

TAI CHI WITH HEALING WORDS

“Sticks and stones may break my bones but words will never hurt me”-- intuitively, most of us recognize that this is not true! Words can and do hurt. Yet within the martial arts, it is widely acknowledged that the energy that wounds is also the energy of healing. In the last twenty five years an intense interest in the healing power of words has surfaced and many research studies are in process regarding their effectiveness. Many varieties of healing words practices have become accepted as mainstream in the behavioral health arena, e.g the practice of affirmations, NLP techniques, and Guided Imagery to name a few. In this article we will explore the effects of combining the use of healing words with the healing energies gained from the practice of Tai Chi, a bodymind practice which originated in China and is often referred to as “moving meditation.”

Although Tai Chi is a martial art, its ancient origin lies in the healing arts. Over 5,000 years ago Qigong (sometimes spelled Chi Kung), the primary ancestor of Tai Chi, essentially was the health care system of the people. The practice of Qigong, unlike our current healthcare system, was less a system of compartmentalized treatments consisting of providers and patients, but more like a language through which a person learned to communicate with the elements and energies of nature both within and without in an interactive and mutual way. Everyone was a healer by simple fact of being able to connect with a universal healing system preprogrammed into a vital universe, each part of which was recognized as being alive and intelligent.

A little known fact about Tai Chi is its long association with the healing applications of sound and words. One of the earliest recorded practices of Tai Chi was the use of what was called the six healing sounds. Many masters taught that one could learn everything that was needed by sincere dedication to the daily practice of these healing sounds. The healing sounds-- which consisted mostly of subvocal consonant and vowel combinations such as sssss, chuu, shhhh,haaa, hooo, and heee—are vibrational tones designed to resonate with the organ systems and meridian flow channels within the body. Each organ and meridian houses an intelligence, a concrete connection with the infinite source which is continually creating the visible world. To use modern terminology, the

voice in our head--the constant mind chatter going on within each one of us--comes from the organs and meridians themselves, each of which has a personality which is both archetypal yet personal and unique. These personalities can express themselves both reactively (e.g. emotional states such as sadness, fear, anger, self-criticism, and anxiety) and virtuously (e.g. strength, wisdom, kindness, love and acceptance, and trust).

When you find yourself in need of healing, no matter whether the healing be physical, emotional, mental, or spiritual, the practice of Tai Chi in combination with healing words can assist you to dissolve old patterns, lay the groundwork for new and healthier patterns, embody the necessary changes, and establish a connection with others and the larger world of nature.

What follows is a description of each of four components of a simple “Tai Chi with healing words” practice, each of which uses a different healing words modality in combination with traditional Tai Chi movements. In each case I will describe the rationale behind the practice and give a basic exercise, or “mini-practice” you can try yourself. The exercises are appropriate for any fitness level, and It is not necessary to have prior knowledge of Tai Chi to do the exercises. Traditional Tai Chi tradition includes practices that may be done standing, sitting, and lying down practices so feel free adapt the practice to your comfort level.

GETTING READY: Silence

Turn off the TV, radio, and mp3 player. Put aside books, magazines, and cell phone. Sit or stand for 5 minutes. Observe your inner world. Notice without judgment the thoughts, images, and body sensations that come into your sphere of awareness. Settle your attention on the particular need for healing that brought you to try this practice.

STEP ONE: Primal Sounds....Dissolving Old Patterns to reconnect with the energy of creation

Rationale

Both ancient beliefs and modern science associate sound with creation. The Hindu tradition claims that “aum” was the first and original sound, and that it was from this sound that the the world as we know it came into being. In the Bible we are told that “In the beginning was the Word and the Word was with God and the the Word was God.” Among many indigenous peoples it common for the tribe to gather around a newly pregnant woman

to seek the unique and personal song of the newly forming human fetus within. Once identified, the song is sung at birth and at all major life transition points for the growing child as a reminder of his or her unique identity and purpose within the tribe.

In the twentieth century Hans Jenny, a Swiss medical doctor, conducted experiments in which he observed and recorded the effects of simple audible tones on various natural materials. . Inevitably the sounds shaped the materials into flowing forms similar to those found in nature, architecture, and art. Jenny founded the term “cymatics” to describe the way vibrations interact to create the world we see. Dr. Masaru Emoto from Japan conducted experiments in which he observed and recorded the effect of different words on the formation of water crystals. Words like “hatred” and “rage” produced distorted, imbalanced, twisted shapes reminiscent of cancer cells. Words such as “gratitude” and “love” produces beautiful, harmonious, and balanced shapes. Emilie Conrad, founder of Continuum, conducted research with Dr. Valerie Hunt, Professor Emeritus from UCLA on the effect of Continuum sound practices on individuals with long term paralysis. The results showed that the sound interacting with the fluid system of the body was able to override the nervous system and enable voluntary movement for the individuals in the experiment.

