

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

"If you can cease all restless activity, your integral nature will appear."

Lau Tzu

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Message From Sifu

Happy Meditation Day!

There isn't really a Meditation Day, but since May is Meditation Month, I'd like to think that every day in May is Meditation Day. Any why not! Meditation is probably the single best thing we can do for our mind, body, and spirit. So, why don't more people meditate?

It could be that Meditation isn't highly regarded. The perception of Meditation is as a dubious, mystical art where people transcend to other planes of existence, or levitate, or something just as absurd or preposterous. Which is too bad. Science has shown Meditation changes the brain ... and for the better. With regular meditative practice, studies have shown growth in areas of the brain associated with compassion, being mindfully aware, ability to focus on a single object for a long period, among other benefits.

Again, I ask, why don't more people meditate?

To begin with, there are certain myths associated with Meditation.

Myth #1: I don't have time to meditate.

Do you have five minutes a day to spare? That's all you need to start a habit of Meditation. Once you begin to meditate and start realizing it's benefits, you'll magically find more time to meditate.

Myth #2: I can't sit in a lotus position.

Neither can I! I sit in a modified position called the burmese. In fact, that are many different seated positions that can be used. You can even sit in a chair. The purpose of the seated position is to elevate your hips above your knees.

Myth #3: I have to become a Buddhist to meditate.

Many religions, including Judaism, Christianity, Buddhism, Islam, Taoism, and Hinduism recommend the practice of meditation as a way of stilling your mind, focusing your thoughts and becoming more mindful about your life.

Myth #4: I can't possibly learn to meditate.

Learning to Meditate is like learning to ride a bike. The concept is simple (avoid falling over*), but requires consistent practice to become good. You can learn to meditate in five minutes, but could take some time to master.

Myth #5: There is no way I can stop thinking.

This is probably the biggest myth of all. There is no way that we can stop the mind from thinking. The purpose of Chan Meditation, is to not attach to our thoughts. Meditation forces us to focus on our mind and notice when our thoughts take control. When a thought comes up, we just let it go.

Overcome these myths and start meditating. There are many benefits to starting a meditation practice, but most importantly, it teaches us not dwell on the past, or worry about the future, but to cherish the moment we are in.

In This Issue

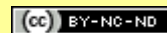
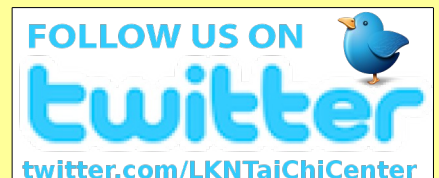
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Celebrations

May Holidays and Observances

Asian American & Pacific Islander Heritage Month
Carrots and Cauliflower
Celiac Awareness Month
Creative Beginnings Month
EcoDriving Month
Family Wellness Month
Get Caught Reading Month
Gifts From The Garden Month
Grapefruit and Kiwi Month
National Allergy/Asthma Awareness Month
National Egg Month
National Meditation Month
National Mental Health Month
National Physical Fitness & Sports Month
National Salad Month
National Salsa Month (the food)
National Smile Month
National Vinegar Month
Potatoes and Limes Month
Revise Your Work Schedule Month
Sweet Vidalia Onions Month
National Family Month

Bread Pudding Recipe Exchange Week: 1-7
Drinking Water Week: 6-12

Flexible Work Arrangement Week: 6-12
National Family Week: 6-12
National Raisin Week: 6-12
Work At Home Moms Week: 7-13
Universal Family Week: 10-16
Reading is Fun Week: 13-19
National Women's Health Week: 13-19
American Craft Beer Week: 14-20

International Worker's Day (China): 1
Garden Meditation Day: 3
National Day of Reason: 3
Respect for Chickens Day: 4
Youth Day (China): 4
Totally Chipotle Day: 5
Buddah Day: 6
Eat What You Want Day: 11
National Chocolate Chip Day: 15
National Employee Health & Fitness Day: 16
National Pizza Party Day: 18
Artichoke Day: 19-20
Cookie Monster's Birthday: 25
Geek Pride Day: 25
Towel Day: 25
National Senior Health & Fitness Day: 30

Tai Chi in the News

From *Supreme Chi Living* the newsletter of the **American Tai Chi and Qigong Association**

Effect of Tai Chi on Body Balance of Elderly Men with Dizziness

March 26, 2012 - This study was performed by several researchers from University School of Physical Education in Poznan, Poznan, Poland.

The purpose of this study was to assess the effect of 18-week Tai Chi training on body balance in a dynamic trial among elderly men with dizziness. The study covered subjects aged 60 to 80 years. The researchers identified 40 men who reported a history of dizziness. The subjects were recruited using direct mailings and a community information campaign.

The participants were randomly assigned to either the exercise intervention (20) or control group (20). The Tai Chi group participated in an 18-week exercise class held for 45 minutes twice a week. Body balance was studied in two ways: using the "8 foot up and go test" and using a Computer Posturographic System PE 90. The ability to perform specific tasks (maximal deflections in four directions) was measured on the posturographic platform.

The variation in results obtained on the first and second date of tests in the experimental and control groups was confirmed statistically using four parameters, i.e. 8 foot up to and go test, forward deflection, backward deflection and maximum sway area.

Consequently, the researchers found that the 18-week period of Tai Chi exercises, with a frequency of twice a week for 45 minutes, is beneficial for dynamic balance, which is important for the reduction of fall risk factors among elderly men with dizziness.

This study is published in the latest issue of American Journal of Chinese Medicine.



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Training Tip

Meditate. Now.

Take just five minutes, right now, and meditate. Sit where you are, turn off the lights, turn off the radio or TV, or move to a room that is private with no distractions. Now just sit upright in a chair, put your hands in your lap, and breathe. Don't hold the breath or change your breathing. Your eyes should be partially closed. Put your mental focus on the tip of your nose. Just relax and breathe. If your thoughts interfere with your focus, just let go of the thought and return to focusing on the tip of your nose.

After five minutes, open your eyes, shake out your limbs, and stretch out your body.

For extra credit, do it again tomorrow. And the next day, and the next, and the next ...

Ask Sifu

How long and how often should I meditate?

Traditionally, you should meditate an hour in the morning, and an hour in the evening, every day. If you can't meditate two hours a day, then meditate for as long as you can, even if it's five minutes. Just meditate every day. Doing five minutes every day, is better than meditating 30 minutes once per week.

Classifieds



Need an extra class t-shirt?

How about a pair of Tai Chi pants?

No problem! Shirts, pants and sashes are always available.

T-Shirt \$15

Pants \$35

Sash \$10

20% discount for Tai Chi Chuan students - 10% discount for Tai Chi Qigong students

Have something to sell or trade? Have a service you'd like everyone to know about? Advertise it here! Lake Norman Tai Chi Center members get an incredible discount. Send your ad to contact@lakenormantaichi.com and put **Newsletter Ad** in the subject.

“Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.”

Buddha

