



*“A Training Within A Training Part I:
Tai Chi Qigong and Meditation”*

*Reuniting Traditional Chinese Healing Arts, Traditional Chinese Medicine and
the Taoist Healing Arts Through Movement*

Richard Anton Diaz

“Just as Western medicine has been heavily influenced by European philosophy, Traditional Chinese Medicine is based on the Ancient Chinese knowledge of Taoism.”

The Taoist Healing Arts element of this program offers us the third leg of information within the main training called Traditional Chinese Healing Arts. Traditional Chinese Healing Arts bring together Traditional Chinese Medicine through herbs and nutrition, with the Taoist healing arts through *sitting*, *standing* and *moving* Meditations. They include the Six Healing Sounds and Microcosmic Orbit, QiGong and Iron Shirt practices and Tai Chi. In order to properly understand Traditional Chinese Medicine, it is necessary to understand Taoism.

Taoism (also spelled as Daoism) is an ancient spiritual/philosophical system that originated in China over 2,000 years ago. By 300BC, its doctrines were codified in the *Tao Te Ching*, which is still considered to be the primary text of Taoism.

The aim of Taoism is to live in accordance with the Tao, meaning the Way, in which the universe was observed to operate thereby connecting to everything.

Taoism views human beings as microcosms of the cosmos; to understand humans is to understand the cosmos, and likewise, to understand the cosmos, is to understand the human experience.

In Taoism, the cosmos is viewed as having a cyclical nature; cycles of change, extremities and balance are characteristics of this view. The universe is constantly changing, according to a pattern of Five Phases or Five Elements which is the foundational system of Traditional Chinese Medicine.

The meditations and movements you will learn are the following:

Basic Concepts:

- Taoist Cosmology
- Nourishing One's Destiny
- Taoist Sexology

Warm-Ups:

- Spinal Cord Breathing
- Self-Chi Massage
- Bone Marrow Revitalizing

Sitting Meditations:

- Six Healing Sounds
- Inner Smile
- Microcosmic Orbit

Standing Meditations:

- Tree Stance
- Water Buffalo Stance
- Turtle
- Heaven & Earth Connection

Moving Meditations:

- Tai Chi (Yan Style) 4 Directional Short Form

These teachings will give you the ability to use these movements for self-healing as well as teach them to your patients or students for their own

healing. This training begins with Part I and if you complete Part II, you will be certified to establish yourself as a teacher of the essential teachings to make changes in your life as well as in those of others.