FOR ME MOTHER’S DAY IS NOT JUST A DAY TO SAY THANK YOU MOM, BUT ALSO A DAY TO SAY THANK YOU TO EVERYONE WHO HAS EVER CARED!

DAY 21 TAI CHI HOME STUDY

Opening

Previous Feng Shui Studies included:
1. Welcoming first impression with the front door (mouth of the house) it matters what goes in.
2. Clean out all those cluttered areas (Brain)
3. Let the fresh air in (Lungs)
4. Let the light shine in (Eyes IN)
5. Bed position matters (Sleep)
6. Flowers or fruit in the dining room (family, food and abundance)
7. Windows (eyes OUT)
8. Natural Cleaning
9. Deeper look into the kitchen
10. Deeper look into the kitchen part
11. Living Room part 2
12. “BUT WHERE DO I START?” Clutter solution ideas
13. Understanding the effect Chi or Qi has on our Five Senses: Sight, Taste, Touch, Sound and Smell

- Sight - example of color
- Sight/Sound
- Sight/Taste/Smell (Current)

The Color and presentation of our food is just as important as the color and presentation of our homes. Food is intended to be nutritional, balanced, fresh and clean and a perfect example of this is a Salad.

A great example is a Salad:

- Lettuce (different variations) are the perfect canvas for the master piece to start with then add on from there.
- Peppers come in many different color’s Orange, red, green, and even yellow!
- Onions come in white, off white, and purples too!
- Fresh fruit (sparingly) in a salad can add rich Color’s like Black berries, red raspberries, blueberries, cut up apples (different kinds have different flavors), oranges, even grapes.
- Add cut up cheese (sparingly) different cheeses have different looks and appeal like Swiss, or Feta
- Sliced carrots add texture and color
- Nuts in a salad add protein and again a different texture to what you see in addition to the taste Walnuts, Almonds, Seeds.
- Olives green or Greek

I think you all get the idea of how the Feng Shui of Sight, Taste and Smell all come into play here.

So next time you make dinner create a masterpiece of a salad, great for lunches too.

If you want you can share your favorite salad recipe with us.

气功

qīgōng

WE STAND WE BREATHE

One by One Benefit of Qigong practice

1. Loosens Muscles-We will call it “THE SHAKE”
2. Building Power with in
3. Strengthening the internal Organs
4. Relaxes and Slows Respiration or Breath
5. Strengthens Nerves
6. Strengthens Bones and Joints (Current)

There are (according to the Science of Qi Gong) many factors that will help maintain healthy bones and joints by regular practice of Tai Chi and also Chi Gong exercise.

Understanding the basis of what our bones do is the beginning to understanding how regular practice can benefit us and how. Our bones don’t give us structure and flexibility but they also produce red blood cells and support the immune system too.

Other benefits include:
- Lubricating bone on bone impact by gentle twisting, turning, extension and compression
- Activating electrical magnetic energy pathways (Qi) to the bone
- Stimulates hormonal endorphins into the bones
- Nutrition feeds the bones
- Prevents and heals osteoporosis
- Keeps the supporting muscle of the bone stronger

A great Chi Gong exercise for Healthy Bones

The simple fact that normal practice of Tai Chi and Qi Gong are a weight bearing exercise practice almost everything we do, because we are STANDING, is benefiting bone density and strength.

WE STAND WE BREATHE

Stand with your legs shoulder width apart, knees and hips relaxed, also focus mindfully on your posture*. Begin to shift your weight slowly into the left leg and hip, remember keeps the knees soft and muscle as relaxed as you can, try to hold the weight to be dominate left then begin to shift your weight slowly into your right leg and hip. This exercise is called SHIFTING. Begin shifting with side to side movements then you can advance into angled movements stepping forward 45 degrees on each side, stepping forward toe to heel. The basis of this exercise is not the actual movements but the WEIGHT BEARING PART OF THE MOVEMENT. An advanced way to do this exercise is to lift the relaxed leg up with focus on the bend of the knee we are stepping with forward, side or back with.

- Keep the head upright and in proper alignment with the rest of the spine. I remember years ago a teacher explaining that the chin may in fact be slightly downward for the spine in your neck to be properly aligned with the rest of the spine. (Think about that) He also said that the natural gaze of our eyes, when the spine is in proper alignment, should be approximately downward at a 45 degree angle, basic eye position in martial arts also.
WE STAND WE BREATHE

Here marks the beginning of the Second Sequence
(To ease the confusion refer back to see the first sequence if needed)

CARRY TIGER OVER THE MOUNTAIN

1. From the final form (1st sequence) Wu Chi/Cross Hands (a.) shift your weight into the left leg (left root) and at the same time lower the left arm down and out to the left side, like your holding a large ball on the left side. (b.) lift the right leg up for a 90% turn step to the right to your 3 o’clock position (double root) at the same time bring the left palm to the right palm like your holding a small ball between the palms or sealing the palms together. (This initial movement is like a shorted version of the grasping of the birds tail form)

2. ROLL BACK AND PUSH- (CURRENT) Roll back and push form follows the holding of the small ball or palms together form above. (a.) sit back or shift your weight back into the left hip and leg and at the same time ROLL BACK both your hands toward your throat then down in front of the chest then again forward into a PUSH forward, ending with 50/50 weight in both hips, legs and feet.

3. Two Part Single Whip form (Next Study)

4. TAI CHI SLAP

5. REPULSE THE MONKEY BACK FORM

A LITTLE BIT OF HISTORY

I was fascinated by this Ancient Map showing the evaluation of humans. I found it very interesting that the land mass we see is so different then it is today. Can you see why?

Answer: Some land is now covered with water such as Paradise and Lemuria.

WISH I COULD GO TO LANCASTER PA. I MISS IT THERE LOL