Mini-practice

STEP TWO: Affirmations...Creating a New Structure

Rationale

Mini-practice

STEP THREE: Naming...Embodying the Virtues

Rationale

Mini-practice

STEP FOUR: Iconic Imaging...Connecting with the Other

Rationale

Mini-practice

Sandy Seeber is a Licensed Professional Counselor, Certified Healing Touch Practitioner, and Associate Healing Dao Instructor. Sandy, along with her teaching partners from Three Treasures Tai Chi, Alan Graham, Beverly Isley-Landreth, and David Harold, will present a workshop this month on “Tai Chi and Healing Words” at the National Qigong Association Conference at the Oak Ridge Conference Center in Minneapolis, Wisconsin. For more information about Sandy, the National Qigong Association, and Three Treasures Tai Chi classes and workshops, go to www.nqa.org www.sandyseeber.com and/or www.threetreasures.org Please see the Three Treasures Tai Chi ad on page ____ . For questions, contact Sandy directly at sandy@threetreasures.org

Redundancy. Repetition of parts or all of a message to circumvent transmission errors.No new info coming into the system. Deterioration. If cannot feel inside, must use tribal authority. Closed system.Brain recognized patterns. If no patterns doesn't see it. Sound bypasses neurology to stimulate the fluid system.

Cymatics shows how vibrations interact to create the world we experience 'out there' and it brings to light hidden principles which underlie all natural processes. Understanding these principles can help us to 'cleanse the lens' through which we perceive our world, thereby clarifying our outlook on life. Once you've objectively observed the rhythmic interplay of chaos and re-integration in simple powder, you may view your own tumultuous circumstances a bit more objectively (and with far less apprehension!) as a purposefully evolving process leading toward greater personal coherency and equanimity.

Affirmation

Beginners' tool to reprogram the subconscious mind

Affirmation is one of the most basic ways to reprogram your subconscious mind.

It is simply a process of repeating your goals or new beliefs that you want to instill on your subconscious.

This can be done in the form of writing, saying verbally or mentally, listening or acting, until the statement is fixed into your subconscious mind.

If an affirmation comes from yourself, it is called **autosuggestion**. If it comes from other people, it is called **heterosuggestion**. It's that simple!

Some examples of autosuggestion include:

- repeating your affirmations aloud or mentally;
- writing down your affirmations;
- listening to your self-recorded autosuggestion tape;
- pretending to be the person whom you want to be. (i.e. put yourself in the shoe of someone you admire and pretend that you are the person.)

Some examples of heterosuggestion include:

- listening to self-help, affirmation or subliminal CDs;
- reading books and articles;
- listening to parents', siblings' or friends' opinions;
- Watching TV programs.

Like it or not, you are already practicing affirmation everyday.

When you talk, your subconscious listens. When you grumble about your life, your subconscious listens and obediently follows your instruction by giving you the kind of life that you keep on grumbling about!

So from now onwards, **watch what you say, especially what you say repeatedly.**

I believe very few people seriously practice autosuggestion everyday. That's why there are fewer successful people in this world.

Warning!!! If you don't auto-suggest, you will be hetero-suggested. Everyday, you hear your friends complaining that the economy is bad, it's hard to pick a good stock these days, life is tough etc.

When you listen repeatedly, your subconscious mind starts to believe that it is true. Then you will see in your reality that it's true (because of the law of attraction). Finally, you are convinced that it is true.

If you do not want to be a victim of hetero-suggestion, it's important that you do affirmation everyday.

Here are some affirmations you can do.

- Every day in every way I'm getting better and better.
- Everything is coming to me easily and effortlessly.
- I am a radiant being, filled with light and love.
- I am naturally enlightened.
- My life is blossoming in total perfection.
- I have everything I need to enjoy my here and now.
- I am the master of my life.
- Everything I need is already with me.
- It's okay for my to have everything I want!
- This is a rich universe and there's plenty for all of us.
- Abundance is my natural state of being. I accept it now!
- Infinite riches are now freely flowing into my life.
- Every day I am growing more financially prosperous.
- The more I give, the more I receive and the happier I feel.

