

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

“First you must be calm, then your mind can be steady. Once your mind is steady, then you are at peace. Only when you are at peace are you able to think and finally gain.”

~ Confucius

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Message From Sifu

Finding motivation to do things you need to do, but don't want to do.

Editor's Note: I wrote this article for The Peaceful Dragon's October newsletter. I thought it was so good, I wanted to share it with you.

It happens. Usually on a Monday morning. At about the same time your alarm clock starts bleeping. You get that feeling. That nagging feeling. That oppressive nagging feeling. The one you get when you have to do something. Something you don't want to do. When you'd rather be doing something else. Anything else. Like sleep.

We crawl out of bed anyway. Start moving. Slowly at first. We gain some speed after a shower, food, and especially after a cup, a mug, a gallon of coffee. We get through the day. Relatively unscathed. Have some fun. Gain some insights. And retire for the night.

Then it happens. Again.

It does happen. To the best of us. To all of us. At one time or another.

What is happening though? Is something missing? Life is good. You're doing well at work. Your family is great. Your training is yielding results. Life is good. Shouldn't life be great though? Yeah, life should be great. So, how do you get from good to great?

There is a possibility that you might need some help. Some encouragement. A plan. A goal. A map from Point A to Point B. A map from good to great. These are great to have. You need these. They are necessary. But it all starts with the M word. Some good old fashioned Motivation.

Motivation is the lubricant for your actions. It makes what you want to do easier and fun. You can have the greatest goal with the most detailed actions. But, until that motivation kicks in, the going will be slow and unfulfilling. You may not even take that first step.

Not having motivation is like walking through quicksand. That oppressive nagging feeling you get when you're doing something you know you should do, but really don't want to, is the result of not having the motivation to do it. Not having motivation can lead to apathetic feelings towards what you are doing. This apathy can lead to destructive behaviors from sabotaging your efforts to get started or keep going, or to quitting altogether.

We all started our Martial Arts training for a reason. Whether it was for weight loss, stress reduction, improved fitness, the reasons were personal to us and fueled our passion to start. The training was challenging and rewarding. The motivation to reach our goals kept us coming back to class week after week. Over time, our reasons for training become less important. Either because we've reached our goals, or because they weren't as important as we first thought. We continue to go to class because we feel and experience the positive effects the Martial Arts have on us. But, without proper motivation, our desire to go to class will slowly erode.

In This Issue

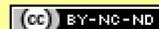
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Although we're talking about our training, the same can be said of any goal we have from eating healthy, weight loss, sleep habits, to more enriched family time, better spousal relations, bettering our career or developing a secondary income stream. If we lose our motivation, or worse not properly identify it, then we risk dropping the goal or habit. Even though we know in our hearts that by doing so, we will be worse off, and sadly, find ourselves in a very unpleasant disposition; wallowing in misery for the remaining part of our lives.

We have the loftiest of intentions. We have the right goal in mind. We have all the steps we need to take to achieve that goal. And we are motivated to stick with the goal to completion. So, why is it that some people falter, lose their motivation, and quit? It could be that they are not making it a priority, not having the right motivation, or not having the right goal in the first place.

For example, you have a goal to lose weight. If you don't make your weight loss goal a priority in your life, you can never hope to achieve it. Everything else will suddenly become more important than losing weight. If your goal is simply to lose weight, that is not enough to maintain your motivation. Having a specific goal, like losing 10 pounds, is better.

Let's take it one step further. Losing weight is a numbers game. Most people quickly become bored with chasing a mere number. So, change the goal in such a way that the weight loss will happen as a by-product. Goals such as running a 5K, completing a marathon or triathlon, or competing in a lei tai tournament are big goals that can make the weight loss a result of achieving the goal.

We can not rely on external factors to motivate us. Things like artificial deadlines, a micro-managing boss, an overbearing trainer, even a nagging spouse, do not motivate us. They may be detrimental to our success, our self-esteem, even our well-being. Proper motivation comes from within you. You can be supported or challenged by a spouse, trainer, or mentor. But, it is ultimately your responsibility to find what motivates you.

The key to finding that motivation comes from knowing yourself. Knowing what excites you. What bores you. What fills you with dread. What fills you with unbounded happiness. What you care deeply about. What you don't give a rat's arse about. It is within you right now. All you need to do is look. Ask yourself those questions. And then shut up, sit down, breathe, and listen. Sounds an awful lot like meditation, doesn't it?

Yes, the best way to find out about yourself is through meditation. You can read books about motivating yourself. You can write endlessly in journals. You can talk to a therapist until you're blue in the face. All of those will certainly help. But it's meditation that will let the body relax and allow the mind to be free so you can learn about yourself and discover your inner workings and motivations.

The key to any success in life is moving towards your goals each and every day. Motivation allows you to do it effortlessly. Finding that motivation is critical to start moving and stay moving towards your goals.





