
PRAYER

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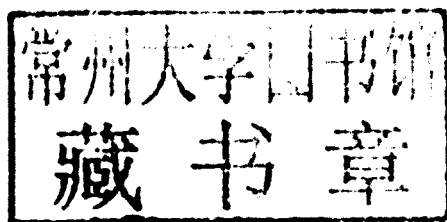
"A PATH TO RESTORING AND PRESERVING
YOUR HEALTH AND WELL-BEING"



ANNE BORIK, D.O.

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“A Path to Restoring and Preserving
Your Health and Well-being”



Anne Borik, D.O.

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Anne Borik, D.O.
Telephone No. 4806283929
Email: drborik@signchido.com

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ACKNOWLEDGMENT

I WOULD LIKE to say thank you from the bottom of my heart to the seeds of Sign Chi Do. When I first began sharing this program, it was often at conferences, workshops, and retreats where most of the interest was. I decided to continue to develop the program due to the response of several health care ministers, parish nurses, and others. I believe that if it were not for them, I would not have been fueled and encouraged to continue this awesome ministry.

As interest grew, I found that people wanted to learn how to facilitate Sign Chi Do, and so I developed a training workshop to fulfill that request. It was at our first annual Sign Chi Do Facilitator's Workshop that I recognized those participants as the Seeds of Sign Chi Do. It would be them who would be taking this program and growing it by sharing it in their jobs and ministries.

I was too busy practicing medicine while they were the ones doing the classes on a regular basis, and for that, again I say thank you!

There are several people that God has placed in my life that I would like to acknowledge and extend a special gesture of gratitude toward them.

First are Julie and Tim Smith. They are the incredibly talented musicians who from day one helped me to develop just the right music to fit the movements and prayers. They are what I call the beautiful Sounds of Sign Chi Do, and for that I say thank you!

Next is Therese Pineda, who I feel has contributed a significant amount of time and effort in developing the Sign Chi Do DVDs and videos. We literally learned along the way and I have to say spent many long days figuring out how to edit and make it all make sense. I will forever cherish those times, and for that I say thank you!

Andrea Henninger, who I refer to as my right arm, has been involved in the Sign Chi Do program from its birth. Honestly, I don't think it would be what it is if it were not for her. She has taken on the responsibility of managing everything that needs managed and has even become a graphic designer for all the Sign Chi Do material when she is not at the hospital working as a nurse. She helps me in developing material for the website and

travels anywhere I ask her to travel to help put on a prayerful yet powerful Sign Chi Do experience for all who attend. Ande, I will forever be grateful for what you do, and for that I say thank you!

Mom and Dad, there are absolutely no words available to express my love and gratitude toward you for your unbelievable love and support. From the bottom of my heart and soul I say I love you and I thank you!

INTRODUCTION

THE PURPOSE OF this book is to introduce you to and empower you with the tools that will help pave the path toward connecting your mind, body, and soul. So often as a medical physician, I see patients suffering from what I call disconnect syndrome. They are disconnected from themselves, from others, from their surroundings, and even from God. They don't seem to know how to connect their heads to their hearts, their words to their actions, or their minds to their bodies.

In reality, we all have experienced this at one time or another. And when we do, it ultimately leads to the inability to concentrate, high levels of stress, fatigue, insomnia, high blood pressure, depression, and more. When the mind, body, and soul are not in sync, chaos stirs up from the inside becoming very apparent on the outside. How we conduct ourselves change, our movement becomes slower and more sluggish, our body language changes, the tone of our voice changes, and even our facial expressions change. When the mind, body, and soul are not connected, every aspect of our being changes which ultimately leads to poor physical, emotional, and spiritual health.

Now, this is not a new age program, nor is it a self-help book. It is a system that incorporates prayer with breathing, movement, and music called Sign Chi Do.

Sign Chi Do was intended to be—still is and will always be—grounded in Christian values.

Jesus said, “I am the Way, the Truth and the Life” (John 14:6). These are the words that Sign Chi Do is anchored in and continues to be built upon.

When I developed Sign Chi Do, it was my intention to design a program that was different from all other programs. I felt that putting prayer into action, thus leaving you with a renewed sense of health, was the one thing that was worth my time and effort, and thus Sign Chi Do was born. In reality, Sign Chi Do is the Art of Moving Prayer.

The name Sign Chi Do comes from the fact that this program integrates the health benefits often found in Eastern practices with the spiritual connectedness to the person of Christ and His teachings.

The word *Sign* represents the fact that simple sign gestures are used in this program. We use sign gestures because the universal visual spatial pictures created by them engage the brain in a way that gives deep insight into the meaning of words and phrases. It was never my intention to have this program used by the hearing impaired as sign language per se, even though many of the gestures used are fashioned after the actual signs. It is very important to understand that since this is not actual sign language, it is not necessary to know sign language to participate and benefit from this program. You learn the gestures along the way.

