

A Community of Health, Happiness & Harmony

Yang-Sheng

Nurturing Life

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SURFING HAPPY QI: 7 SECRETS

- Happy Body
- Scientific Qi Exploration
- 20 Habits to Make You Happy - Guaranteed!
- Today, and from Now On
- Seasonal Harmony...and more



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Cultivate Qi for Body, Mind & Spirit

Yang-Sheng

(Nurturing Life)

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A network for health, happiness & harmony

www.Yang-Sheng.com



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Your participation, contribution, sharing and feedback are truly appreciated.



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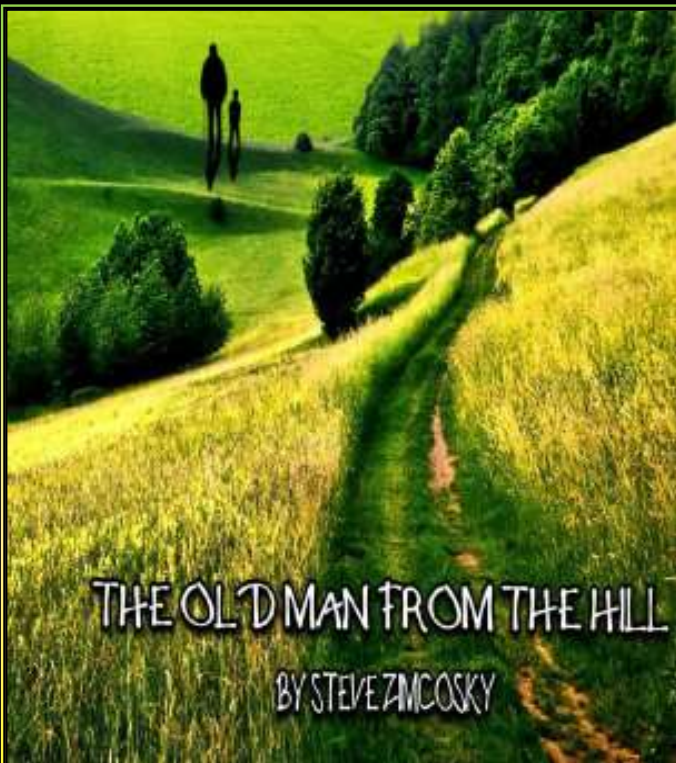
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Available at Amazon, Kindle and Barnes and Noble

The Old Man From The Hill (Lessons in Qigong and Tai Chi) by Steve Zimcosky. The story of a young boy who is sent to spend the summer with his grandparents in the small town of Smock, Pennsylvania due to health reasons. A chance encounter with an old Chinese man leads him to learn the ancient Chinese health exercises of Qigong and Tai Chi. As he learns these exercises he finds that his health and his life is changing for the better and the encounter is the beginning of what would be a life long friendship.

This book is a sweet story told from the eyes of a ten year old who discovers with wonderment the virtues of Qigong.

– Shoshanna Katzman, L.Ac., M.S.

This really needs to be shared with a wide audience. It is appropriate for both adults and younger folks. There is a great deal of wisdom shared through the book but in a very non-threatening and clear way.

– Brother Bernard Seif, SMC, Ed. D, DNM

Your book is a wonderful short read that inspires the layperson to seek out and explore these wonderful exercises of old for health and rejuvenation of mind and body.

– Ted Cibik, Ph.D., ND, DMQ (China), CHFS

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Get Happy!

by Michelle Wood

Welcome to the Happiness issue of Yang Sheng Magazine! It's full-bloom summertime here in the northern hemisphere, and these longer days certainly contribute to our overall happiness, not to mention getting out into the sun enhances your Vitamin D levels for a healthier, happier you!

We begin this issue with **"20 Habits to Make You Happy - Guaranteed!"** with great practices such as "take care of yourself," "practice forgiveness," and my favorite "do what you love!" **The Happiness In Your Life** column offers an agreement you can make with yourself, ways you can set the intentions and make the choices to be happy!

Your body will be happy when you practice the simple and easy but very effective Do-In movements described in **"Happy Body."** You will find more fine movements of a taiji flavor in **"Taiji: A New Foundation."**

Our **Dancing Doc** "clowns around" this month with an article on humor, and in **Tales of the Dao** we offer a playful story about fish! **Illuminating the Dao** column also explores the idea of happiness by letting go of attachments.

As always, **Seasonal Harmony** presents you with ideas on living in harmony with Nature and the season, and includes fabulous recipes and food suggestions to enable you to do just that!

Scientific Qi Exploration gives information on the Extraordinary Meridians this month, and **Research Update** reports on the newest reports on the role happiness plays in health and wellness.

Our Feature Article this month offers **7 Secrets for happiness** from a surf-happy couple in Hawaii! It's a very humorous column on how to have Happy Qi!

I know you will enjoy this issue! There's too much fun here not to!

Have a safe and happy Summer!

Many Blessings,

Michelle



Cover Design by: Rebecca Kali

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Harvard Research Reveals 20 Habits That Will Make You Happy, Guaranteed!

by Jing Jin

Have you ever wondered why some people seem happier than others? And why you're not as happy as you'd like to be? Perhaps you've been telling yourself, "If I had that job, I'd be happy." Or "If I was with that person, then I'd be happy."

I can tell you that this formula doesn't work. In fact, recent discoveries in psychology and neuroscience show that this formula is actually backwards:

Happiness fuels success, not the other way around. When we're happy, our brains are more motivated, engaged, creative, energetic, resilient and productive.

This means when we're happy, we're more likely to get what we want in life – whether it's our dream job, our ideal mate, or any other wonderful thing we desire.

So how can you be happier?

Based on my own personal experience and the 20 happiness facts published by Harvard University, I've compiled the following 20 habits that will make you happy, guaranteed! <http://www.harvardsmhl.org/20-happiness-facts/>

1. **Be grateful.** Slow down, look around you, and pay attention to the little details in your life – the delicate purple flower on the sidewalk, the beautiful sunset, the hot shower that washes away your long day, and the smile in your partner's eyes...

When you have a grateful heart that is appreciative of life's beautify, wonder and blessings, you're automatically filled with happiness.

2. **Choose your friends wisely.** According to Harvard, the most important external factors affecting individual happiness are human relationships. So if you want to be happy, choose to be around people who are optimistic, who appreciate you as you are, and who can make your life richer, bigger, more fun, and more meaningful.
3. **Cultivate compassion.** When we try to step into other people's shoes and understand a situation from another's perspective, we're more likely to handle the situation with compassion, objectivity and effectiveness. There will be less conflicts and more happiness.



4. **Keep learning.** Learning keeps us young and dreams keep us alive. When we engage our brains and put them toward productive uses, we're less likely to dwell on unhappy thoughts and much more likely to feel happy and fulfilled.

5. **Become a problem solver.** Happy people are problem solvers. When they encounter a challenge in life, they don't beat themselves up and fall into a depressive state. Instead, they face up to the challenge and channel their energies toward finding creative a solution.

By becoming a problem solver, you'll build up your self-confidence and your ability to accomplish whatever it is you set your mind to – and whatever challenges life throws your way. The result? You'll have more happiness in your life.

6. **Do what you love.** Since we spend over one-third of our adult life working, loving what we do has a huge impact on our overall happiness. It's one of life's greatest blessings to find a line of work that we're deeply passionate about and that utilizes our greatest gifts. If this is not possible at the moment, then try to find enjoyment and meaning in your current work, or cultivate a hobby that involves doing something you love.



7. **Live in the present.** When you feel depressed, you're living in the past. When you feel worried or anxious, you're living in the future. But when you feel content, happy and peaceful, you're living in the present.
8. **Laugh often.** Laughter is the most powerful anecdote to anger or depression. Research has shown that the simple act of curving the corners of your mouth can increase your feeling of happiness. So don't take life too seriously. Try to find humor and laughter in life's everyday struggles.
9. **Practice forgiveness.** Resentment and anger are forms of self-punishment. When you forgive, you're actually practicing kindness to yourself. So learn to forgive those who have hurt you in the past. And most importantly, learn to forgive yourself. Everyone makes mistakes. It's through our mistakes that we learn and grow to become a bigger and better person.
10. **Say thanks often.** Always be appreciative of the blessings in your life. And it's equally important to express your appreciation to those who've made your life better in some way, big or small.
11. **Create deeper connections.** Our happiness multiplies when we connect and bond with another human being on a deeper level. And being fully present and listening are two of the most important skills to strengthening that bond and bringing happiness to ourselves, and to others.
12. **Keep your agreement.** Our self-esteem is built on the agreements we've made with ourselves. And high self-esteem has a direct correlation to happiness. So keep your agreements with others and with yourself. Do what you say you're going to do.
13. **Meditate.** According to Harvard, people who take 8 sessions of mindfulness meditation training are, on average, 20% happier than a control group. Such training can lead to structural brain changes including increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection.
14. **Focus on what you're doing.** When you put your mind, heart and soul into what you're doing, you're creating a happiness state – called the “flow.” When you're living in the flow, you're less likely to care about what others may think of you, and less bothered by things that are not that important. The result? More happiness, of course!
15. **Be optimistic.** For happy people, the glass is always half-full. If your tendency is to imagine the very worst-case scenario every time you face a challenge, then train yourself to reverse that tendency. Ask yourself what good can come out of the situation or what you can



learn from it. Optimism surely fuels success and happiness.

