

## My Journey

By Stuart Brown MQP, Cert KHT

It all started one morning in late November 2003 (one week before I turned 47) when someone up there decided it was time I had a M.I., no not a management interview but a myocardial infarction (not to be recommended). After recovering from the upset that a Myocardial Infarction brings I found myself having to learn how to cope with the stress of modern life without getting damaged further, so Tai Chi was suggested.

After looking around for a local club for a short while I eventually joined a Wudang Tai Chi Chuan club at Armadale. There I met a young lady who was qualified to practice a thing called Reiki, she gave me a sample to cure my strained back. This was a signpost for me which lead me down the healers' path.

The concept of Qi & Reiki was a little alien to me and I felt that there was more to this than meets the eye. I decided to research the subject thoroughly so I completed a Qigong Instructors course, studied the subject of healing on the internet and invested in a few good books & DVD's to gain more knowledge.

After a relatively short time it became evident that I could use/direct my Qi to heal others and being the type of person I am I wanted to know more. This was when I enrolled on Medical Qigong courses to gain an insight into the healing arts.

Around about this time a steady stream of clients came for help from my work place. As I had my own office it wasn't too difficult to gain the confidence of the staff and managers in my area and help them during my working day, at one point my manager even offered me the use of his office if I needed it.

As I gained more knowledge and experience I started to organise charity healing events with the help of a local church minister and held around two healing days a year.

At the time I worked for a large communications company and found that they would help me financially with the charity events and my further training in Medical Qigong to the tune of £200 for each.

My long term goal is still one day to set up a Tai Chi/Qigong club in Livingston so the people of West Lothian can benefit from my training and experience the healing arts for themselves but this may take some time.

So for now the journey continues .....