



The Well



drawing on deep sources of nourishment

Volume 23, Issue 3

Autumn Greetings ~

I hope this finds you well and enjoying summer's transition to autumn. Like everything else, the seasons each have their own energetic qualities. Summer is the outward, exuberance of fire. Autumn begins the inward-turning process of metal. Just as we recognize these changes in our external climate, the same shift in energy influences our internal environment.

Tai chi in the Park this summer was very enjoyable. Even with the high drama of wildfires in town, we learned the value of moving with care and groundedness.

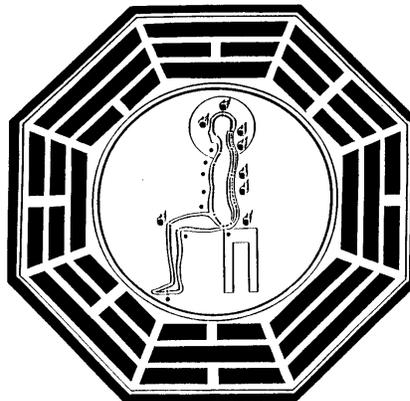
In September classes will shift from a moving tai chi form to a sitting *Chi Kung* practice. The feature article in this issue describes chi kung in more detail.

On Monday, September 9th, 7-8:30 pm, there will be a free introduction to chi kung and the *Six Healing Sounds* practice at my home/clinic: 368 NW Charolais Hts. This is also the first evening of a four class series. Please call if you plan to attend. The class fee is \$40. More information is available at *SimplyTao.com*.

Thank you to everyone for the wonderful welcome to Grant County. I deeply appreciate the encouragement and support to continue a healing practice here started by Doc Hay over 110 years ago.

Cheers!

Kyle Chiu, LMT



what is Chi Kung?

Chinese medicine is based on the energetic nature of our body, mind and spirit. There are many ways to influence these energies. There are medical treatments, like acupuncture, herbs and bodywork. There are physical exercises like tai chi and martial arts. There are also internal exercises, chi kung, that can have similar energetic effects. Chi kung may also be considered a form of meditation that uses the same energetic points, meridians and organ systems of Chinese medicine to explore balance and harmony.

With some practice and skill, chi kung techniques can achieve similar results as acupuncture or herbs. These internal exercises are a simple way to learn about the body and support its optimal state of health and balance.

Unlike other forms of medicine, this approach empowers people to be intimately involved in their own health care, not only responding to disease, but also maintaining good health.

Internal energetic exercises have been used in China for thousands of years prior to the development of our modern, technology-based medicine. The roots of this tradition stem from a Taoist philosophy, which simply states: there is a natural way to each and every thing. Applied to chi kung, this Taoist approach explores: what is the natural way of this body? What is the nature of the liver, the heart and the lungs? With much experimentation and exploration over millennia, chi kung practices evolved that we can learn from today.

The *Six Healing Sounds* is a simple example of these practices. A sound and sitting posture are used

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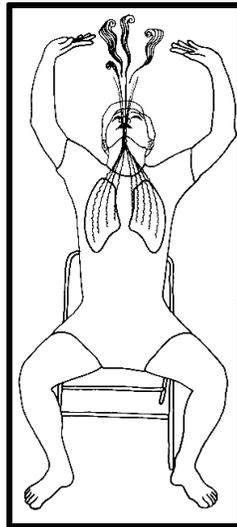
for each of the major organ systems: lung, liver, spleen, kidney, heart. The purpose of this technique is to help us connect with each organ and learn about its nature through an experiential process. This happens when we feel the qualities of the organ internally, rather than reading, thinking, or having an MRI, blood work, etc. Having direct experience of our internal organs increases our understanding of their functions and provides more information about what is useful, also what is not useful. It is a wonderful complement to modern medicine.

When we connect with an organ through this practice, the vibration of the sound helps release tension and stress from the physical structure. This allows the organ system to function better, like cooling the heat buildup in a car engine. We can follow the healing sound with another chi kung practice called, the *Inner Smile*.

The essence of the Inner Smile is to take our natural ability to smile at other people, pets, plants and direct that smiling energy internally to a specific organ or place, like the lungs. The act of smiling sends energy: warmth, affection, care, love, acceptance. People, pets and plants visibly respond to a genuine smile. The “secret” of this Inner Smile chi kung, is that our internal organs benefit from and absorb smiling energy, too.

The healing sound technique relieves tension and stress. Following with the inner smile brings more energy to an organ. It is a very simple and powerful combination to nurture our bodies, ourselves. With regular practice, we learn more about what these organs need and don't need, leading to healthier choices: diet, exercise, work, relationships. It is a fascinating process that can lead to more balance and harmony in many aspects of life.

There are many styles, schools and teachers of chi kung. I teach a Taoist system, developed by Mantak Chia, called the *Healing Tao*, or *Universal Tao*.



Within this system there are many types of chi kung techniques: sitting, standing and moving.

Certain sitting practices, like the Six Healing Sounds and Inner Smile, tend toward stillness and learning how to connect with and move internal energy. Standing practices, like Embrace the Tree, focus on structural alignment and groundedness with the earth. Moving practices, like tai chi, expand what is learned from sitting and standing into how we move through daily life.

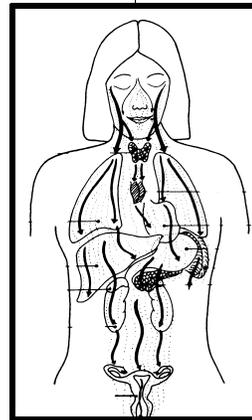
Upcoming Classes

Starting this fall, I'll offer classes of one chi kung practice each month, on Monday evenings, 7-8:30 pm, for four weeks. There will be a free introduction to chi kung on Monday, September 9th. This will also be the first class of the September practice: the *Six Healing Sounds*. Based on interest, each month will explore a new practice:

October - *Inner Smile*: smiling chi to the internal organs.

November - *Iron Shirt*: Embracing a Tree, structure and rootedness.

December - *Tai Chi*: combining the above techniques with moving.



In January, we will probably repeat the same sequence starting with the Six Healing Sounds. Once enough people have taken the basic classes, I'll offer a second evening class each week to practice.

Class fee is \$40 per month. There are no prerequisites for these basic practices. Each four-week series of classes may be taken individually or continuously through the fall. It is not necessary to take them in sequence.

If you have any questions or would like to register for the class, please give me a call at **541-575-1011**. More information is available at SimplyTao.com.