16. **Love unconditionally.** No one is perfect. Accept yourself for all of your imperfections. And do so for others. Loving someone unconditionally does not mean that you need to spend all your time with them or help them figure out their problems. Unconditional love means accepting people as they are, and allowing them to find their own ways, at their own pace.
17. **Don't give up.** Unfinished projects and repeated defeats inevitably dampen one's self-esteem. If you've made up your mind to do something, see it through. Don't give up until you succeed. Remember, failure is temporary but defeat is permanent. And defeat only occurs when you give up.



18. **Do your best and then let go.** Everyone has limitations, and things don't always turn out to be what we'd like them to be – despite our efforts. So always give your best, and then let go. Let events run their course. When you've done your best, you'll have no regrets.

19. **Take care of yourself.** A healthy body is the key to happiness. If you have poor health, it's very difficult to be happy no matter how hard you try. So make sure you eat well, exercise and find time to rest. Take good care of your body, your mind and your spirit.

20. **Give back.** Doing good is one of the surest ways to feel good. According to Harvard, when people do good, their brains become active in the very same reward center that is stimulated when they experience other rewards. So it's not a surprise that people who care more about others are happier than those who care less about others.

These happiness habits have proven to be true in my own life. During those periods when I focus on cultivating the habits listed above, I do feel happier and more fulfilled – like now.

Happiness is not an accident. It's a conscious decision that takes conscious effort. You cannot seek happiness directly. When you do, happiness eludes you. Instead, focus on cultivating these 20 happiness habits, and you'll experience great happiness in your life, guaranteed!

So what's your experience? Is this true in your own life? How many of the happiness habits do you practice? And what habits would you like to cultivate next?



Jing Jin is passionate about holistic health and healing. She's the founder of CycleHarmony.com, an online community that empowers women to honor their menstrual cycles, improve their reproductive and overall health, and become the very best versions of themselves.



Do-In, a form of Dao Yin that is further developed in Japan, is a system of exercises that promotes our energy flow. Do-In combines meridian stretching with meditative techniques, chi strengthening exercises and acupressure. This article describes a short sequence that paves the path to happiness.

Remember that evening when you were sitting outside, a cup of tea warming your hand, watching the sky, feeling the soft wind gently stroking your skin. The moment when you took a deep breath and had the feeling that everything is just perfect right now.

Happiness is not something we can achieve by following a certain 'to do-list.' Actually, happiness is more the feeling that we experience at moments we are not trying to achieve anything. It is something that happens to us when we are completely here and now, accepting and enjoying this moment.

So, to experience happiness (even) more often, exercises to arrive 'here and now' are vital. Exam-

ples of such exercises are meditation and ones that balance our chi.

Looking at ourselves in terms of chi makes us understand that when we are distracted, this can often be seen as a blockage. Especially when we live, so to say, in the past or future. It takes chi, blood, and might even take jing, if someone is not able to let go and get in touch with this moment.

Even when this particular moment isn't so great at all, getting in touch with it by resolving blockages that kept us trapped in time is an important first step. So how to get there?

Below you can find a series of Do-In exercises. They are easy, effective and can be used by anyone, whether you are a professional working with chi or not. In fact they are so easy that as a therapist you can teach them to your clients so they can work on their energy balance themselves in between the treatments. Always remember to be gentle to your body. Exercises should never hurt, so take responsibility for your body by listening to the signs it gives you.

1. Aligning the dantians (energy centers)

Take a sitting posture. Any posture with a straight back is fine. Place your hands on your knees, or if you like, make a mudra with you fingers. Place for example your thumb on the side of your index finger on the acupuncture point Large Intestine 1 to promote letting go of that which no longer serves you.



Bring your attention to your head. What do you notice? A lot of thoughts? Maybe even a vibration when it is very busy in your head? And whatever it is you notice, try to get in touch with the stillness, the peaceful quietness that is always present behind your thoughts. Stay there for a minute.

Now bring your attention to your heart. How does your heart feel? And try to get in touch with the warm and happy sensation that is always there, somewhere in your heart. Let it shine and grow. Maybe even smile to your heart.

Now bring your attention to your lower belly, right below your navel center. Feel the energy in this lower dantian (tan den in Japanese) or energy center. The energy wells out from this center and spreads through your body much like a fountain does. Feel yourself becoming heavy and grounded. And feel the breath flowing all the way towards your lower belly. Continue breathing deeply and slowly just like this through the next exercises.



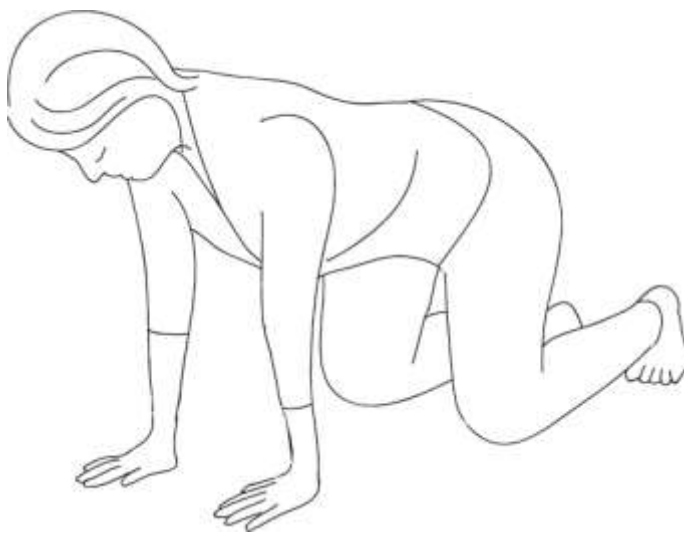
2. Opening the Governing Vessel, Du Mai

Start this exercise by sitting on the floor. Hold your lower legs right below your knees. (If you are familiar with acupressure points: hold Stomach 36). Make a round spine and gently roll back to your shoulderblades, and forth sitting straight up. Repeat this twenty to fifty times.

When this exercise feels awkward just lie on your back and massage the meridians by swinging from left to right.



3. Opening the Joints



Remember the lower dantian we just activated in the first exercise? Try to feel this area again. Let the movement for this next exercise start in this dantian.

Get down on your hands and knees. Curl your toes to the floor. Start to playfully circle around your hands and knees. Feel that in this movement you massage almost all the joints: hands, shoulders, spine, neck, knees, hips, and toes. After about a minute change direction.

4. Regulating Heart Protector and Yang Linking Vessel



This next exercise is an acupressure technique. Lean on your lower arms. Turn one palm facing up, intuitively decide which one. With the pinky side of the other arm, start leaning into this first arm, starting from the elbow. With every inhalation lift your arm and place it a bit closer to your wrist. With every exhalation lean.

Stay a bit longer leaning at the spot two cun (thumb widths) from the increase in your wrist. This is an acupressure point, Heart Protector 6, regulating one of the curious vessels called Yin Linking Vessel. This vessel is often blocked when experiences from the past tend to take too much of your energy.

With your elbow, lean into the center of your hand palm, also a strong acupressure point working on the emotional energy.

Treat your other lower arm in the same way.

5. Regulating Triple Heater and Yang Linking Vessel

This exercise is quite similar to the previous one. The difference is that you should turn the hand of the arm you'd like to treat with the palm facing down.

Again use the other arm to give shiatsu, now to the outside of your arm.

Also this time pay special attention to the acupressure point two cun from the increase in your wrist. This is an acupressure point, Triple Heater 5, regulating the curious vessel called Yang Linking Vessel. This vessel is often blocked when plans for the future tend to take too much of your energy.

You don't have to lean on the back of your hands, stroke from the wrist towards your energy.

6. Stretching the Heart Meridian

Now take a cross legged position, or if possible take an even exaggerated cross legged position - as I like to call it. Bring the left foot to your right hip, cross the right leg over this left leg and bring the foot towards your left hip. Your knees should be right above each other.

Straighten your right arm up, bend the elbow so that the hand is in between your shoulder blades. Be careful with your neck, keep it straight up.

With your left hand, help the right elbow towards the middle and back so that you feel a nice stretch from the right armpit towards the right elbow, the Heart Meridian.

If possible, bend your left arm down and backwards and interlace fingers at your back.

Breath slow and deep, change sides after five breaths.

It is possible that the stretch feels totally different on the other side, and this is a sign that the energy is not evenly divided.