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Celebrations



October Holidays and Observances

Apple Month
 Caffeine Addiction Recovery Month
 Corn Month
 Eat Better, Eat Together Month
 Emotional Wellness Month
 Health Literacy Month
 Month of Free Thought
 National Book Month
 National Caramel Month
 National Chili Month
 National Chiropractic Health Month
 National Cookbook Month
 National Depression Education & Awareness Month
 National Work and Family Month
 Pizza Month
 Polish American Heritage Month
 Positive Attitude Month
 Self-Promotion Month

Spinach Lovers Month
 Vegetarian Month

Great Books Week: 4-10
 National Work From Home Week: 4-10
 Kids' Goal Setting Week: 5-9
 National Chestnut Week: 11-17
 National School Lunch Week: 12-16

World Vegetarian Day: 1
 National Pierogi Day: 8
 National Chocolate Cupcake Day: 18
 Evaluate Your Life Day: 19
 Lake Norman Tai Chi Center Anniversary: 19
 Celebration of The Mind Day: 21
 Double Ninth Festival (China): 21
 Food Day: 24
 National Chocolate Day: 28

Tai Chi in the News

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

Tai Chi May Reduce Cardiovascular Risk in Women

September 20, 2015 - A team from Virginia Commonwealth University performed a study to examine the effects of tai chi on bio-behavioral factors associated with cardiovascular disease risk in women.

This was a randomized trial with a wait-list control group, using pretest-posttest design. Data were collected immediately before, immediately after, and 2 months following the intervention.

The study was community based in central Virginia. Women aged 35 to 50 years at increased risk for cardiovascular disease were included. The 8-week intervention built on prior work and was designed to impact bio-behavioral factors associated with cardiovascular disease risk in women.

Biological measures included fasting glucose, insulin, and lipids as well as C-reactive protein and cytokines. Behavioral measures included fatigue, perceived stress, depressive symptoms, social support, mindfulness, self-compassion, and spiritual thoughts and behaviors.

The results: in 63 women, Tai Chi was shown to decrease fatigue and granulocyte colony stimulating factor. Consistent with the study model and intervention design, significant changes observed 2 months post intervention indicated that Tai Chi may help down-regulate pro-inflammatory cytokines associated with underlying cardiovascular disease risk, including interferon gamma and tumor necrosis factor.



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Tai Chi may also increase mindfulness, spiritual thoughts and behaviors, and self-compassion.

Conclusion: this study contributes important insights into the potential benefits and mechanisms of Tai Chi. With further research, it may ultimately lead to effective strategies for reducing cardiovascular disease risk in women earlier in the cardiovascular disease trajectory.

Their findings are published by American journal of health promotion in August, 2015.

Training Tip

How to Sneak Tai Chi into your daily life

#6) Mailbox Stepping

Here's a tip to get in some extra Tai Chi Stepping. When you go retrieve your mail from your mailbox, instead of just casually walking to your mailbox, Tai Chi step to your mailbox. In addition to the change of pace, you'll be able to practice your walking on a different surface, and possibly with a different gradient (up or down hill).

Feng Shui Tip

Beware Of Oncoming Chi

The head of the household should sit where they can view the front door but not in the direct path. If possible, no one should sit directly in the path of an open doorway or with their back to the door or uncovered window. Too much chi coming through the entry can be subconsciously uncomfortable.

Feng Shui is the Art of Placement. A Chinese philosophical system of harmonizing everyone with the surrounding environment. The term feng shui literally translates as "wind-water." Each month Dale Saufley will share a Feng Shui tip that you can implement to harmonize yourself with your surroundings. If you have questions about Feng Shui, contact Dale at dales@lakenormantaichi.com.

Ask Sifu

Is it OK to eat just before I come to class?

In general, yes. But, be careful what you eat and how soon before class. Having a heavy carbohydrate laden meal less than an hour before class can be detrimental to your training. The rule of thumb should be that the closer to class you are, the lighter the meal should be. If you are prone to hyperglycemia or are diabetic, special care should be taken to make sure your blood sugar levels don't drop drastically during class.

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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

custom luxury menswear without breaking the bank

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B. Dale Saufley

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For Sale or Trade: 2 timeshare weeks (odd & even years) in Florida. Even year timeshare is in Pompano Beach right on the water & is a points system (126,000 points, no true set week). Royal Vista Resort 1110 S Ocean Blvd Pompano Beach Florida. The even year is Palm Country Club & Resort in Kissimmee Bldg 25, unit 209 week 37 (late Sept). It is a 2 bedroom lock-out so can be traded for 2 separate weeks if you choose. I would like to get \$4500 for the Pompano Beach & \$6200 for the Kissimmee OR would trade both for older motor home. Call 704-965-4105 or email lbwheeler.hiker@gmail.com -- Leann Wheeler

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.

"The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat."

~ Napoleon Hill