You can either write or read these affirmations before you sleep and after you wake up, or record them and listen to the recording over and over again before you sleep.

The key to success in affirmation is **repetition.**

Your subconscious mind is like your muscle. You have to keep affirming it with things that you want.

If you are lazy to do affirmation everyday, someone else will do the job for you and the result is always not something you want!

To me, the simplest way to keep myself positive is to listen to good self-help CDs everyday on my journey to my office.

The advantage of doing that is twofold:

1. It allows me to start my day with a positive mental attitude.
2. It cleans up my subconscious mind with positive beliefs so that my subconscious is not polluted by all the negative opinions that I hear in my work space.

Positive Affirmations

I got this from the website **Success Conscious** I am not offering any opinions whatsoever on the products for sale here as I have not familiarized myself with them. However, I found this article to be very informative. I recommend you read it if you are suffering from **depression, anxiety**, lack of positive self-esteem, **substance abuse**, eating disorders, chronic pain-the list goes on! These affirmations do a tremendous job at helping us to change our lives. Stemming from Cognitive Behavioral Therapy, changing our thoughts to be more positive than negative will alter our feelings and ultimately our behavior. Affirmations help to do that.

The Power of Affirmations

By Remez Sasson

Positive affirmations are positive sentences repeated many times in order to impress the subconscious mind and trigger it into action. These sentences describe a situation that we desire to happen, and are repeated many times, with conviction, attention and feelings.

Imagine that you are swimming with your friends in a swimming pool. They swim fifteen rounds, something you have never done before. As you desire the respect of your friends, you want to show them that you can make it too. You start swimming, and at the same time keep repeating in your mind: "I can do it, I can do it...". You keep thinking and believing that you are going to complete the fifteen rounds. What are you actually doing? You are repeating positive affirmations.

More than often people repeat negative sentences and statements, concerning diverse situations in their lives, and consequently bring upon themselves undesirable situations. Affirmations work both ways, to build and to destroy. They are a kind of a neutral power. It is the way we use them that determines whether they are going to bring good or harmful results.

Affirmations are similar to creative visualization. The repeated words build mental images and scenes in the mind. The words help to focus on the aim, object or situation one wants to achieve or create. Frequent repetitions make the subconscious mind accept them, and then it influences and affects the way one thinks, acts and behaves.

The conscious mind, the mind you think with, starts this process, and then the subconscious mind takes charge. This means that the most frequent thoughts that pass through your mind, ultimately affect your life and your destiny.

Affirmations work like commands that are given to a computer. They influence us, other people, events and circumstances. It might seem strange to you, but they do also influence the people we meet, our circumstances and the events we encounter.

Sometimes they work fast, but more often they need time. Repeating positive affirmations a few minutes, and then thinking negatively, neutralizes the effects of the positive words. You have to refuse negative thoughts, otherwise you will not attain positive results.

We often repeat affirmations, without even being aware of the process. We use them when we tell ourselves that we can't do something, that we are too lazy, or when we believe we are going to fail. The subconscious mind always accepts follows what we tell it. It is the same principle at work when we say to ourselves that we can do it, or we cannot, when say we are going to succeed and when we keep saying that we are going to fail. It is the same power working both ways. Why not choose the better way?

How to Repeat Affirmations

It is better to repeat affirmations that are not too long. A short sentence is quite enough. They can be repeated, when your mind is not engaged in something in particular, such as when traveling in a bus or a train, waiting in line, walking etc, but do not affirm while driving yourself or crossing a street. You may also repeat them in special sessions of about ten minutes each, several times a day.

There should be no physical, emotional or mental tension while repeating them. The stronger the concentration, the more faith you have in what you are doing, the more feelings you put into the act, the stronger and faster will be the results.

It is very important to choose only positive affirmations. If for example you desire to lose weight, do not say, "I am not fat, I am losing weight." By saying this sentence you are repeating to your subconscious mind that you are fat. The word "losing" also evokes negative images. It is better to say, "My body has an athletic form, and weighs the right and healthy weight". Such words evoke positive images in the mind.

It is important to affirm using in the present tense, not the future tense. Saying: "I will be rich", means that you intend to be rich one day, in the indefinite future. You are actually telling yourself that some day you will be rich, never now. It is better and more effective to say, and also feel, "I am rich now", and the subconscious mind will work overtime to make this happen now, in the present.

As to results, sometimes they may come fast, and at other times may take more time to manifest. Achieving results through the power of affirmations depends on how much time, energy, faith and feelings you invest in your affirmations, on how big or small is your goal, and on how strong is your desire.