7. Smile Meditation

End this sequence by taking a nice sitting posture. Any posture is fine, as long as you are able to keep your spine straight. Make space between the vertebrae.

Close your eyes, soften your face and place the tip of your tongue behind your front teeth on the pallet. Focus your attention to your breathing, take deep inhalations; the lower belly should raise. Exhalations are long and slow.

Now start smiling to yourself.

Smile towards your lower dantian and the area around it, bladder, kidneys, intestines etc...

Smile towards the middle dantian and the area around it, heart, lungs...

Smile towards your upper dantian, brains...

Feel your whole body and spread positive energy through it with every exhalation.

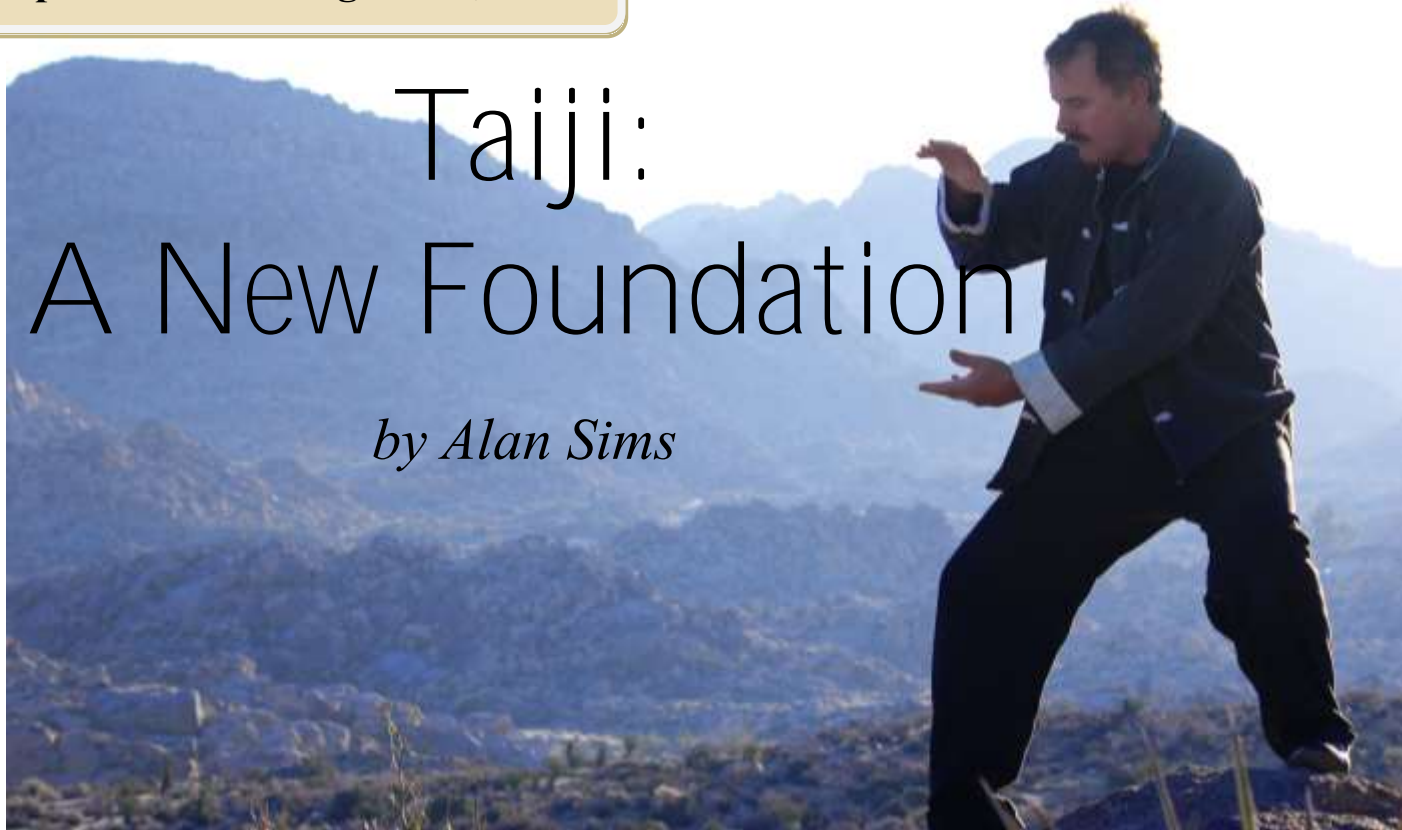
Finish the exercises by bending forward, a sign of gratitude.



Lilian Kluivers is a shiatsu therapist and Do-In teacher and teacher trainer. She runs Do-In Academy, an international education that aims to help people use the wisdom of eastern medicine in everyday life. Lilian is an author of two books about Do-In published in The Netherlands and Belgium. For more information, she can be reached at: Info@doinacademy.com or www.doinacademy.com

Taiji: A New Foundation

by Alan Sims



During one of my many trips to the Tai Chi Farm, I ran into an unusual if not amusing situation in terms of my attitude towards master Jou's repeated displays of returning to Wu Chi. There have been many occasions where master Jou would discover a new breakthrough, and this seemed to be the culmination of another one.

For some reason or other, around this time, the Chen form practice had been restricted to the first 15 postures only. There seemed to be a dissatisfaction with whatever progress was made, and a new foundation it seems was being put into place.

I just happened to walk into a group of people doing something, and Mr. Jou was among them. Rather than just walk away, I stayed and tried to do what they were doing and I was not enjoying it. The exercise they were practicing went as follows:

Standing straight up basically with the weight on one ([left leg, we'll say) with the foot of that

leg facing diagonally outward around 2:30 position;

The hands are outstretched to the sides all the way left to the left side and all the way right to the right side at shoulder level;

Palms of both hands facing directly forward with the fingers outstretched and together with the thumbs facing the sky;

The opposite leg (we'll say the right) is also extended with the heel off the ground and the foot facing approximately 2:30 position also;

The eyes and head face 12:00 with the abdomen relaxed between contraction and expansion;

Upon contracting the abdomen, the palms turn upwards as the body turns towards the right, looking at the right palm (now facing the sky) which rotates but is otherwise stationary while the left palm also turns up also being otherwise the same;

While the heel of the right foot moves towards the front and leftwards rotating on the right toes which are otherwise fixed in position.

At this point, the abdomen is fully contracted, aided also by the small of the back, with the left leg feeling the twisting and sinking of additional weight.

Upon exhaling (actually, with the abdomen, no mouth breathing) and relaxing the abdomen while the hands, right leg, head, and torso, return to the original position facing forward, continue to expand the abdomen now slowly turning the palms down facing the ground torso to the left looking at the left downward facing palm.

With both hands and arms never lifting or lowering, and the abdomen fully expanded with the right heel turning to the rear and then to the right rear with the right toe basically maintaining a fixed position, reverse the previous movement to return to the original position.

At the time, I thought that this exercise was pure nonsense. After all, I had trained with my Tai Chi instructor Larry Banks (whom I considered to be a martial arts genius) since the seventies, along with Mr. Jou in Piscataway New Jersey.

(Larry and I practiced short form (Yang), push hands, some Ta Lu, sword form, some fencing, and a considerable amount of free sparing. Larry didn't go to Mr. Jou (as we addressed him in Piscataway) to learn Tai Chi, Mr. Jou walked up to Larry with a challenge. And we had both studied martial arts before even thinking about Tai Chi. So why was I stuck here at the Tai Chi Farm with all of these beginners who didn't spar, push hands, know self-defense, the list goes on.)

To make matters worse, master Jou (as we addressed him at the farm) told me that I wasn't doing the exercise quite right. Now I had to become an actor and pretend that I was really trying. By the way, who Was doing it right?

There are quite a few more of these exercises that are meant to be implemented into the Chen form (which was an on-going process), some more complicated than the one in this article and some less complicated.

I would like to mention some of the students from Piscataway that I personally knew and/or trained with (some go back almost 40 years): Richard Greene, Marsha Rosa (the original organizer of the Chang San Feng Festival), Zollo, Suzzane De Rosa, Sidney Austin (who passed away quite a while ago and who was a student of Alan Lee), Linda Stehlik, Roy (whose last name I don't remember but who played San-Shao with me in front of his house), Abdul Musawwir, Tom (whose last name I also don't remember but whose push hands was very good and who was into the real estate business), Mindy Sheps, Angela Soucy (who was an assistant to Sidney Austin at his school in Elizabeth New Jersey), and of course Larry Banks.

