

HEALTHY HEALING

MAY 2009 Newsletter

<http://www.healthyhealingli.com>

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CULTIVATING YOUR QI: QI GONG

Qi-Gong (also spelled Ch'i Kung) is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind. In the past, qigong was also called Nei Gong (inner work) and Dao Yin (guiding energy).

I have just spent the past weekend learning a style of Nei Gong called Tao Ahn Pai – “Taoist Elixir Style”. This style dates back to over 1300 years ago when practiced at Taoist monasteries. I had the pleasure of studying with Master Share K. Lew, a 91 year old Taoist priest who learned this style of qi gong and many other martial arts. He was trained at a Taoist monastery in Canton, China and brought the form to the United States in 1970. Master Lew was the first person to openly teach authentic Taoist internal cultivation to non-Chinese, beginning in Los Angeles in 1970. All of the exercises have traditionally been kept secret. Belief of experiencing qi is not necessary for the Nei Gong to be effective.

The specific set of exercises I learned at this seminar are the Shen (Spirit) Exercises which consist of 6 standing and 6 seated exercises. In order to teach this style one has to practice for many years. So, maybe in another 10 or 20 years I can teach it to you! As in many Buddhist and Taoist traditions, one must be asked to transmit (ie, teach) the style.

What about Taiji Quan (Tai Chi)?

Taiji Quan is a style of qigong. It is graceful, relaxed, slow, and fluid, like a slow-motion dance. Unlike some qigong methods that exercise specific systems or parts of the body-- nervous system, endocrine system, heart, kidneys-- Taiji Quan is a whole body, whole mind exercise.

EVENTS & ANNOUNCEMENTS!

VITAMIN SHOPPE – In Store Q&A

WHERE: 502 Old Country Road, GARDEN CITY, NY (across from Roosevelt Field Mall)

WHEN: May 9, 2009, 2-5 PM

- **Give the Gift of Health To MOM: A Gift Certificate for a One Hour Session of Acupressure, Acupuncture and Massage**
- **10% off an Acupuncture Treatment – Refer someone to Healthy Healing and receive 10% off your next treatment**
- **10% off an Acupuncture Treatment - When it's your Birthday!**

RAISE YOUR FAT BURNING POWER: GREEN TEA & TEA BARS

SALE!! ALL TEA BARS REGULARLY \$2.00 EACH, NOW 2 FOR \$3.00

Tzu The – Premium full leaf green tea grown with enhanced ECGC's – antioxidants. Tea Bars in green tea, tropical fruit and natural rice flavors now available in my office.

Chinese Quote of the Day: “A closed mind is like a closed book; just a block of wood” – Chinese proverb