

## This is from a Tai Chi Master in Singapore- ALEX YEO

For centuries, ancient cultures have known the human body's amazing abilities to heal and repair itself. Our healing system is in-charge of healing whatever harm that is done to us by injuries or illness, and then restoring it to optimum condition. Is it then any wonder why the Bible describes that we are "fearfully and wonderfully made"?

Our healing system consists of our vital energy. The Chinese call it *qi*. The Japanese call it *ki*. The Indians call it *prana*. Whatever you call it, when this vital energy flows unimpeded through the body it can get rid of dangerous cells and repair any damaged ones in the body, not to mention rejuvenate the healthy ones as well.

Do you know that modern science has shown that the smallest, tiniest living organism in the body, the cell, is actually powered by energy? Centuries ago when there is no such thing as modern science, the ancients have already said that the body is made up of energy, and today, modern science is only beginning to prove it right.

Everything is energy. When you eat, energy is used to digest your food. When you move, energy is used to power your muscles. Even when you think, energy is used up. And when you're ill, energy is used to fight your illness, repair your cells and restore you to good health.

It thus makes perfect sense that to give yourself the best possible health you need to increase the vital energy in your system.

Now, your healing system is more powerful than cancer. It is more powerful than diabetes. It even slows down the aging process.

If you're battling any illness or stress now, your healing system is working doubly hard to reestablish balance and order in your body. **This ties in completely with ancient wisdom that an imbalance in the body's vital energy allows illness and disease to affect us.**

## *Boosting the Healing System*

More and more research are showing that many diseases and illnesses can be relieved (in some cases, even cured) by increasing the amount of oxygen in the body. The ancient Chinese had known this for a very long time, and they developed special breathing techniques and exercises to do just that.

Tai Chi and Qigong are ancient Chinese arts specifically designed to increase the amount of oxygen in the body and to boost the circulation of *qi* around the body. When there is sufficient oxygen and the vital energy is flowing unimpeded, the healing system is free to do its work to heal and keep you in excellent health.

The healing reputation of Tai Chi and Qigong is well-known. Stacks upon stacks of scientific and medical research prove the healing benefits of Tai Chi and Qigong.

All you need is to perform these simple exercises every day and that's all, nothing more. The body will automatically increase its healing system and the healing system will automatically do its job.

**It's that simple.**

To put it another way, whatever ailment we have will be greatly relieved, even disappear in some cases, when our healing system is in order. Chinese medicine teaches that our healing system will not support a disordered condition, be it cancer, diabetes, heart disease, high blood pressure, whatever. Dis-ease is nature's way of telling us that something is wrong. We do not have a problem to solve. What we do have is we have been making mistakes in the way we are treating our healing system. To correct this mistake we have we re-order our healing system. Once the healing system is restored, any dis-ease we have cannot remain.

It's *that* simple.

In fact, done correctly, Tai Chi and Qigong will teach you how to:

- *Really* relax and get rid of stress.
- Allow your *qi* to circulate throughout your body smoothly.
- Activate your lymphatic system to drain all toxins in the body.
- Develop good posture and let the ground support you.
- Let your skeletal structure do its job and minimize muscular tension.
- Most importantly, use your mind to activate your healing system

If you *practice* as instructed, and depending on your existing condition, do not be surprised to find noticeable changes to your health in as little as a week.

**If you don't practise, then there is no way anyone can help you. It is like giving you a treasure map, taking you to where X marks the spot, but you don't bother to start digging!**

**You don't have to practice hours per day. No, all you need is half an hour each day. But you must actually practice in order to see the results.**

And no, there is no such thing as cramming everything into 10 minutes a day like what the popular magazines and books promise the public. Sorry, those who promise that are merely people who are appealing to the human being's inherent laziness to get results with no effort. In fact, no respectable Tai Chi / Qigong master or teacher I know has ever been able to get results without putting in time and effort.

Yes, I know, we're all busy people, but then, look around you. Anyone and everyone who is a success in their chosen field, be it sports or business, all spent time to practice and hone their skills, and the experts all estimate that it takes thousands of hours of diligent practice to become good in something, no matter what the field of expertise is.

**So, if a person cannot set aside time for his health and healing, then it only goes to show how important health is to that person.**

Researchers agree that stress is the cause of more than 90% of all the illnesses and diseases we suffer today. Get rid of stress, and we get rid of 90% of our illnesses and diseases. What is stress? Stress is simply tension. Get rid of tension and we get rid of stress. Simple.

**However, doing it successfully is another matter. Most people can claim they are relaxed, but put it to the test and we find out that we're not relaxed enough by Tai Chi / Qigong standards. Being relaxed is not just a physical thing, but also mental, psychological and spiritual (in the non-religious sense).**

When we have truly let go of tension, then we can say we have stress relief, we don't get sick, our body's natural healing system kicks into place to get rid of our illnesses and diseases, and very importantly, our aging process will be slowed down. Ever wondered why the Tai Chi / Qigong masters always lived beyond 80, 90 or even 100 years, and passed away without illness or disease?

This is why I strongly believe that Tai Chi / Qigong *can* solve the world's health problems.

Tai Chi and Qigong have always been practical and very scientific disciplines, nourishing and nurturing the mind and body of practitioners. In that sense, it is the most unique pursuit in personal empowerment throughout the ages and still remains a most exciting personal pathway to greater fulfillment.