By using the power of affirmations you state what you want to be true in your life. You see reality, as you want it to be. For a while, you ignore your current circumstances and your doubts, and concentrate on a different reality.

Positive Affirmations

- I am healthy and happy.

- Wealth is pouring into my life.

- I am flowing on the river of wealth.

- I am getting wealthier each day.

- My body is healthy and functioning in a very good way.

- I have a lot of energy.

- I study and comprehend fast.

- I am getting A's in my exams.

- My mind is calm.

- I am calm and relaxed in every situation.

- My thoughts are under my control.

- I radiate love and happiness.

- I am surrounded by love.

- I have the perfect job for me.

- I am living in the house of my dreams.

- I have good and loving relations with my wife/husband.

- I have a wonderful satisfying job.

- I have the means to travel abroad whenever I want to.

- I am successful in whatever I do.
- Everything is getting better every day.

Cultivating Virtues in Qigong

In almost any meditative practice, we seek to cultivate certain traits or ongoing internal states. Let's call them virtues: like compassion, peacefulness, gratitude, courage.

There are many ways to access these states, mantras, visualizations, memories, holy readings etc, but they often prove elusive, particularly when we need them most. In qigong, our currency is movement, breath, and intention. Adding words that fit these elusive concepts is crucial to building the virtue.

Begin with silence, so there will be quiet space for the word to grow.

- 1) Hold the word that best describes your state or virtue. It may help to find synonyms and decide what best fits for you.
- 2) Access our own reference to the state: "Remember when you were deeply _____, be fully there, see what you saw, hear what you heard, feel what you felt; hold that feeling. Connect that to the word that describes your feeling. You can return to this state anytime by the word or the movement we'll learn."
- 3) What are the energetics of this state? Is it inward or outward? Soft or firm? Gathering or dispersing? We find the movement to match the energetics. Practice the movement and adjust as needed.
- 4) Focus on the virtue. Use both yin and yang. Ask and be receptive; also hold focused intention with total confidence.

Return to silence.

Virtues to work with: gratitude, power in the midst of difficulty, compassion, curiosity, relaxed awareness, etc.

NLP Language Hierarchy and Thinking Continuum Introduction

We use words as tools for putting forth our ideas, explaining concepts or expressing feelings and emotions. The words we use can be extremely specific in nature or most general, or can be in the continuum in between. Neuro-linguistic Programming defines the Meta model, where precise, detailed language is used to convey information.

In contrast, the Milton model of Neuro-linguistic Programming is '*artfully vague*' and uses more broader terms to interpret the internal map. However, in our daily lives, our language is not restricted to these models, but rather exists in the continuum between these two extremes. We keep switching and moving across this Neuro-linguistic language scale, employing various degrees of abstraction or exactness.

Unlike the *Meta Model*, the *Milton Model* relies essentially on skillful vagueness of the language. The fundamental principle of *Milton Model* is that a generalized use of the language and a wider scope will generate a clear, complete understanding of the problem at hand. On the other hand, limiting the scope of the thought process by using explicit language will result in exclusion of vital aspects of the issue and important concepts of the person's experience. The model lists down the type of patterns and parts of speech that must be used in order to help the client find the correct line of thought, and help him include all the actual details, feelings and beliefs that lie beneath an experience by using generic terms for questioning.

Dr. Richard Bandler and Dr. John Grinder used to meet up with Milton H. Erickson regularly to model his techniques and work spanning a period of several months. The duo published their first book on the *Milton Model* in 1975, named "*Patterns of the Hypnotic Techniques of Milton H. Erickson Volume I*". In 1977, they went on to publish the second volume of their research into the book named "*Patterns of the Hypnotic Techniques of Milton H. Erickson Volume II*". These two books are described to have formed the foundation of the *Milton Model*, which proposes using vague language in order to help the client reach the depths of his unconscious mind rather than wander about and restrict his thoughts on a conscious level.

The Goal of Using Milton Model Techniques

The techniques employed by the *Milton Model* are most commonly used for reaching into the unconscious depths of the mind, where the actual information of an experience is stored, and then retrieving this information by helping the client reach an altered state of mind. The goal is to prevent the client from using his conscious mind, which usually tends to distort the facts, modify or delete key aspects of the experience. The *Milton Model* also tries to follow and understand the reality as perceived by the client in order to build a genuine rapport or portrait of the event.