Alan Sims resides in New York City and has been trained in James Eaton Jr. Goju Karate; Lee Moy Shan-Ving Tsun Kung-Fu; Larry Banks-Tai Chi Chuan. He is a self-taught pianist and composer. Alan has had articles published on Tai Chi Chuan, the I Ching; Alan has taught at the YMCA in Flushing Queens and Greenpoint Brooklyn; Alley Pond Environmental Center; Once Upon A Time Dance Studio; and the Forest Hills Adult Center. His translations include: Charles Wang-1st and 2nd routine from Chen Family's Tai Chi Chuan by Shen Jia Zhen originally in Chinese; Charles Wang-Theory from the same book; Charles Wang-Hao Style Tai Chi Chuan by Hao Shao Ru originally in Chinese

Alan Sims - Stem 1 Branch 7- Year of the Wood Horse. He can be reached at: alan.sims35@yahoo.com

HUMOR IN HEALTH

Creating Connection and
Space for the Sacred Silly

by Sharon Montes, M.D.

*The art of medicine consists in
amusing the patient while
nature cures the disease.*

Voltaire



"Se paracen iguales." (They look the same.)

Resident of psychiatric hospital in San Jose
comparing his 10 inch tattoo with the face of
Patch Adams

As I write, I also celebrate World Laughter Day. Earlier today my mom and I attended a *laughter yoga* meeting in a local park. As the group sat on the grass, the facilitator led us through our final laughter exercise. He told the story that in celebration of World Laughter Day, the earth was sharing jokes with our hands and feet. Slowly those jokes traveled through skin, muscle and bone towards the center of our body. The elbows were a bit slow and needed to have the jokes retold by the thigh bones. Our heart got

the jokes and laughed and laughed. Eventually the jokes traveled to the top of our head. (heads???) The hairs thought the jokes shared by mother earth were so funny that the hairs had a party, and curled with laughter.

Attending my first laughter yoga meeting was just one of the "research" opportunities that showed up to provide material to complete this column. Gathering thoughts, emotions and words for this column has been a lot of fun. A few of the areas we will explore include:

- Reliving the magic of doing caring clowning in Costa Rica with Dr. Patch Adams and team.
- Meeting and claiming the “Cabbage Head” part of myself
- Gaining clarity about what it means to “hold space” and “lighten up”

Last fall I joined the Gesundheit! Institute Caring Clown trip to Costa Rica. (<http://patchadams.org/>) Our group consisted of about 20 volunteers that ranged in age from 13 to 64 years old and originated from Canada to South America and Japan. Dressed as clowns we visited a children’s hospital, a San Jose “ghetto”, a psychiatric hospital and a women’s prison. We were encouraged to be present with open hearts and no cameras so most of my memories of that transformational trip are recorded in the camera of my heart. So I will share some journal snapshots of Caring Clowns in Costa Rica.

Children’s Hospital

Children’s response to my parakeet puppet:

- A 10 year old boy – sad and telling the story about other youth using rocks to kill the parakeets that live in his village church.
- A 9 year old girl who grabbed the puppet and wanted to twist off its head, the other children and I holding space for her to transform her anger to tickling the puppet.

Wow – from clowning to a triggering a window for environmental education and an opportunity for play therapy.

What else is possible?

Psychiatric Hospital

- The synchronicity (aka magic, power, unity) of a patient having a large tattoo of a tall thin clown on his back



Patch’s Underwear – shared by people all over the world

- Eight medical students plus Patch standing clustered in his underwear, surrounded by circle of psychiatric patients giving them all a hug. This was preceded by a patient saying he couldn’t do this because he was a patient.

How much healthier would our health care system be if we could freely exchange hugs with everyone; spend more time with open hearts and be open to everyday magic?

La Carpio – (Area in San Jose where many Nicaraguan refugees have been marginalized)

A young man watched our group as we paraded through La Carpio. I offered him my 10-inch blue sequined cloth microphone and started to interview him asking his name, his dreams, and if he had a message for people living outside of Costa Rica. Willy sang a rap song about prejudice and living in La Carpio. As our parade passed through the streets of La Carpio, Willie then became our guide, enthusiastically calling others to join the clown parade.

As part of my commitment to holding space for youth and their neighbors to be seen and heard, I

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“Quiero ser alguien importante” (I want to be someone IMPORTANT!)

15 year old Willy Robles Aguilera – President of youth club in La Carpio – San Jose

share the link to the YouTube video “La Carpio.” (Song and Lyrics composed by Douglas “the Transformer” - not the official video, this one is nice because it has lyrics subtitles and more images of the neighborhood. <https://www.youtube.com/watch?v=kbhXjrYcDM8>)

How do you use this moment to create moments of connection?

How do you hold the space for others to be seen and heard?

How do you hold the space to see and hear yourself?

Women's prison

- The prisoners joking about their vacation time spent in the “spa.” The pleasure of not having to pay rent, shop for food, or deal with the hassle of commuting to work.
- The prison director bending policy and protocol and getting in Patch’s underwear AND the

facial expressions of the guards and prisoners when that happened.

- The guards and prisoners singing and marching together in a parade through one of the buildings.

Humor and play opening hearts, creating bridges expanding and deepening relationships?

When did you last PLAY?

Tell a joke?

Act Silly ? (The origin of *silly* meant happy, blissful, kindhearted and blessed) reference <http://www.etymonline.com/index.php?term=silly>

Street Encounters

- 12 bicycle-riding police officers stopped at a light, waiting to cross the street. All of them were stone-faced and serious. Our bus paused in traffic perpendicular to where they were waiting. All the clowns in the bus waved, smiled or made silly faces. One-by-one, each of the officers melted. One serious man persisted frowning. We all focused our attention on him. He CRACKED and began to smile, a grin that lifted his cheeks and showed his teeth. Less than 60 seconds to relax an entire group of officers.
- Abi and I walked the streets of San Jose spreading smiles. We entered a bakery to share pastry. It was Becky’s Birthday. She LOVES clowns – we shared song and clown nose. Happy Clowns!

The FREEDOM to hug almost anyone, to share a piece of cake with a homeless man, to sing and dance.. Freedom gained by wearing a big red nose.

What would the world look like if we all acted like clowns?

How happy would the earth and its inhabitants be?



Becky's birthday. Cake and Clowns at the Bakery.

Afternoon Workshop

After our morning clown expeditions, we would spend the afternoon in workshop. One of the most transformational experiences of my week in Costa Rica was the "I LOVE ME" workshop led by Patch. For 16 minutes we practiced repeating the words "I LOVE ME" silently and aloud. (To my memory this is what we did and how we did it. Apologies for any errors.)

We spent 2 minutes doing *each* of the following exercises.

"I LOVE ME" – silently repeating to self

"I LOVE ME" – repeating statement aloud to self

"I LOVE ME" – silently repeating to self while hugging self

"I LOVE ME" – spoken aloud while hugging self

"I LOVE ME" – silently repeating to self while looking at ourselves in a mirror

"I LOVE ME" – spoken aloud while looking at ourselves in a mirror

"I LOVE ME" – silently repeating to self while maintaining eye contact with partner

"I LOVE ME" – spoken aloud while maintaining eye contact with partner

Since then, this has become one of my favorite stress-management practices. I tap my chest (visualizing my thymus - lovely immune system center) and repeat "I LOVE ME!"

When was the last time you spoke to, hugged or saw yourself with absolute total love? When was the last time you spoke to, hugged or saw yourself with total self- acceptance?

When was the last time you spoke to, hugged or saw yourself with total gratitude?

Ok, now moving from Costa Rica to Colorado. About two weeks ago, I attended a relationship workshop led by Joan King <http://www.cellular-wisdom.com/>. I received two gifts at the workshop - a comment from a fellow participant and a visual image that appeared to me during a meditation. My friend committed to *"invite and welcome the unknown"* into her life. As someone who has spent many hours worrying about and avoiding the unknown, I loved my friend's affirmation. Within three days, this message was twice repeated in written form – once while visiting my mother's church and once again while attending my daughter's church. To me the "unknown" is that pool of infinity; the tao; the source; and by not only holding space for it but INVITING and WELCOMING I am opening my life to infinite possibility on a regular basis.

Also, during the workshop, I experienced the clear vision and sensation of a head of cabbage in my lap. Given that I was in the midst of a fairly

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deep and quiet meditation, and given that I don't usually have clear images, I was quite surprised and burst into laughter. I later decided that this aspect of myself would be named "Cabbage Head."

Every time I reconnect with that image and energy I LAUGH. I also have found many more opportunities to laugh, to be **SILLY**. Going back to that definition of silly as "happy, blissful, kindhearted and blessed"

So I sincerely wish YOU the SPACE for the unknown to manifest in unexpected SILLY WAYS.

