

# Introduction to Qi

This subreddit will focus on explaining, how **Qi** is another form of expression of your [vital energy](#) from your **Spirit** (*soul/astral body/etheric body/energetic body/emotional body/true self*) to help spread this information and **help everyone learn** about the different **spiritual/biological discoveries, usages** and **benefits** that were documented on the **activation of this type of energy**.

**With that activation, is the opportunity to empower yourself with your Qi and gain the ability to really tap into all the different spiritual/ biological reported, documented and written usages that are said to be achievable with Qi.**

## What does Qi means/Represents:

\* **Qi**, a term that originates from China, describes the [vital energy](#) we all have, that we use to "animate" our external movements and experience the internal sensations in our body. It was found recorded amongst the earliest fragments of writing discovered in China to date.

- It is of central importance in some Eastern systems of medical treatment (such as acupuncture) and of exercise or self-defense (such as tai chi). Over the years, it was discovered to be able to consciously activate for many usages.

- That [vital energy](#) is equivalent to what can be considered your "[Spiritual Energy](#)" because your **spirit** (*soul/astral body/etheric body/ energetic body/emotional body/true self*) is **made of that same energy in motion** that activates when you experience it.

- In its **neutral state**, [you unconsciously draw that energy with your breath](#), the **foods/liquids you consume** and especially **the thoughts you think, the actions** you do and **the visual content** that you watch either **emits or draws in** to amplify your base of this [BioElectric Energy](#).

**Here's a simple way that's explains how you can become aware of your [Spiritual Energy](#), it is that [extremely comfortable Euphoric wave](#) that can most easily be recognized as present while you experience [goosebumps/chills](#) from a positive external**

*or internal situations/ stimuli like listening to a song you really like, thinking about a lover, watching a moving movie scene, striving, feeling thankful, praising God, praying, etc.*

- That **[Euphoric wave](#)** is the **animating energy behind life itself**, **Other cultures** that have experienced in other ways with this energy **found their own usages** for it and then **documented their results** as **they coined different terms** for it.

- That **[energy](#)** activates **[goosebumps/chills](#)** not **[the other way around](#)**. You can **learn how to separate** that **[extremely pleasant energy](#)** from the **[physical reaction of goosebumps](#)** and eventually **learn how to activate only that [Euphoric](#) energy part whenever you please, feel it wherever or everywhere on yourself and for the duration you choose.**

- It was **discovered** that **this [energy](#)** can be **used in many beneficial ways**.

Some which are more **biological** like **Unblocking your lymphatic system/Meridians**, **Feel euphoric/ecstatic on your whole body**, **Guide your Spiritual chills anywhere in your body**, **Control your temperature**, **Give yourself goosebumps**, **Dilate your pupils**, **Regulate your heartbeat**, **Counteract stress/anxiety in your body** with this energy, **Internally Heal yourself**, manually **access your Hypothalamus** on demand,

and I **discovered other usages** which are more **spiritual** like **Accurately** use your **Psychic senses (clairvoyance, clairaudience, spirit projection, higher-self guidance, vision from your third eye)**with this energy, **Managing your Auric field**, **Manifestation**, **Energy absorption** from any source and **even more to come**.

If you're interested in learning how to use this subtle energy activation for these ways, here are **[three written tutorials](#)** going more in-depth and explicitly revealing how you can do just that.