

A Tai Chi Approach:

Learning how to look after yourself

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1. Look at the many areas of science + mainstream medicine
 - Neurophysiology, mapping
 - Weight – genetics/epigenetics, hormonal, habit, posture
2. Consider the alternative approaches such as – Tai Chi, Alexander, NLP, Psychology, Pilates, Yoga, Dance, also the “Energy” related ones such as Reiki,
3. Many old religious approaches also sought something similar eg Natural/Pagan eg Shamanism, Shinto etc. Pantheistic – Hindu, Greek/Roman, Monotheistic eg Abrahamic - Christian, Islam, Jewish, Nontheistic eg. Buddhist. All in their own way address human needs on different levels:
 - Personal
 - Social
 - Organisational/power
4. You have a mind, an emotional being and a body which often is neglected, so study body work – physical movement/exercise
 - Habits of body usage
 - Flexibility, elasticity, softness
 - Structure, balance, posture, relaxation
 - Body awareness – understanding your comfort zone
5. Aly your body to the Mental/intellectual and to the Emotional/spiritual – learn how to work them together using models and perspectives such as:
 - Mindfulness
 - Intention
 - Awareness
 - Learning from experience
 - Use of visualisation
 - Chi Kung
 - Find your personal rhythms – daily, weekly, yearly – study your life episodes and use of ritual – maybe by self-hypnosis
6. Look carefully at the way you manifest Stress and congruence and the way you attempt/achieve conflict resolution.
7. In your interactions personal, social and in work/business, consider the role of:
 - Authority/Power, use and abuse.
 - See how you can go with the flow and how to pick your issues and your ground

8. Martial Arts are a fertile ground for much of this in reading and emotional/physical aspects, see
 - Tai Chi Classics, Mushashi etc
 - Consider Tai Chi Chuan, natural movement, silk reeling, intention, relax and sink, balancing forces, physical, mental, emotional, Chi na, Fa jin, Threading the 9 holed pearl, taking opportunities within range when they arise.
9. Learn to do risky things safely – to keep the fun and enjoyment in a long and active life.
10. Observe those who have gone before – learning from others experience such as:
 - Experts in the activity – learning their skills
 - Old people – learning from what they did wrong (and from what they did right).

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