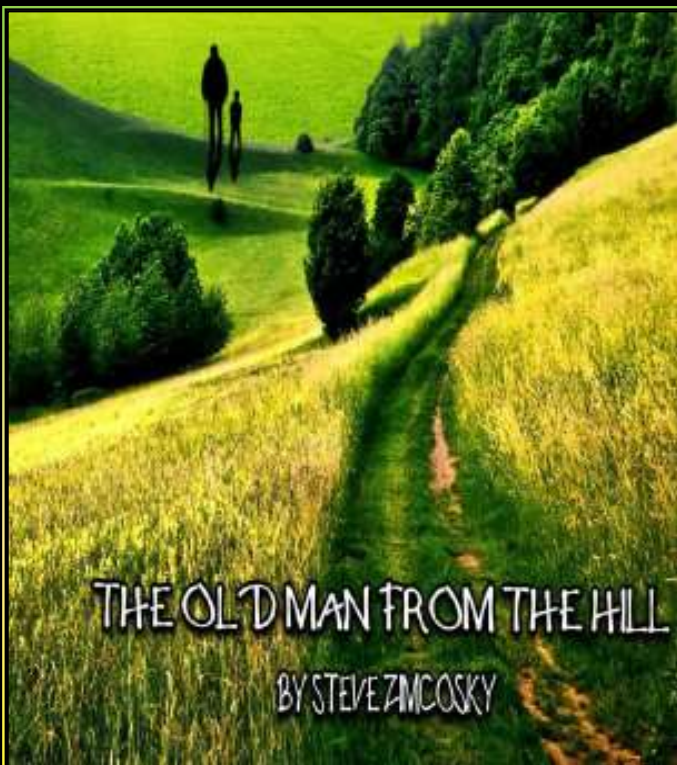
With love and gratitude,

The dancing doc



Sharon Montes, M.D. – practiced and taught family medicine in medical schools for 17 years. Former medical director of University of Maryland Center for Integrative Medicine, Dr. Sharon Montes is currently living in Loveland,

Colorado, joyfully dancing with 10,000 things and starting a Lifestyle Medicine practice. Her email is thedancing-doc@gmail.com, her Skype ID is "livingjoynow" and her blog site is <http://drsharoninfo.blogspot.com/>



Available at Amazon, Kindle and Barnes and Noble

The Old Man From The Hill (Lessons in Qigong and Tai Chi) by Steve Zimcosky. The story of a young boy who is sent to spend the summer with his grandparents in the small town of Smock, Pennsylvania due to health reasons. A chance encounter with an old Chinese man leads him to learn the ancient Chinese health exercises of Qigong and Tai Chi. As he learns these exercises he finds that his health and his life is changing for the better and the encounter is the beginning of what would be a life long friendship.

This book is a sweet story told from the eyes of a ten year old who discovers with wonderment the virtues of Qigong.

– Shoshanna Katzman, L.Ac., M.S.

This really needs to be shared with a wide audience. It is appropriate for both adults and younger folks. There is a great deal of wisdom shared through the book but in a very non-threatening and clear way.

– Brother Bernard Seif, SMC, Ed. D, DNM

Your book is a wonderful short read that inspires the layperson to seek out and explore these wonderful exercises of old for health and rejuvenation of mind and body.

– Ted Cibik, Ph.D., ND, DMQ (China), CHFS

Great Qigong lessons in a coming of age story for all ages.



Surf Happy Qi: 7 Secrets

by Nadia Linda Hole MD

Spring has come and gone. Surf's up. Life moves on. Is happiness for the birds?

Why all the challenges, personally and globally? What in the Yin Yang is going on? Thank heaven the birds wake singing, and the bees, at least in Hawaii, are coming back!

From solar flare CME's and earthquakes, orange and green revolutions, to relationship challenges, and more; the "Shift" is undeniably upon us. Speaking of birds and bees, I happened to fall in love this year with a kind of man, offering me a kind of life, I've spent much of my life running from.

I fell in love with, and married, a Surfer - a lanky, blond, blue eyed surfer, larger than life tall, with a heart of gold, unquenchable passion for dolphins and whales, humongous dreams for humanity, and an Attitude!!!, radically different from

the meticulous orderly traditional Chinese culture I was born into.

No matter what the news headlines are, no matter what turmoil we're facing, inside or out, my hubby somehow manages to find "**Happy**."

As I lay in bed one night, pondering what makes my hubby, and people in general, Happy, my fortune cookie's message made me smile, "One key to happiness is a bad memory." Among the happiest times I've had with my hubby are surfing where my hubby's notoriously "bad" memory becomes an asset.

It's hard to successfully surf a wave, or relationship, loaded with "bad" memories of old hurts. Thanks to my hubby, I'm learning how to "surf" life.

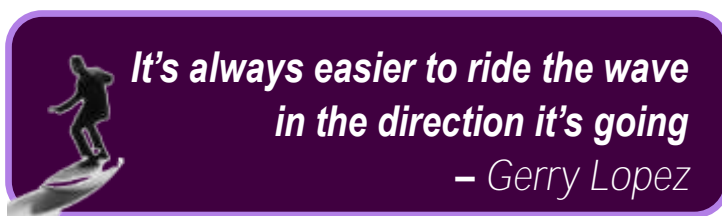
Surfing is about celebrating the waves of life, no matter what the last wave "did." Each wave is a new experience, which can smash you or carry you. Whether you dive under, or let the wave car-

Feature Article 精选文章

ry you, you've got to relax and let go. You've got to trust, trust, trust, and celebrate whatever the wave brings you. Each wave is another chance to let the water of life, of love, wash you free. Surfing sweetens surrender.

I woke the next morning to surprise messages from friends - one mourning a death in the family, another celebrating a new baby's birth in the family. Even as I write, urgent messages keep coming in from friends, clients, and patients - one from a forest ranger in shock over the second suicide in days in his extended family, another from a CEO and best-selling author who's afraid she's losing her mind.

Holy Shift! Has life been a bit of a wild ride, with an unexpected wave or two, for anyone else? Whoa! Time to catch our breath... before the next wave.



As individuals, couples, families, communities, as a global, awakening, collective consciousness, we've very real, turning point, choices before us.

Our everyday choices, as mundane as what we eat, wear, think, and throw away, inevitably effect, and will continue to effect, the lives of others, our loved ones, our children; Mother Earth, Father Sky, the Ocean, and Web of Life, for generations to come.

What if, when we choose to drive a car rather than walk, some child in New Zealand has an asthma attack? What if, whenever we gulp down another bottle of bottled water, a child in Pakistan goes thirsty? What if, when we conveniently use yet another plastic bag, yet another sea creature's life is put at risk?



As Qi practitioners, mothers, fathers, friends, and lovers of life - How do we fully wake to the ripples of our choices? How do we best support each other? "Don't worry - Be happy!" can ring hollow.

Realms of research inform us however, that happy people live healthier, wealthier, and longer lives, with probably happier sex to boot. Furthermore, happy people, in work and love, tend to have greater "success," "meaning," and purpose in their lives as well, making a difference in the lives of others.

What's the magic formula? How do we inspire others, not to mention ourselves, to break free of old self indulgent habits, to fully live, fully "meaningful" lives?

Chicken vs egg? How? Why? What if? What now? How? ... If you're a Surfer, who cares?

Interestingly, the new prime minister of Bhutan, a country known for its Gross National Happiness measure as an alternative to gross national product, did not include Happiness as one of his campaign promises; "Rather than talking about



happiness, we want to work on reducing the obstacles to happiness.”

In all fairness, surfers are often passionate activists in deeply caring about and for our cross-cultural extended family, the Ocean, and Mother Earth; quietly serving, behind the scenes, reducing obstacles.

As a newly-wed, madly in love with a mad surfer, I’m discovering the paramount importance of facing our inner obstacles to happiness, and re-learning how to apply traditional Qi tools in very real life ways. When the waves keep coming in, when the sun sets, and all’s said and done – what’s the bottom line for living as Qi centered, happy, full-filled, a life as possible?

Notice the Qi glow surfers so often have, and Attitude!! What Qi secrets can we learn from my surf happy hubby?

KEEP BREATHING, one breath at a time, as deeply as possible, out “bad” Qi, in “good” Qi. When you don’t know how to possibly navigate the next wave, next emotion, next thought, next challenge, keep breathing. Feel as authentically as possible, your body, your heart, your feelings, the truth of your hearts of hearts, without any self judgment. We can demo, via kinestiology, how taking even 2 or 3 deep Qi breaths fully into your heart, belly, and body, can instantly and measurably change your state of being.

KEEP LOVING. Know that beyond the “It’s all up to ME” vs “It’s all up to YOU,” that we’ve a greater WE. While no one else can ride my wave of life for me, or your wave of life for you, it’s easier when we’re out on a wave, alone, to know that we’re Loved. Somehow, we’ve got to do all we



Happiness depends as Nature shows, less on exterior than most suppose – W Cowper



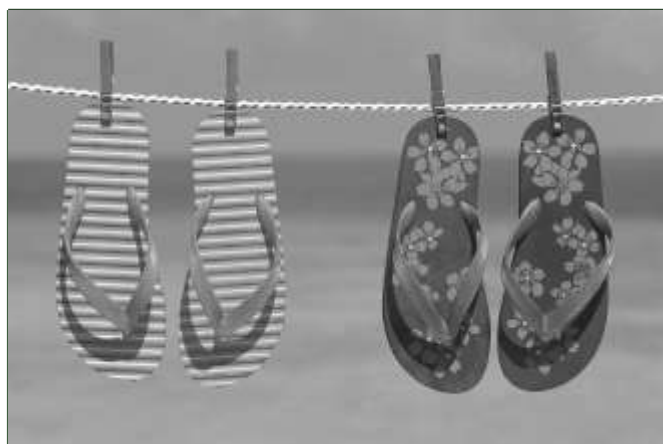
humanly can to keep Loving and Trusting one another thru the waves of life, no matter what the waves may bring, for the greater **We**. Qi masters, and AHMA doctors both teach that Love is the greatest healer of all.

