For centuries, Tai Chi & Qigong has been studied in-depth in the East as a sophisticated system promoting health and longevity. More recently, a growing body of Western medical research concurs that practice of Tai Chi is of tremendous benefit in many physical and mental health situations. Today, Tai Chi and Qigong are well-documented as a versatile and valuable medicinal tool. For example, Harvard Medical Publications calls Tai Chi “medication in motion,” and TIME Magazine hails Tai Chi as “the perfect exercise…an effective prevention and treatment for a broad variety of conditions such as heart disease, hypertension, arthritis, diabetes, depression, asthma and other respiratory disorders, multiple sclerosis, Parkinson’s disease, sleep difficulties, osteoporosis and other bone density disorders, stroke, nerve damage, attention deficit and hyperactivity disorder, and Alzheimer’s disease. It has even been known to remedy ailments commonly thought incurable, such as paralysis, cancer, hepatitis-C, and HIV/AIDS. Even when practiced casually, Tai Chi & Qigong improve balance, flexibility, strength, coordination, clarity, focus, and a wide range of other beneficial faculties. And many people today practice simply to have a pleasant exercise for health. However, this is only the physical aspect, the greater benefits of Tai Chi & Qigong come from exercising the Qi the LifeEnergy. The condition of the Qi energy, is the determinant of the health and harmony of the human body, mind, and Spirit. When the Qi is strong and in balance, the person will be in good health and harmony. If the Qi is not exercised properly the body and mind will be prone to weakness, and experience illness, disharmony, and unhappiness.

**QI the Universal Energy & Particle Physics**

The recent confirmation of the Higgs boson concur with Qi energy theory. CERN, the European Organization for Nuclear Research, said in a press release: “The Higgs boson is important in the Standard Model because it implies the existence of a Higgs field, an otherwise invisible force field which pervades the entire universe”.

According to Chinese Medical thinking, humans are born from Qi; when the Chi is exhausted, or when irreparable injury to the body causes the Qi to weaken and “leak out,” the body dies. Without Qi, we cannot live; it is the foundational force that allows us to be alive. As such, Qi is essentially the “signal configuration” that orders and constructs all the complexities and layers we readily observe in the physical domain. It is an ultra-fine network or field of highly ordered information; it is the underlying architecture of our physical body and it is why we have an intelligent mind. Qi is the source our intelligence. (example: The DNA, genes, the cell’s ability to grow into complex organs etc.)

Originally, Tai Chi practice was utilized as a means of attaining Enlightenment and longevity by the ancient Taoists. The practice began as an esoteric Moving-Meditation system intended to re-integrate the practitioner with the Universe — to access the True Nature of Being and achieve a Connection to the Power inherent to Tao (the Source Consciousness of the Universe). Its function as a spiritual discipline and philosophy has given rise to some of the most cherished philosophical and metaphysical texts, such as the Tao Te Ching (Book of the Way), the I-Ching (Book of Changes), and writings of the great sage, Chuang Tzu.

During the 13th century, a Taoist monk Chang San-feng established a temple monastery dedicated to the study of Tai Chi. Four hundred years later, in the early 17th century, Tai Chi began to be practiced outside of the sacred temple as a very powerful martial art, which eventually acquired the name, “Tai Chi Chuan” (literally meaning: Supreme-Ultimate Fist). Since then, many Tai Chi Chuan styles have developed, most notably: Chen style, Yang style, Wu style, Wu style, and Sun style — which themselves have given rise to many offshoot systems. In fact, most Tai Chi practiced today worldwide stems from one or more of these Tai Chi Chuan systems. As a result, it is commonly said today that the Tai Chi practice originated from the martial art, Tai Chi Chuan, when actually, it is precisely the other way around. Because so many various styles of the martial system, Tai Chi Chuan, have spread throughout the world, it is therefore said that the original Tai Chi practice — the spiritual methodology — is called, “Temple style.” “Temple style Tai Chi” is still considered the most authentic Tai Chi practice, even the Tai Chi Chuan schools pay tribute to the honourable Taoist monk, Master Chang San-feng (張三丰), as their official patriarch.

