

Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

“Each today, well-lived, makes yesterday a dream of happiness and each tomorrow a vision of hope. Look, therefore, to this one day, for it and it alone is life.”

- Sanskrit Poem

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Message From Sifu

The Key To Success In 2016

Before we bid adieu to 2015 and start working on our audacious plans for 2016, we need to take a moment and reflect on what we accomplished, and didn't accomplish, in 2015. Now, if you are someone who seeks to live in the moment, you may find it kind of odd to reflect on your past or ponder about your future. But we can't mindlessly meander through life without having some thought of where we are headed or know where we've been.

The phrase "Live in the moment" or "Live in the present" has permeated almost every fiber of our existence. We've probably heard it to such an extent that at some point in the future, it will have lost all meaning. The meaning is relatively simple: Enjoy your life today without dwelling on the past, or fretting about the future. This does not mean that we can't make plans or learn from our past. It just means that we can't let what has happened, or what might happen, become a hinderance to what is happening at this moment.

The past is the key to our future. Through the years, we've all made plans, tried new things, thought about doing other things, and have told ourselves "I'm going to do that next year." Next year comes and goes, and we still haven't done it. The reasons we don't are plentiful, but fall into two categories: Either something else came up or the plans were never made, or both.

In the past, my wife and I have talked about taking an annual vacation somewhere. We both have a mental list of places we want to visit. But, year after year we fail to make the necessary plans to take a proper vacation and I'm forced to "burn" my vacation time before the end of the fiscal year so as not to lose it. So, over the holiday break, my wife and I talked about where we wanted to go this year for a vacation. Washington D.C. has always been on the top of my wife's list since she moved to the U.S. and I've never been there, so we decided that D.C. will be our Vacation Destination this year.

We spent a few hours talking about what we'd like to do, when we'd go, where we'd stay, and how we'd get around. This is more planning than we usually do, but the hard part will be the actual execution of the plan. My Wife will end up doing most of the leg work on reserving the hotel and getting tickets and information to places we want to go. In the past, that's where I've left it. As you know life happens, and I know that if I don't keep it on top of our minds, the plans will disintegrate and I'll be left burning more vacation days this year. The reason this happens is that we become so focused on what's happening in the moment that we forget to make plans, or execute the plans we've made.

Because I looked back and understood what wasn't working in our vacation planning and the fact that we didn't have a proper vacation in 2015, my Wife and I were able to put forth a plan for a decent vacation in 2016. We actually have a very audacious plan for 2016, not just for vacations, but in our business pursuits, home repairs and maintenance, and personal improvements as well.

Haven't thought of what you want to do in 2016? No problem, take some time and answer these questions:

In This Issue

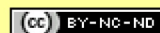
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What have you done in 2015 that you want to keep doing or improve upon in 2016?

What have you done in 2015 that didn't work at all for you?

What do you want to accomplish in 2016 that you've never done before?

What do you need to do to make 2016 better for you in all areas of your life?

Now, write it all down, make a plan, then make it happen. Here's to a wonderful 2016!



Special Events

Chinese New Year Festival at The Peaceful Dragon

Saturday February 6, 11:00 AM - 2:00 PM



The Peaceful Dragon is hosting its 19th annual Chinese New Year's Festival on Saturday, February 6th, from 11am to 2pm. Admission is just \$3 per family, or FREE with a donation of a non-perishable food item for Loaves and Fishes charity.

Fun for the entire family, come celebrate the arrival of the Year of the Monkey! The festival will begin with the colorful ceremonial Lion Dance and Dragon Dance, said to bring good luck to everyone for the coming year. Then throughout the festival you can enjoy exciting demonstrations of Chinese martial arts and health arts including Kung Fu, Tai Chi and Yoga, and performing arts such as traditional Chinese dance and music.

Local experts will be on hand to exhibit various Asian arts and cultural practices such as feng shui, calligraphy, acupuncture and Chinese medicine. There will be a fun game room for kids, plus face painting, arts & crafts and more.

Free introductory mini-classes in tai chi, yoga and kung fu will be offered for both children and adults, and there will be special festival-day discounts if you're interested in enrolling in The Peaceful Dragon's ongoing classes. Catered Chinese noodles will be available to purchase for lunch.

Here in Charlotte, the Asian population has grown rapidly in recent years and the holiday and its traditions remains an important part of immigrants' lives. The Peaceful Dragon's celebration is open to everyone, and is particularly of interest to Americans looking for the chance to discover some of the wonders of authentic and traditional Asian culture.

