



# ***TAOYIN***

***The Yellow Emperor's Heart Calming Exercise***



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**It is believed that the legendary Yellow Emperor (Huang Ti) practised a form of soft and natural exercises known as Taoyin 4,500 years ago.**

Grandmaster Khor says in his book "Reflections on Qi" that "We know from archaeological evidence that Taoyin exercises date back at least 2,200 years. The name is variously translated as; "Soft natural way", 'Nature-inducing', 'Way of-guiding nature', or 'Guiding and leading exercises'.

The Taoyin exercises are seen as the foundation forms from which the other Qigong arts developed. The focus is to stimulate the flow of Qi around the body by: stretching, breathing, acupuncture and acupressure with the use of visualisation and meditation".

The concept called Tai Chi first appeared in China's Shang Dynasty between 1760 -1050 B.C.E. Based on observation, the idea formed that everything was influenced by a mysterious force that they named Tao (the way of nature). The Tao exerted itself on the universe through an energy they called Chi. This Chi has two polarities Yin Chi and Yang Chi. Tai Chi represented these two opposing but mutually dependent and complementary energies.

Sometime during China's Warring States Period (600 to 200 B.C.E.) a mysterious figure appeared in China who is referred to as the Old Master (Lao Tzu). Scholars of Chinese history still debate whether Lao Tzu was a real person or an amalgamation of contemporary thought. What is known is that a profound book of philosophy emerged with Lao Tzu named as its author. This book known as the Tao Te Ching (The Classic of the Way) formed the foundation of Chinese thought for the next 2,500 years. Within the pages of the Tao Te Ching there are references to staying limber, flowing like water, avoid using force, and using intuition as a tool. Lao Tzu is considered the father of Taoism.

In 1973 construction workers in China's Hubei province discovered the tomb of a royal woman that had lain undisturbed for over 2,200 years. Lady Dai is known to have died in 226 B.C.E. Buried along with her were many of her prized possessions. Among these treasures was a copy of the Tao Te Ching and a silk scroll showing painted images of people performing a series of exercises. Many of the images on the scroll look very much like today's Tai Chi movements. Chinese scholars who examined the scroll concluded it represented a health and longevity exercise practiced in ancient China during the time of Lady Dai. The exercise was known as Taoyin (the Soft Way). Many Chinese scholars who studied the scroll think that Taoyin was the forerunner of Qigong. Qigong is a health, wellness, and fitness exercises and practice that includes Acupuncture, Acupressure massage and Tai Chi.

Not far from the legendary home of Lao Tzu and Lady Dai is Mount Wudang. Mount Wudang is the ancestral site of a Taoist sect that practiced ways to extend life and health through the use of Tao Yin, diet, herbal medicine, massage, and meditation. One of the martial arts practiced at Mt. Wudang is Tai Chi, legend says it was created by a 12th century Taoist monk Chang San Feng who developed the system based on Tao Yin movements and that of animals like the snake and bird.

*THE WAY (Tao/Dow)*

*Harmony nurtures ;  
Nature shapes ;  
Use completes .*

*Nurturing without taming,  
Shaping without forcing,  
This is harmony.*

*Not by law,  
But by being.*

from chapter 51 – Tao te Ching

## THE ACADEMY'S TAO YIN EXERCISE SET

- 1. *The Elegant Crane***
- 2. *Wild Cat Washes Face***
- 3. *Tiger Crouch***
- 4. *Monkey Presents Fruit***
- 5. *Bear Pounds Limbs***
- 6. *Scholar Strokes Body***
- 7. *Albatross Flap***
- 8. *Elephant Trunk***

TAOYIN MUSIC CD \$25 - 40 minutes of bamboo flute & string music:- the perfect accompaniment for mindful practice

TAO YIN DVD \$39 - Follow Grandmaster Khor through the series of 8 exercises