



KATIE BRINDLE

Love Grid Guide

Treatment techniques based in Chinese medicine



What is the Love Grid?

The Love Grid is a rather lovely concept that has emerged, quite organically, out of the Qigong classes that we do together. It is so much fun, and so, so beneficial for us all.

Close your eyes and imagine an image of a beautiful, sacred and spiritual geometric form, a sparkling infinite lattice that reaches all around us, wherever we are in the world; totally enveloping us as we feel nestled, safe and secure at its very heart. This is our Love Grid, and it is available to every one of us every moment of the day; all we need to do is understand how it works...

The Love Grid is metaphysical; transcending space and time and yet still a living and breathing entity of connection and community, nourished by our feelings of love – love for ourselves and for each other. The more we practice our qigong and self-care the more we connect with our heart chakras. And the more we connect with our heart chakras the more we are able to radiate that love into the Universe to feed into our grid, weaving our very own web of kindness, love and compassion. This is pure, absolute love; no judgement, no criticism, no conditions - just freely given love from one beautiful soul to another; a wonderful, loving and inspiring family, all here to support and care for each other.

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So, what do we need to do?

It is so simple and yet so profound. Every time that you feel love for something, whatever it is, however small or big, intentionally send that feeling out into the grid to be gathered in, ready to be shared with everyone. It might be as simple as that perfect cup of tea, a peaceful stroll through the woods, listening to a beautiful piece of music, or cuddling with your pet. It could be something as frivolous as dancing around the kitchen, belting out your favourite song, or as poignant as cherished memories of your departed loved ones. These higher vibrations will then be amplified, growing more powerful and healing as more and more of us contribute. The more we breathe out the love, the more we are able to breathe the love back in - it is cumulative and expanding and everyone benefits.

We all know how difficult life can sometimes feel and we've all suffered - every one of us. But the thing about suffering is that it teaches us compassion; we understand each other's feelings of loneliness, hurt, disappointment, even despair, and we empathise; we naturally want to offer emotional support.

So, if you are having a hard time or you're feeling low, remember that all these lovely people are sharing their love and compassion with you right now. It is an infinite, powerful energetic frequency that really does work; all you have to do is intentionally breathe it in and allow it to permeate every cell.

The most important thing to remember is that we are never really without love - it is always there, always around us, always ready to serve us – and always allowing us to serve each other. And I promise you; it really does work.

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Meditation & Love Grid

Meditation is a fundamental pillar of Chinese medicine and studies have confirmed a host of health benefits. If you struggle with traditional forms of meditation, there are simple Chinese techniques that offer impressive results.

[View the Meditation Guide](#)

Qigong & Love Grid

Qigong is a fundamental pillar of Chinese medicine. It is classed as a form of internal exercise. Internal exercise is any combination of slow, considered movements with breath and mental engagement, it's often referred to as 'Chinese yoga'. Qigong is, quite simply, the ultimate selfhealing technique. Whatever your issue, qigong will help to rebalance the body. By learning to manipulate qi around the body, you rejuvenate and energise, lower the heart rate and blood pressure and support the immune system.

[View the Qigong Guide](#)

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Buy Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

[KBL Cellulite and Stubborn Fat Masterclass](#)

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

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