KEEP TRUSTING the process. Whatever I’m feeling out on a wave; whether it be anger, hurt, and disappointment; or peace, bliss, and joy, from heaven knows where, there’s no one on the wave, besides me, to hold accountable for my feelings, my choices, my life.

All we can do, each moment, each wave, is make the “best” possible next choice, from our heart of hearts, a choice aimed for relishing the gift of this wave, this relationship, this love, this moment, NOW! ... Bah the last wave already passed, or next wave yet to come.

We’ve got learn to trust that on some level, each choice of our life has been the “right” choice, to bring us the perfect life lessons, at the perfect time. We’ve got to trust that somehow each wave is bringing us exactly what we need, to grow, on our path Home.

LET GO - There’s absolutely nothing you or I can personally do to change the waves - yours, mine, or anyone else’s. Especially when someone projecting “strong” emotions, or judgments, that’s **their** wave - not mine, not yours. We’ve got to own and let go any reaction, judgment, stories, or agenda we ourselves may personally have. As a



colleague, Jim Self puts it, "What you think of me is none of my business." The waves of life, and emotions, high and low, come and go. We've got to be willing to simply observe, with detached loving compassion, rather than reaction, people, including ourselves, releasing "stuff."

SAY NO – Give yourself permission to say No, to be true to your own gut, your own heart. At times, some waves are simply too big for me. When the wave's too big, and all I can see are clouds, forecasting a possible storm, I'm learning that it's wiser to bite my tongue, and simply wait out the set. I've got to discipline myself to choose NOT to engage, and trust that when the skies calm, sooner or later, a wave will come, before the sun sets, that we can once again ride together, and come celebrate in Peace.

SAY YES, to a bigger, happier, **NEW STORY**. Are you aware of the stories we tell ourselves? As Einstein used to ask in his later life – What if it's a friendly universe, and there's some force that wants only the best for You? What would it take to say Yes! How about doing our best to become aware of our unconscious inner unconscious voices?

Start the day with Love, Fill the day with Love, End the day with Love
– Sai Baba



There is a wisdom in the wave
– Dorian Paskowitz MD

We can demo via kinesiology and other medical tests, how your every thought effects your muscle strength, EEG brain waves, neurotransmitters, heart rate variability, and immune system. More importantly, negative thoughts weaken not only you, but also everyone else in the room. Positive thoughts strengthen BOTH you, AND also everyone else in the room.

Rather than focusing on "harm reduction" negatives, what about focusing instead on the blessings in disguise? Perhaps it's time to reframe the story of our lives? - yours, mine - recognizing how we're all interconnected, time yet for a new, greater, WE story?

REMEMBER YOUR INNER SMILE and **GO FOR IT** – There's a "no mind," "no expectation," freedom, peace, stillness, ease, and bliss, that's possible in the waves, like making Love, born out of gratitude, beyond words, and not necessarily sexual. Catch it, Ride it, Remember it. With each and every breath, every thought, every action, every wave, do your best to Remember your Inner Smile, and connection to infinite universal Qi. In this infinite stillness, anything and everything is possible. Feel the "Yes!" in your heart of hearts, for your dreams, your purpose, your passion, your true Love, and **GO FOR IT!!!**

Dr Seligman, Positive Psychology Center, U Penn, describes 3 ingredients of happiness – pleasure, engagement, and meaning. The meaningful life "consists of knowing what your highest strengths are, and using them to belong to and in the service of something larger than you are."

Sounds like some surfers I know. I've yet to meet a surfer unhappy surfing, surfing life. Is happiness for the birds? Yes! and Surfers, Lov-

ers, Qi family too! Happy Surf, Happy Qi, and Blessed Be.

Butler, Nigel; Long Distance Swim, <https://www.youtube.com/watch?v=idgIvwwN7YY>

Hole MD, Nadia Linda; Holy Shift, YS Dec 2011; Yin Yang of Solar Flares, YS June 2012; & A New Love Story, YS Feb 2014

Self, Jim, and Roxanne Burnette, *What Do You Mean the Third Dimension is Going Away?*, Inner Sight Press, Scottsdale CA, 2013

Seligman PhD, Martin, <http://www.authentichappiness.sas.upenn.edu/Default.aspx>

<http://www.nytimes.com/2013/10/05/world/asia/index-of-happiness-bhutans-new-leader-prefers-more-concrete-goals.html>



Dr. Nadia Linda Hole MD is a pioneer QiGong “master” in bridging Qigong & medicine, with degrees from Princeton, Duke, Oneness, & USHS Universities.

She has served on numerous faculties, including the American Holistic Medical Association, & American Academy of Pain Management; is a contributing author of chapters on Qi-KHT for complementary medicine textbooks; consulting editor for Chinese Medical Qigong; co-founder of the Free Distance Healing Qi Project, & IAMQI. Besides dancing, dolphins, healing in the way of Love, the practical science of “miracles,” & Peace; Dr Hole’s passion is bringing a more heart centered, Qi approach, to families, communities, business, & medicine. For upcoming Dolphin Qi, & Kilimanjaro Pilgrimages, visit AlohaMD.com



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Playing With the Fish

by Solala Towler

Zhuangzi often ridiculed the strenuous efforts of his contemporaries to attain immortality by subjecting themselves to various ascetic practices. At the same time, he was concerned about how the human mind—so vast, so mysterious, yet often so muddled, could ever just relax and be at one with the flow of Dao.

In the following story we see him having a little fun with his friend Huizi about how he, Zhuangzi, could ever know what the fish knew and how could he be sure that he did indeed know it. This, of course, applies to most things that we are sure that we know or understand in this constantly shifting and ever transforming experience we call life.



Zhuangzi and his friend Huizi were ambling about in the Garden of Perpetual Harmony one fine day. Their conversation ranged from how lovely the weather had been lately to the art of compounding herbal preparations for

longevity. Huizi was of the opinion that one could not only live a long and healthy life by ingesting these formulas, many of which contained poisonous minerals, but could attain immortality. Zhuangzi, on the other hand, was of the opinion that what he called “all this grasping after immortality” was a waste of time and utter foolishness.

“We are already immortal” he would say to his friend. “As we are all part of the great unending and constantly transforming Dao, our immortality is assured. There is no need to ingest noxious brews or stretch ourselves into strange and painful contortions in order to attain immortality. Just live your life in accordance with Dao and your immortality will manifest of it self.”

But Huizi was not convinced. “If that were true,” he argued, “then every blockhead that lives is really an immortal.”

“Just so,” answered Zhuangzi.

At one point, when they were crossing the Hao river. Which was spanned by an ancient and lovely moon bridge, Zhuangzi said to his friend, “These fish we see below us come out and swim about so leisurely. This is the joy of fishes.”

Huizi turned to him and said, “How do you know what fish enjoy, you’re not a fish!”

“You are not me,” answered Zhuangzi, “so how do you know what I know about the joy of fish?”

Well,” said his friend, somewhat indignantly. “I am not you and so do not know what you know. But, as you are certainly not a fish, there is no possible way that you can know what fish enjoy.”

“Ah, then,” said Zhuangzi, who was letting his fingers play slowly in the water as little fishes came up to nibble them. “Let us go back to the beginning of our conversation. When you asked me ‘How can you know what fish enjoy’ you knew that I knew. The reason I know this is by walking over the river!”

As was the usual case in these kinds of conversations Huizi glared at his friend who stood, languidly moving his fingers in the water and chuckling to himself.



Solala Towler - has been involved with Daoist practices such as Taiji, Qigong and meditation over 25 years. He has published *The Empty Vessel: the Journal of Daoist Philosophy and Practice* since 1993.. Mr. Towler has written a number of books on Daoist thought and practice, including *Cha Dao: the Way of Tea* and *the Inner Chapters of Chuang Tzu*, and leads tours to China to study Qigong and other Daoist practices in the sacred mountains of China. In addition, he has recorded four CDs of meditation, relaxation, and movement music; using Tibetan singing bowls, both Chinese and Native flute and harmonic overtone singing. You can find more information about Solala on his website: <http://www.abodetao.com>

Late Summer

WHAT'S THE PHASE? - WHAT'S THE POINT?

