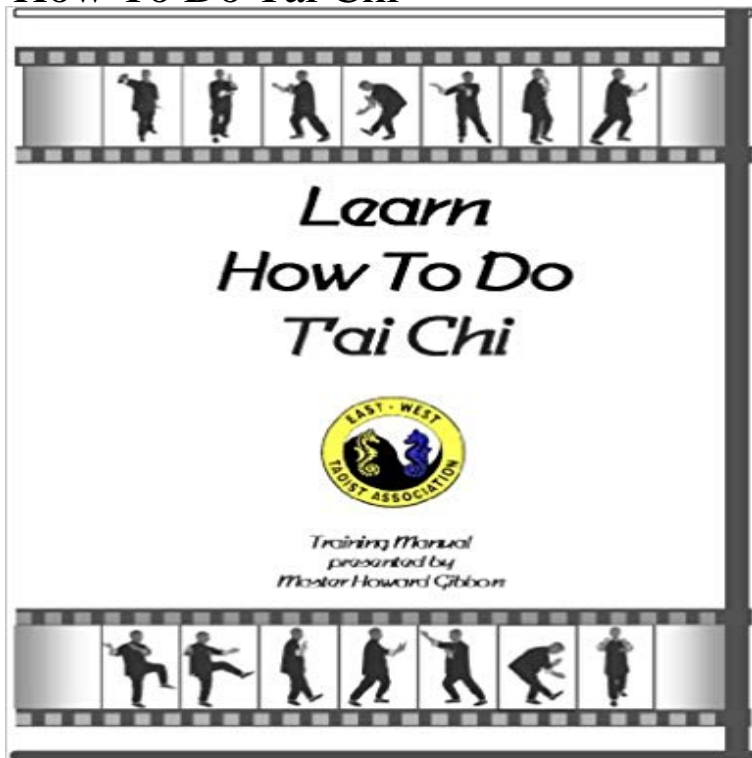


# How To Do Tai Chi



The practice of Tai Chi Chuan may easily change your life - if you let it. The potential benefits to beginners of learning Tai Chi are enormous and varied: If you suffer from tension and stress, you will find that, with practice, Tai Chi will help you will learn to relax, and be able to do so whenever you wish. If you are shy and timid you will find that in time your posture and breathing will improve, making you in turn feel more balanced, confident and in control of yourself. If you suffer from anger and frustration you will soon remember again the natural beauty and rhythm in life, which cannot be forced, but lived with in harmony. If you suffer from ill health, you will find that the practice of Tai Chi will help improve your general health and well-being, increase your energy, tone your muscles, stretch your body, improve your posture and balance, improve your immune system and circulation and also your strength and flexibility. We could go on and on... And if you are perfectly healthy and happy, you will find that Tai Chi is a beautiful, life-affirming thing to do. The Chinese people have been practicing the art of Tai Chi Chuan for centuries. In fact it is practiced to such an extent that, in the past, it has drawn the bewildered attention of tourists. All over China many Chinese rise early to practice their Tai Chi movements in the park, on the roof tops, in car parks and on balconies, in fact anywhere they can find a bit of space. Some people practice in groups and some prefer to practice alone. Many people in the West are under the impression that Tai Chi is only for the elderly. This is incorrect, ideally Tai Chi should be taught from an early age. For the last thirty-nine years I have been practicing the Taoist Arts which originated in China. I have found Tai Chi Chuan particularly helpful. Tai Chi is excellent for reducing mental stress, and also for reducing tension in the muscles of the body. The Tai Chi

Form is a sequence of movements which are performed in a standing position. The movements are slow and graceful they are also a splendid therapeutic exercise. After having mastered a few movements of the Tai Chi form, as you practice, the muscles of the body will start to relax. The mind, because it is required to focus on the physical movements, stops racing from one thought to another. The mind now starts to become calm. With a little regular practice, anything worthwhile requires a little effort; you will develop a feeling of serenity. This is why Tai Chi is often described as Meditation with Movement. Tai Chi Chuan is usually translated to mean the Supreme Ultimate, an apt description. Over the years I have learnt, and I am still learning, many things about myself which have helped me to understand myself and others better. The depth of understanding one can obtain from the practice of Tai Chi Chuan is inexhaustible. This knowledge is not an intellectual study only, or a physical study only, or a spiritual study only, but a harmonious combination of them all. The regular practice of Tai Chi will develop the individual into a more balanced person. Enabling them to appreciate themselves, others and the world we live in to a much greater degree. This harmony of mind, body and spirit brings great happiness and good health to the practitioner; but it has to be earned. The more effort you put into the practice, the more you will get out of it. This does not mean that you should be very intense about your practice. On the contrary, this would restrict your development. You should dedicate yourself to your practice in a relaxed manner with a feeling of exhilaration.

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