

TRADITIONAL CHINESE



HEALING ARTS

“Just as Western medicine has been heavily influenced by European philosophy traditional Chinese medicine is based on the ancient Chinese knowledge of Taoism.”

Chinese Healing Arts Traditional Chinese Medicine, and the Taoist Healing Arts through Meditation & Movement.

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 to herbs nutrition along with the Taoist Healing Arts through sitting, standing, and moving meditations. In order to properly understand Traditional Chinese Medicine it is necessary to understand the philosophical and practical aspects of Taoism.

Taoism (also spelled as Daoism), is an ancient spiritual/philosophical system that originated in China over 2000 years ago. By 300 BC, its doctrines were codified in the Tao Te Ching which is, today, still considered to be the primary text of Taoism. The aim of Taoism is to live in accordance with the way the universe was observed to operate as well as its correspondences to nature thereby connecting to everything.

Taoism addresses 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 of five elements which is the foundational system of traditional Chinese medicine.

The Taoist philosophy and the sitting, standing, and moving meditations listed below, comprise the foundational practices you will be learning in our academy:

Basic Concepts:

- Taoist Cosmology
- Interrelationship of the Body, Soul, Spirit,
- Nourishing one's Destiny
- Taoist Sexology and Cultivation

Basic Warm-Ups

- Spinal Chord Breathing
- Self-Chi Massage
- Bone Marrow Revitalization

Sitting meditations

- Six healing sounds
- Inner smile
- Microcosmic Orbit

Standing meditations also known as Iron Shirt Chi Kung:

Effortless Sitting and Standing

- Turtle
- Water Buffalo
- Tree Stance

Moving meditations:

- Tai Chi Yang Style
- Qigong

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

This training begins in the first part of our program. If you complete part two, you will be certified to establish yourself as a teacher of these trainings and practices to make changes in your life as well as in those of others.