The *Milton Model* used in Neuro-linguistic Programming suggests that a conscious mind will create resistance to any authoritative statements made by the therapist using Neuro-linguistic training. Therefore, it is not feasible to reach the unconscious mind by using conscious commanding instructions. By using statements that are more open in nature, include metaphors, present new opportunities or contain contradictions, the therapist can reach the unconscious mind more easily.

This is known as *hypnotic suggestion*. It leaves room for thought for the client, who can then fill in appropriate details in the present gaps using their unconscious mind. The client in this case may be unaware of the actual happening, as his unconscious mind has temporarily taken over, which resembles a kind of trance. An expert therapist trained in Neuro-linguistic courses can adeptly create such gaps as per the specific mental state of the client and thereby cause a desired result.

The main reason behind using the unconscious mind to create a change in behavior is that a conscious mind will not heed to the suggestions of the therapist because of the person's tendency to exhibit resistance. In general, people are slightly scared or skeptical about hypnosis and its therapeutic powers. They will therefore exhibit a special kind of resistance to any authoritative suggestions of the therapist using Neuro-linguistic training. Milton Erickson realized that this resistance should not be mitigated; instead, it should be accepted as natural by the therapist trained in Neuro-linguistic courses and utilized to generate a responsive behavior. Erickson suggested that a good therapist should always give an opportunity to the patient to exhibit resistance. Any effort made by the therapist to modify or rectify the client's behavior by forcing them to take certain actions against their wishes, will result in subduing the state of trance, and the unconscious mind of the client will not be reached.

On the other hand, if a therapist trained in Neuro-linguistic courses can accept and use the initial resistance of the client to his advantage, leading to the client accepting at least one suggestion of the therapist; the client will then more willingly accept any further suggestions. The primary skill of the therapist using Neuro-linguistic training then depends on finding the first suggestion that the client can readily agree to. The client will feel more comfortable with a therapist who encourages the client to choose and respond to a suggestion as per their wish, and not because the therapist is forcing them to take a certain action.

Healing Words Reflections

The words "oneness" and "community" become the "icons" we tap to concretize the concepts (words) => into a body experience (qigong) => into a shared energetic field (chi). "Oneness" is initially experienced in the "One Breath Meditation", bringing awareness of connectedness of all living things, while a felt sense of "community" begins in qigong that opens the heart, and is fully manifested in a connection of heart-fields in the group, to directly access the chi-field that holds all being. The chi exponentially increases/expands as heart-fields merge and become greater than the sum of their parts.

This concretizing practice of word into physical/emotional/spiritual healing field, (by engaging in the qigong), begins by bringing the insights of guided imagery to tai chi standing practice.

Background Notes

Defining Guided Imagery

- "The deliberate creation of sensory images in a state of relaxed but very focused concentration – of sights, smells, sounds, tastes and feelings – for us to experience in our imaginations, in order to create positive physical and

emotional changes in the whole mind–body system...attentional focus, a kind of relaxed concentration on a narrow band of perceptions”

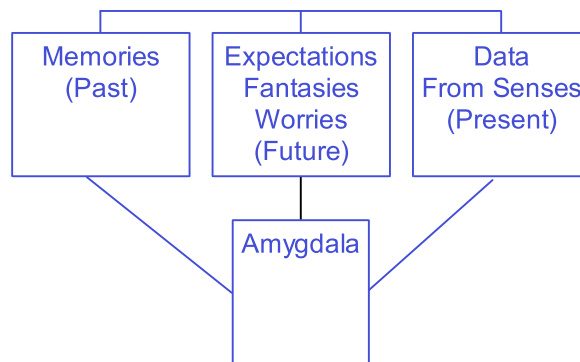
Belleruth Naparstek, AM, LISW

- Guided Imagery becomes a form of meditation.
- Utilizes kinesthetic imagery, beginning with an awareness of the breathing process, encouraging intentional deep, relaxed breathing to help bring people into a meditative state.
- Research suggests that kinesthetic imagery is potentially the most powerful kind of imagery to be used in Guided Meditation work.
- Naparstek stresses the use of **visual, tactile, auditory, gustatory, and olfactory** imagery in the healing meditations.
- **Information stored in the Right Hemisphere of our brains, likely utilizes Iconic Representations of Emotional and Somatic memory**
- **Kinesthetic imagery accesses the neural network that stores pieces of these memory forms, like body sensation, tone, color, facial expression and feelings.**
- **Guided Meditation (GM) is an Iconic form of communication**
- GM accesses systems that are involved in storing action memory;
Limbic System
 - Amygdala
 - HippocampusHypothalamus
- Accessing this material with GM facilitates a change in experience.
- GM is a powerful tool in re–presenting experiences, stressors, or beliefs to the amygdala
- **This is a powerful avenue for healing in the body/mind/spirit**

Amygdala is key in transferring information between “mind” and “body”, between cells and the nervous system. Neuropeptides are the information “packets” that enable this communication. Candace Pert said in “The Wisdom of the Receptors: Neuropeptides, the Emotions, and Bodymind” (1986), “the amygdala and the hypothalamus, (main components of the limbic system, the seat of emotions in the brain) ...(are) also the focal point of receptors for neuropeptides.”