By Ellasara Kling

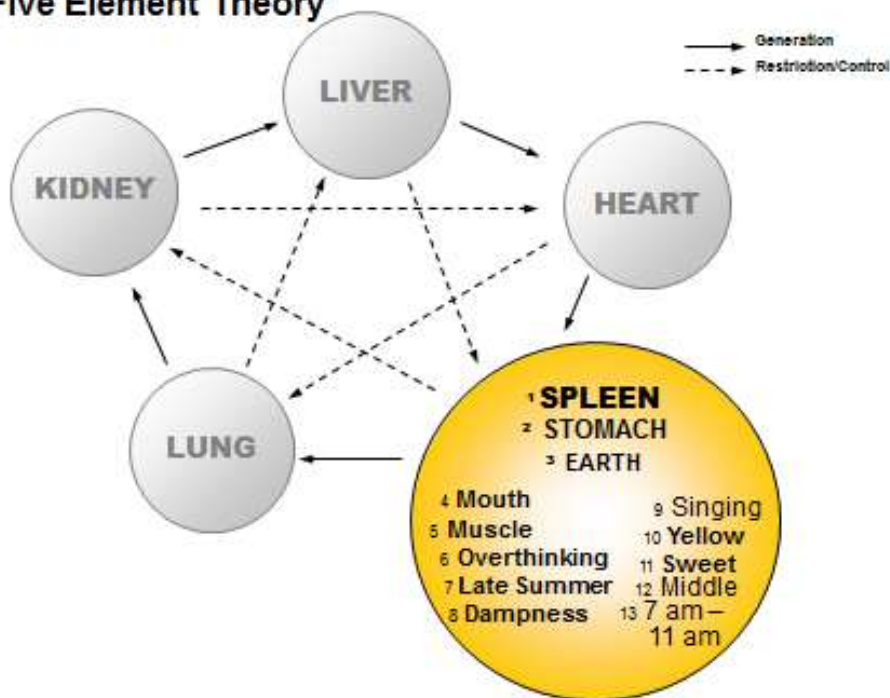
A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

— [Albert Einstein](#)

The above quote from Albert Einstein is one of many expressions by countless people over the span of human time about our relationship to the Universal, which essentially point to freedom being found in an ongoing expansion of our conscious awareness. One of the exceedingly day-to-day practical tools that can assist us in this is Five Element theory/Phases. In the chart below, you will see that some of the many relationships that are

prominent in the transitional season of Late Summer are highlighted. There are many practical applications of these ideas, some of which are found below in “Five Element Take Aways.” The emotional relationship for the Late Summer is exemplified by Over-thinking/Worry/Over concern and the antidote is contained in the concept of the Spleen/Stomach being centrally located indicating trust, faith. See what “Take Aways” you can create for yourself to enhance your life, increase your intuition, expand your relationship to the Universal.

Five Element Theory



FIVE ELEMENT THEORY

This season is Late Summer in Chinese Medicine which starts around mid-August and lasts until the Autumn Equinox. This season is a transition from “Early Summer” to “Fall.” During Late Summer, the early summer heat is beginning to cool and the earth energy is beginning to prepare for the Fall. The Spleen/Stomach is the organ-meridian system, its flavor is Sweet/Bland, its environment is damp, its direction is Middle/Center. It comes from the bitter taste and is going into pungent. The flavor which balances it is Spring’s sour taste and is enhanced by Autumn’s spiciness. Think sweet and sour or sweet and hot. This central placement of Late Summer is one of balance.

FIVE ELEMENT TAKE AWAYS:



Even though fruits are prevalent in this season, excessive eating of fruit can lead to excessive mucus later on.



For the best digestive benefit, eat meals that are lighter and well-chewed.



This is a season to follow the sun: get up earlier and stay awake a little later.



This wonderful season calls us to go outside and MOVE! Yes, exercise and always

do things in moderation – keeping the balance – enjoy the sunshine (especially early morning) and keep activities lighter later in the day to avoid excessive heat intake.



Sweet flavors that come from carbohydrates such as fruit, corn, carrots, licorice, cinnamon, and so on are strengthening and tonifying to the function of the Stomach/Spleen. The sweets that come from refined sug-

Seasonal Harmony 季节的和谐

ars tend to be too intense and more readily increase internal dampness.



Remember to include some bitter taste in your meals as this flavor helps dry dampness, which is the environment for the season. This can occur, for example, by leaving on some of the skin of the cucumber, the rind of watermelon, adding dandelion leaves to your soups or stir fry.



This may be grilling and barbeque time, but too much chicken and red meat will increase internal dampness.



Aduki beans, green mung beans, and Coix Seeds (Chinese barley/jobs tears) are other foods that have a sweet and cool nature, and each contains other benefits making them good to include in your meals during Late Summer.



Did you get a little too much sun? Take a tea bag of regular black tea and wet it with warm (not hot) tap water. Gently brush your skin with the tea bag. This will reduce the burning sensation and reduce redness.



Try Cardamon as a spice this summer: it is good for the digestion, especially if there is too much heat. It is commonly used in Chai tea, and sometimes brewed with coffee, ground as a seasoning and used on meats, grains, and vegetables.



Watermelon and cucumber are natural heat reducers (see recipe below).



Even though it is warm/hot outside, iced foods/drinks are not the best idea as the stomach/spleen prefer warm foods/drinks.



The central placement of the Spleen/Stomach indicates balance and all true, deep balance comes from trust/faith.

Some Foods that are harmonious with

Late Summer include: Almond, Apple, Barley, Bitter Melon, Blueberries Buckwheat, Cabbage, Carrots, Cherry, Chestnuts, Chicken, Chive, Coconut, Cooked onion, Corn, Cow's milk, Crab, Cucumber, Dates, Duck eggs, Eggplant, Figs, Fruits (sweeter), Garlic, Ginger, Grapes, Hazelnuts, Honey, Job's tears (Coix Seeds/Chinese Barley) Lamb, Licorice, Lotus root, Mangoes, Melons, Millet, Molasses, Mung Beans, Mushrooms (especially button mushrooms), Oats, Oranges, Peanuts, Peaches, Peas, Potato, Pumpkins, Radish, Red Chinese Dates (Jujube), Rye, Spinach, Squashes, Strawberry, Sugar, Sweet potatoes, Water chestnut, Watermelon

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Green Mung Bean Breakfast Cereal with Red Dates and Goji Berries

Ingredients

6 oz green mung beans*

8 cups cold water

Pinch salt

10 red dates – pits removed

¼ cup goji berries

2 TB Brown sugar or honey or agave to your own taste (Do not use white sugar as it sours the taste)

*available in Asian and Indian markets

Directions

First, rinse the beans well and discard the water

Place water in a large pot with salt and mung beans – cover w/lid

Bring to a boil and reduce heat to a simmer – leave lid askew so that there is room for the steam to escape

In the meantime, rinse the red dates and goji berries and remove the pits from the dates

These beans will cook fairly quickly – 15 minutes or so – when the beans “split” then

Add red dates, goji berries and brown sugar and simmer another few minutes

Seasonal Harmony 季节的和谐

Since these are beans, remember to check the water to ensure it doesn't cook away before the beans are done. . so much is dependent on your pot and your idea of simmer. . so it is always a good idea to check . . when the beans are done, there should be a soupy quality to the water, not all mushy bean.

This is a sweet cereal that can be made the night before and quickly reheated for a cooling summer

breakfast.

Green mung beans are known for their ability to remove excess heat, including Summer Heat, reduce edema, cool the internal system, and are believed in many systems to have an internal cleansing ability. Because mung beans are very cold in nature, some people should add some pungent spice like black pepper or ginger near the end of cooking it to warm it up a little. If you already have a cold system, you might want to choose a different recipe.



Photos by Robert Pease Photography

Simple Lotus Root Stir Fry

Tip: *This is a fibrous root and cutting it cross-wise against the fibers is best for most uses.*

Ingredients

2 tbs walnut oil or grapeseed oil
1 tsp salt
½ tsp finely minced ginger
1/2 lb lotus root sliced into thin circles
a couple scallion whites cut into 1" pieces

2 stalks of celery cut on the diagonal in
1/2" pieces
1/2 a red pepper sliced into thin strips
½ tsp fresh ground black pepper
1 tbs sugar
1 1/2 tbs rice vinegar
1/2 tbs Hsiao Xing wine

Directions

Heat oil in a wok or heavy skillet. and add salt and ginger. Add the lotus root and celery for a couple minutes. Then add the scallions and red peppers and just until they begin to wilt. Add all the seasonings and stir-fry well.