The gestures that are used in the physical movement patterns of Sign Chi Do are not empty and meaningless gestures. They actually create the visual picture in space that connects the meaning of the word with the movement.

Instead of emptying our minds, as is taught in many different practice disciplines, we do exactly the opposite in Sign Chi Do. We fill our minds with words and prayers that become the catalyst to connect the mind and soul to the physical body through movement. The words used in this program are empowering words that reflect the Truth. This is vital to the physiologic process that begins connecting the mind, body, and soul together.

The actual physiologic connection between the mind, body, and soul relies on harmonizing slow movement with intention, breathing, and music. In other words, the speed with which we move in Sign Chi Do is slow and rhythmic allowing enough time for the meaning of the words to resonate deep enough to reach our soul. This infuses into our inner being the essence of each word, which is why it is so important to be anchored in the Truth.

The word *Chi* (pronounced *chee* or *key*) carries significant meaning bridging the gap between health and holiness. From a health perspective, *Chi* is what is often referred to as vital energy or life source. This fundamental concept of traditional Asian culture teaches that *Qi*, which was romanized to *Chi* in Chinese or *Ki* in Japanese, is believed to be part of everything that exists. When our *Chi* is strong and balanced, we exude energy and health. When our structure is aligned in good posture and our muscles and joints relaxed, *Chi* energy will flow through our body in an unobstructed way, leading to an overall sense of well-being.

From a medical standpoint, this type of exercise has been clinically proven to be beneficial in many conditions ranging from arthritis to diabetes to Parkinson's. As I was creating this system, it was my intention

to develop a program that gave similar results, and therefore I was drawn toward using the word *Chi* in the name to describe the techniques used.

Initially, I hesitated because I did not want Sign Chi Do to be confused with other programs like Tai Chi or Qi Gong. They are clearly not the same, not even close, except for the fact that Sign Chi Do offers similar health benefits.

Because of the spiritual focus of Sign Chi Do, the word *Chi* seemed to fit perfectly. You see, the *Chi-Rho* symbol is the oldest known monogram for Christ. This symbol for Christianity was formed by superimposing the first two letters of the Greek spelling for Christ.

(Greek = “Χριστός”) X = *Chi* P = *Rho*



Some call this symbol the *Christogram*, and it dates back to the second-century Roman emperor Constantine. Not only did the X remind early Christians of the cross, it reminded them of the mystery of the preexistent Christ, the *Logos Theou*, the Word of God, who extended himself through all things in the universe to establish peace and harmony. It is this life-giving source, the Holy Spirit, the Breath of Life that permeates and flows in every aspect of every human being.

Sign Chi Do, therefore, was designed as a tool to help us experience this vital energy, His life-giving Spirit, His Holy Presence in a deeper and more meaningful way.

(John 1:4) “In Him was life, and that life was the light of all mankind.”

(John 6:63) “The Spirit gives life. The words I have spoken to you, they are full of Spirit and life.”

The word *Do* is significant because it confirms a personal connection to me while at the same time it accurately describes the essence of this program. *Do* means *the way* in Japanese.

This program, which is a dynamic exercise system, is used as a way or path leading to health and wellness. Let us not forget John 14:6 when Jesus said, “I am the Way, the Truth and the Life.”

It fits perfectly into the essence of what this program really is, which is to experience His presence in a deeper more meaningful way leading to true health and wellness. In addition, I am a DO, a doctor of osteopathic medicine, and felt that it would be appropriate to include that in the name of this program as I was creating it.

I came across a few interesting observations long after the

Sign Chi Do name was chosen that I would like to share with you.

First, it was brought to my attention that in Korean, the words *to pray* is phonetically spelled *gido* (pronounced *key do*). In amazement, the connection was made immediately since Sign Chi Do is the Art of Moving Prayer.

Next, as a martial artist, I recognized that several of the disciplines such as hapkido, aikido, and kyukido all have a similar middle character for *chi/ki* when written out in the traditional Chinese/Japanese calligraphy. The character itself for *chi/ki* is a representation of steam or vapor or breath. The character looks like a cross with slashes in each of the four quadrants. The idea is to depict *chi/ki* by showing the flow of energy that sustains living beings. How ironic it looks like the risen cross!



In the modern Japanese kanji calligraphy, the character for *ki/chi* that looked like a cross in traditional Chinese calligraphy was changed into two strokes that form an X!

气

Now that you are familiar with the purpose of this program and how Sign Chi Do got its name, I would like to explain the three concepts upon which it is built and how it is prescribed.

The first concept is Breathing and Breath; second concept is Posture and Prayer, and the third concept is Music and Medicine. I will explain in detail how to actually practice the Sign Chi Do techniques to get results that lead toward connecting the mind, body, and soul, leaving you with a renewed, refreshed sense of health and well-being. The dosage prescribed is for you to determine.