality. Ones CHI enable them to have a new perspective and block out the negative energies that can engulf you. CHI helps you to define who you are through meditation instead of who you are defined to be, by societal standards which is often the norm by which most people get trapped by.

When you find your CHI it enables you to release your full potentials as you have emptied the negative energies stored within, and replaced them with a new perspective that gives you clarity to pursue those things which fully completes you as a being not what is predetermined as a societal norm.

Finding your CHI generates positive energies which can easily be transmitted to other persons as they feel your strength and the energy you radiate - remember everyone likes to be a part of success. Finding your CHI helps you to develop that inner strength from within. Finding your CHI helps you to transform your life and radiate and attract that positive energy.

Are you prepared to find your CHI and stop merely existing, and wake up each day and beyond saying “**I am alive**” you can boldly state “**I am electrified**”

Find your CHI - be true to yourself and help make the difference to influence the best of who we can be. What a difference this would make in a world shrouded by so much confusion and disarray.

Breathe life today and unleash your full Potential!