- *You can get rid of stress...*
- *You can relieve your illnesses, maybe even get rid of them...*
- *You can enjoy excellent health and vitality...*
- *You can prime your healing system for tip-top performance...*
- *... for life!*

## WHAT IS TAI CHI AND QIGONG ENERGISATION?

### ***What are Tai Chi and Qigong?***

**According to Chinese Medicine Theory, physical exercises are good in building up physical fitness, but they have minimal effect on the internal organs. In order to achieve good health, we need to exercise the internal organs and this is done through the practice of Qigong.**

*Qigong* is a breathing exercise that circulates the *qi* around the body. An unbalance and disharmony in the flow of *qi* result in illness. Qigong restores the harmony and balance and improves the health as well as prevent diseases.

**Tai Chi (also known as *Taijiquan*), a high-level form of Qigong, was the closely held secret of a few Chinese families for nearly 1,000 years. Its roots however date to almost the beginning of the Chinese Civilization.**

It is an ancient practice that offers relief for stress, breathing disorders, muscular ailments, chronic headaches, and a variety of modern living-related complaints, as well as for deep emotional distress.

Tai Chi teaches inner strength while toning muscles, increasing flexibility, and boosting immune power, and has been practised in China for centuries as a martial art, as exercise, and as a means of improving the flow of and circulating the internal energy within the body. It is this circulation of the *qi* that prevents and heals disease and illness. Completely non-impact, yet involving the entire body, Tai Chi also promotes strength, stamina, and flexibility, while tempering the joints of practitioners. Because the whole body moves as one, Tai Chi cultivates the link between mind and body, enhancing balance and coordination.

Because of Tai Chi's emphasis on correct form and feeling each movement, it is practiced very slowly, gently, evenly, and thoughtfully, with the emphasis on continuity of movement without break or pause. Even though a martial art, many people today practice it more as a health art than for combat. Its health benefits and curative effects are well documented and medical institutions in and outside China have conducted countless experiments with positive results.

## Completeness of Tai Chi

Tai Chi is a complete health & healing system. All the exercises require the relaxation of the large outer muscles and the use of the smaller inner, or structural muscles. Also necessary is flexibility of the joints, straightness of the lumbar, calmness of the mind, sensitivity of feeling, the use of deep, smooth diaphragm breathing, and proper balance of the body in every movement. If you practise Tai Chi properly, using the right part of the mind to direct the proper joint and the right muscle for each movement, coordinating your breathing and cultivating your intrinsic energy (*qi*), intrinsic strength (*jin*), and intrinsic spirit (*shen*), the benefits will include self-healing, rejuvenation, longevity, spirituality, and spiritual growth.

## Internal Energy

Today, people are becoming more aware of their own responsibility for the health and unity of their bodies, their minds, and their spirits. Tai Chi needs to be practiced correctly in order to achieve a complete harmony.

Done correctly, the practitioner learns to relax the outer layer of muscle. This unique feature, coordinated with graceful slow motion and smooth and gentle belly breathing, helps the practitioner to enter into a meditative mood more easily, concentrating but relaxing at the same time. All stress and pressure vanish, and worries disappear.

Tai Chi is an internal system of exercise. Almost all Western exercises are external systems, which use the outer layer of muscle to perform movements. They are strenuous, and require large amounts of energy. When people get old, they cannot continue performing these exercises. Practicing Tai Chi, however, teaches one to use the inner layer of muscles to perform movements slowly and gently, recharging energy through deep and gentle breathing. For this reason, people who have been tired or depressed become energetic and uplifted after practicing Tai Chi. Through slow motion and deep breathing, Tai Chi helps people to develop internal energy (*qi*) and internal strength (*jin*). These are of primary importance in maintaining health and vitality. Originally, Tai Chi was a martial art designed mainly for self-defense, but people have neglected the importance of practicing it as a defense against disease. If you are not healthy and energetic, how can you become an expert in the martial arts? Because Tai Chi possesses a unique healing power and the potential for rejuvenation, it is not unusual to see people over eighty years old who are still in excellent health after practicing the art for years.

## Scientific Art

Tai Chi is entirely scientific\* and results are entirely reproducible in the laboratory. There is nothing mystical or religious about them. They work by preventing or treating the cause, not the symptom, thereby avoiding the high-cost and often bad side-effects of modern medicine.

These exercises are easy to remember and to perform once learnt. You need no equipment, just sufficient floor space to move around, and loose, comfortable clothing.

- *The 'scientific-city' of the healing arts can be viewed as follows:*

**Exercise A + Effort B = Result C. Millions have proved this equation to be true. When A + B ≠ C, it is not because A or B is defective, but why you (the practitioner) are not doing A or B correctly.**

## ***Benefits of Tai Chi and Qigong***

- Teaches and builds inner strength,
- Tones muscles,
- Increases flexibility,
- Enhances respiratory and immune function,
- Lowers stress hormones and promotes emotional well-being,
- Increases energy,
- Increases body awareness,
- Improves balance and coordination,
- Reduces tension, hypertension, depression, anger, fatigue, confusion and state-anxiety,
- Increases the number of T lymphocytes in the body that help the immune system destroy bacteria and possibly even tumor cells,
- Stabilizes blood pressure,
- Improves postural problems and prevents arteriosclerosis and spinal deformity,
- Cures asthma and insomnia,
- Shortens recovery phase from long-term illness,
- Stimulates bone growth and strengthens connective tissue,
- Prevents and alleviates tuberculosis and diabetes,
- Delays the decline of cardio-respiratory function in older individuals,
- Most recommended aerobic exercise for coronary artery disease,
- "A most valuable tool for rehabilitation."