The Australian Academy of Tai Chi is sponsoring the visit of Taoist Master Zhou from Wudang mountain to instruct us in the skills of Taoist Qigong & Meditation, Taoist art of Life Nourishment, Temple Tai Chi, and Five Animals Qigong. Master Zhou will explain the philosophy that underpins the Taoist lifestyle, provide a breakdown of Taoist Skills, and methodology of Sung breathing - an advanced meditative practice which has until now been reserved for ‘inner-door’ students.

Master Zhou will feature at our AATC Seminar in Brisbane and Collaro, and also conduct an intensive Taoist Tai Chi & Qigong Training Course on 15th & 16th September in Sydney, as well as “ A Taste of Wudang” workshops at the Gold Coast, Newcastle, Wollongong and Sydney. For more information, contact AATC Offices
Emperor's Tour with Grandmaster Khor
26th Sept to 10th Oct 2012 $4999 6 vacancies Left

WUDANG Mt - Training with Taoist Monk
MT TAISHAN - Emperors & Scholar's sacred Taoist mountain
JINAN - Natural Hot Spa, Great Lake, Shandong Chicken feast
QIFU - Confucius Temple, Mansion, Birthday ceremony.
TAI YUAN—Outback of China “Raising of Red Lantern”
PINGYAO – Wild West of China ( World First Bank )
Mt YUNTAI - Cloud Moon ponds & terrace waterfalls
SHANGHAI - Ming Dynasty Chinese Garden & future Metropolis

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Plus Fantastic Live Acrobatic Show !!! $4999

Workshop with Grandmaster Khor

Session A  Lohan Qigong  Training techniques of Shaolin monks for physical and mental strength. Skills include Qi meditation, stretching exercises for healthy joints.

Session B  Tai Chi & Shibashi Qigong  Training Secrets of the Taoist Masters Posture, Mental focus and Breathing. Balance & Relaxation Techniques.

Cost: $49.00 (prepaid before 31st July)  or  $60 at door
Date: Saturday 11th August  1.30am to 4.30pm
Location: Ted Blackwood Youth & Community Centre
Cnr Jackson & Boondah Roads, WARRIEWOOD 2102
Bookings: 9997 4852    9999 1986    0419 427 434    9797 9355

TAOIST TAI CHI & QIGONG SEMINAR  SEPT 21st-23rd 2012

Featuring Taoist Master Zhou from Wudang Mountain, China

COLLAROY CENTRE, COLLAROY BEACH, NSW

SAT 22nd 9 am to 12.30 pm “Taoist Life Nourishment”  2 pm to 5 pm “Wudang Five Animal Frolics”
SUN 23rd 9.am to 12.30pm “Taoist Tai Chi”  1.30pm to 3.30pm “Push Hand & Self Defence”
Two Day Workshops $475  (with lunch & tea)
Saturday Workshop $300  (with lunch & tea, Sunrise & Sunset Tai Chi)
Sunday Workshop $250   (with lunch & tea, plus Sunrise Tai Chi)
Half Day Workshop $175   (with tea only)

WORKSHOP with TAOIST MASTER ZHOU

Location: Drummoyne Public School, Rawson Street, Drummoyne

Saturday 15th Sept  (9.30am — 4.30pm)  Temple Tai Chi  Cost:$225

Tai Chi was originally created by Taoist monk Zhang San Feng in the Wudang Mountain. Its philosophical foundation was based on the Yin Yang principle of balance, mind-body harmony, and being in tune with the natural order of things. In this 21st century, Temple-style Tai Chi is still considered the most authentic and wholesome Tai Chi system. The original system has been preserved intact in the Wudang Mountain; with both mind and body discipline the focus for health and longevity.

Sunday 16th Sept  (9.30am — 4.30pm)  Taoist Meditation & Qigong  Cost:$225

Micro and Macro Orbit Energy Qigong  Meditation  Yang Shen Tao for Healing & Longevity
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