Amygdala Has Key Role In Creating Subjective Experience

Amygdala Analyzes Information For Emotional Significance



Amygdala Has Key Connections in the BodyMind

Use traditional Tai Chi and Qigong movements with the addition of sound:

Breaking up and dissolving automatic/habitual/lower energy form with/using primal sound/going into formlessness. Open the water channel to dissolve.

New patterns (change the body change the mind/also change the mind change the body) Mapping out a new energetic direction/setting a course/opening up the higher vibrational energies through begin with the physical movements (then give words to the movement) calling the body to embrace a new form/setting an intention/invoking a higher energetic form using affirmations. Begin with the physical movements and

Embodying the higher energetic form/creating the physical form/structure to hold the energy of the word on the personal level using global concepts. Begin with the word and allow the body to assume the appropriate physical form.

Having raised the vibrational level of the individuals in the group, now joining the energy of the group to one another and to the larger chi field of nature and the universe using the repetition of the mantra/guided imagery of the words. Create a matrix and Open the fire channels to merge and transform.

Breath: primal sound, affirmations, global concepts/virture, mantra

Movement: Internal–dissolving

Internal chi flow plus specific words

External personal

External communal

Part 1: Dissolving forms/energetic patterns/resistances/tensions/blocks with Tai Chi and primal sound WATER

Part 2: Cultivating shaping focus intentionpositive emotions with Tai Chi and affirmations 12 MERIDIANS GIFTS

Part 3: Embodying Virtues create structure with body to hold high energy states on a personal level with Tai Chi and Global Concepts EMBODIMENT OF VIRTUES

Part 4: Connect/attach to the matrix of the larger energy fieldFIRE

“Sticks and stones can break your bones but words can never hurt you” Most of us heard this rhyme many times during our childhood years. If you are like most people, the intention to comfort behind this saying usually fell short mainly because it just isn’t true! Words can and do hurt us. Words that criticize, shame, blame and label us, whether spoken to us by another, or to ourselves by our own inner critic, can drain our joy in life, deplete our energy, discourage us from pursuing our goals, dampen our creativity, cut us off from a sense of connectedness to others, and give rise to a host of negative emotions such as sadness, fear, anger, self–judgment, and anxiety.

The mindbody practice of Tai Chi, along with its elder sister Qigong (Chi Kung) can provide us with a means of transforming and dissolving the pain of verbal attack and entering into a state of mindful presence. A multi–modal approach involving cognitive, physical, and intentionality is needed because our reaction to being on the receiving end of hurtful words is a complex mindbody event. We experience our reaction on many levels at once: emotional, mental, physiological, and spiritual. At such times, our inner world may become flooded with our “favorite” negative emotion while at the same time despairing, vengeful, or hopeless thoughts may intrude on our consciousness. Our body posture may shift from relaxed to tense as we gear up for a fight, flight, or freeze response. Whatever global issues we have around personal worth, guilt, incompetence, or the meaning of our life may surface. And if we are honest with ourselves, we can note that these issues may be triggered almost as easily by a chance comment of a cashier at the supermarket as by our boss, coworker, neighbor, or family member! Tai Chi in combination with healing words can offer us some simple, practical mindbody practices that can be used throughout the day to

assist in maintaining a calm yet energized state of trust, acceptance, groundedness, and peace.

HOW

The practice of Tai Chi is a means of moving energy through the elements of breath, movement, and meditation (or focused mind).

Tai Chi is a language for communicating with the energy system of the body. The elements of this language are breath, movement, and meditation.

Transcendence practice of Tai Chi moves you into an altered state of mind and you forget about what upset you. Shift vibrational state but reactivity returns the next time a similar event occurs

Transmutation practice of Tai Chi with the addition of sounds, affirmations, embodied intentions, and shared mantras. Connects the breath, movements, and mind focus to meaning. Builds a new vibrational structure to hold and contain a more expanded vibrational state.