Additional festival highlights include ongoing raffle drawings and door prizes, and FREE shuttle parking. The festivities are all held indoors so the festival takes place rain or shine.



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Celebrations

January Holidays and Observances

Financial Wellness Month
Get A Balanced Life Month
Get Organized Month
International Brain Teaser Month
International Creativity Month
International New Years Resolutions Month for Businesses
National Be On-Purpose Month
National Hot Tea Month
National Personal Self-Defense Awareness Month
National Personal Trainer Awareness Month
National Polka Music Month
National Soup Month
Oatmeal Month

National Fresh Squeezed Juice Week: 17-23
Healthy Weight Week: 18-22

Sugar Awareness Week: 18-22

National Science Fiction Day: 2
J.R.R. Tolkien Day: 3
National Chocolate Covered Cherry Day: 3
National Tempura Day: 7
National English Toffee Day: 8
National Clean Off Your Desk Day: 11
Bean Day: 12
Fig Newton Day: 16
Penguin Awareness Day: 20
National Hugging Day: 21
National Pie Day: 23
National Irish Coffee Day: 25
Curmudgeons Day: 29
Freethinkers Day: 29
National Puzzle Day: 29

Tai Chi in the News

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

Qigong for People with Chronic Pain

December 16, 2015 - Chinese scientists from Lanzhou University and Shanghai University conducted a systematic review to evaluate the effectiveness of qigong as a treatment for chronic pain. Five electronic databases were searched from their date of establishment until July 2014. The review included 10 randomized clinical trials (RCTs) that compared the impacts of Qigong on chronic pain with waiting list or placebo or general care. Random effect models and standard mean differences were used to present pain scores.

A total of 10 RCTs met inclusion criteria. There was a statistically significant difference on reducing chronic pain between internal Qigong and control, external Qigong and general care, external Qigong and placebo, and internal Qigong for chronic neck pain at 6 months. The differences between external Qigong and control, external Qigong and waiting list, internal Qigong and waiting list, and external for premenstrual syndromes were not significant.

This study showed that internal Qigong generated benefits on treating some chronic pain with significant differences. External qigong showed nonsignificant differences in treating chronic pain. Higher quality randomized clinical trials with scientific rigor are needed to establish the effectiveness of qigong in reducing chronic pain.

The research is published in the November, 2015 issue of the American Journal of Chinese Medicine.



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Training Tip

What's New?

Although the calendar is an entirely man-made creation, the turn of the page from one year to the next can be used as a mental trigger to introduce change into your life. So, in the new year, create a new workout routine! The focus for a winter routine should be on your qi conservation. That means more qigong, more meditation, and less conditioning. The idea is not to expend too much energy to condition your body (think sweat), but to conserve it and direct it inwards in preparation for Spring.

Feng Shui Tip

The Best Seat in the Conference Room

Having an office meeting? Arrive a little early and choose a seat that faces the main entry but is not directly in the path of the door. If you are giving the presentation then you should have the most prominent seat in the room, unless that is your managers/ company owners seat. Choose the next one to his or her right. The least good seat is the one that is directly in the path of the door and facing away from the door.

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

I've been out of class for awhile and I want to return. But, I'm afraid that I've forgotten much of my form and I'm afraid that I'll be starting from square one. What should I do?

Coming back to class from an extended absence can be difficult. You may have forgotten some movements and exercises, and your body and mind may have lost some of the conditioning you've worked hard to attain. The good news is this back-step is temporary and short-lived. The hardest part about coming back to class from an absence is actually coming back! The first class back may feel awkward. Your body may ache a little bit afterwards as well. But, after a few classes, you'll be back on track as if you've never left. And the forms and movements you may have forgotten? Not to worry. Your brain may have retained more information than you think. Once you're back inside the kwoon, the familiar surroundings may trigger memories and after a couple of classes you'll have remembered any form that you were learning before your absence.

The important thing is to return to class as soon as you can so that you can continue to enjoy the benefits of Tai Chi and achieve the goals you set for yourself when you joined Lake Norman Tai Chi Center.

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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

J. HILBURN

704.400.8179

B. Dale Saufley

Independent Style Consultant
Dale.Saufley@Hilburnpartner.com

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.

"Cherish your vision and your dreams as they are the children of your soul; the blueprints of your ultimate achievements."

- Napoleon Hill