Lotus root has a cold nature and sweet flavor. Among other things it can stimulate the appetite (in a good way), produce muscle, relieve diarrhea, and is also a Yin tonic food. It has a crisp, fresh taste. The pretty, lacy look of the cross sections are created from the plant's air channels. Lotus root can be sliced and steamed, added to soups, and stir fried with other vegetables. Some people shred it raw and use it in salads. When eaten raw it is said to "cool the blood"

Watermelon Cucumber Mint Salad

Ingredients

Watermelon
Cucumber
Fresh Mint Leaves
Lemon
Salt



Directions

Cut the watermelon into 1" x ½" pieces (remember to leave some rind on some of the pieces)

Cut cucumber into a small dice

Finely mince mint leaves

Juice lemon

Proportions

For every 4 cups of watermelon, mix together a heaping ¼ cup of cucumber mixed with 3 large mint leaves.

Directions

Mix the cucumber/mint with the juice of ½ a lemon and a ¼ tsp salt.

Toss the cucumber mixture w/the watermelon

Garnish with some thin slices of cucumber and whole mint leaves



Photos by Robert Pease Photography

Mango/Orange/Strawberry Dessert Salad

Ingredients

- 1 large mango
- 1 medium to large orange
- 5 - 6 Fresh large Mint leaves
- 2-3 large strawberries
- 2-4 oz. Coconut milk

Directions

Thinly slice 1 large mango into strips that are 1/8" wide, 1/4" deep and 2" long

Section the orange and cut each section into thirds

Finely mince the mint leaves

Small dice of the strawberries

Mix the mango, orange and mint leaves together, sprinkle the strawberries on top

And cover half way with coconut milk

Can also be served over warm rice. Garnishes can include: chopped candied ginger, toasted sunflower seeds, sesame seeds, walnuts, goji berries, use your imagination.

Refreshing Late Summer TEA

Mint Tea: Whether using fresh mint leaves or dried or even mint tea bags, mint tea stands out as nature's wonderful Late Summer cooling beverage. The **Moroccans drink their mint tea** sweet -- about 1-1/2 TB sugar per 8 oz cup -- (adjust to your own taste) and made with green tea (a cool essence beverage) and/or orange blossom water; **basic mint tea** is: about 12-15 leaves steeped in 2-3 cups of water that is near boiling for 5-15 minutes, sweeten to taste; **use peppermint or spearmint**, Both are refreshing, add citrus such as lemon or orange, strawberry, or even a thin slice of star fruit as garnish. Drink warm, never with ice. It will naturally bring a refreshed and cooling feeling.

If you spend most of your time in cold air conditioned rooms, you might want to drink ginger tea to insulate yourself from the inside from the cold air. Remember to "peel" your ginger -- most easily with the edge of a spoon -- as the skin is cooling in nature.



*Wishing you good health! Remember to smile
from the heart at all things.*



The information in this article is based on the theories and principles of Chinese Medicine/Five Element Theory. **Ellasara**, a practitioner of *Wu Ming Qigong*, has been studying with Master and Dr. Nan Lu for many years and has participated in special classes through TCM World Foundation and the Tao of Healing in New York City. *For comments, questions, consultations, ellasara00@gmail.com*



I had the great pleasure of attending a birthday party a few weeks ago. The guest of honor was my friend's beautiful little granddaughter who turned three that day.

There were lots of people, about eight children and as many adults, and there was food galore and fun things to do, a big inflatable jumping house, games and prizes, cake and ice-cream, and of course gifts! Lots and lots of gifts.

There was also a great deal of bewilderment on the face of the guest of honor. Most of the afternoon, she just couldn't figure out what was going on. After the gifts were opened, she just stood there, so wanting to play with all the toys at once but unable to decide what to do first.

What a fitting metaphor for our lives! We become swept up in the tide of all the things swirling around us, accumulating things and things to

the items and activities, but at the same time we become attached to each and every thing that comes into our lives whether we need it or not, and don't seem to be able to let go of one or two or a dozen.

Here is the most amazing part of this process: it often happens without us being aware of it! When we do finally realize that we are swirling in chaos, we often shrug and say, "That's just how life is these days."

Wanting and enjoying things are a part of a healthy human life and can bring much enjoyment, but the things which overwhelm, the attachments to which we cling, can be destructive on many levels.

When you become a slave to your passions and collections, you worry about keeping what you have and getting more

When you desire to do so many things you don't know where to start, you become confused and indecisive.

When you collect and play with your things to the exclusion of spending quality time with your friends and family, you lose sight of the true purpose of life.

When your entire focus is on keeping and getting more for the sake of quantity instead of quality, you have stepped off the Path, and have fallen out of harmony with Dao.

Falling out of harmony with Dao is like hopping onto an extended ride on an emotional roller-coaster with your eyes closed. On a roller-coaster, change occurs every moment, usually drastic change at that, but you never know which way the roller-coaster car is going to turn, or when it's going to go crawling up or charging down, and that emotionally charged and draining wild ride leads to physical illness.

And yet. . . we accumulate and hang on to all those things because we think they will bring us happiness, overlooking the fact that true happiness comes only from being in harmony with Dao.

Here is the writing "Happiness" from page 138 of Everyday Tao by Deng Ming-Dao

"All abundance is provided by Tao.

If we appreciate that, we will see that we are surrounded by happiness.

"Like everything else in Tao, happiness comes from within. What minimal support we need from the outside – a bit of food, some shelter – can actually be very simple and plain and is readily available. Nevertheless, people are unhappy because they do not know moderation.

" 'All I need to be happy is to be rich,' many say. But the newspapers are filled with stories of wealthy people who live in deep despair. In fact, the simple phrase, 'All I need to be happy is to be rich' – complete with your choice of substitutes

for the word 'rich' – is an immediate indication of the source of our unhappiness: there is no end to what we want.

"Know when enough is enough. Some die from hunger, but many die from overeating.

"So to be happy, we have to control our desires. The ancients taught two ways to do this. Sometimes they used discipline to curb desire. Sometimes they satisfied their desires. This is the genius of Tao: Moderation. We do not need to cleave to the extremism of the ascetic. We do not need to lose ourselves in the indulgence of the hedonist. We follow Tao, the middle path."

How do you complete the statement, "All I need to be happy is _____." ?

Sometimes, though, our attachments are not to things, but to thoughts, ideas, and outcomes.

There may be something you want to do or to have happen, and you focus upon a particular method for the completion or manifestation of that thing. This makes you blind to other ways your dream may come to fruition. You simply don't see them due to your focus in one direction instead of allowing them to come about in the



Illuminating the Dao 悟道

way that is most harmonious with your mental, emotional, and spiritual environment.

Related to that, and another thing that not only stands in the way of happiness but also is the cause of many illnesses, is the attachment to a belief, often precipitated by a traumatic event from the past, that causes a negative emotional response in the present. The illnesses caused by these emotionally-damaging beliefs are the warning signals to you that there are internal conflicts, and the results of these continuing conflicts are distressing physical symptoms that continue to worsen as long as you do not examine and resolve the conflict.

I heard a phrase recently that sums up this damaging belief pattern rather concisely: "Some people would rather be right than happy." They would rather hold on to those old, outworn, outdated, damaging ideas and beliefs instead of letting go and finding harmony, being happy, and getting healthy.

So, how do you know if you are attached to things – physical items, thoughts and ideas, or beliefs – that are better let go and left behind? Here is a very simple barometer to measure your attachment: Examine each item, idea, or belief and ask: "Can I live without that ____?" If your answer is "No," ask yourself, "Why not?" If you can't come up with a life-affirming answer as to why you are hanging on to these things, your attachments may be interfering with your happiness and your health.

Daodejing verse 44, Steven Mitchell's translation, gives us advice in how to recognize our attachments and help in letting them go:

Fame or integrity: which is more important?

Money or happiness: which is more valuable?

Success or failure: which is more destructive?

If you look to others for fulfillment, you will never truly be fulfilled. If your happiness de-

pends on money, you will never be happy with yourself.

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

Here is how the advice of this verse can lead to letting go of attachments and lead to harmony, happiness and health:

Fame or integrity: which is more important?

When you have Fame, you are more concerned with your public face and ego, not necessarily who you really are. When you strive for fame, you play the role that you believe will be admired by the most people. However, this is the very reason that most people experience only "15 minutes of fame;" admirers are looking for authenticity, and turn away in disappointment when they learn the object of their admiration is just a mask.

When you live with Integrity, you are in the state of being whole. You live as your true, authentic self without striving. When you live authentically, people admire you for being true to yourself. This is a far more honest and harmonious relationship, and fame is irrelevant.

Money or happiness: which is more valuable?

If you want to become a conscious human being, you already know that money won't do that for you, not with all the books or equipment that can aid the process. Worth more than all of them combined, and of utmost value, is the harmony which brings happiness which creates health.

Success or failure: which is more destructive?

Personally, I think this is a bit of a trick question. It's all about ego, perceptions, and self-judging. Success can go to your head, and failure can make you lose heart.

Success can bring a sense of satisfaction that makes you feel good, and that's a good thing showing you have healthy self-esteem. The destructive forces arise when you pursue success to

attain fame and fortune, or strive to satisfy others' expectations instead of yourself. Success is not a substitute for self-esteem.

The best use of failures is as lessons that teach you what to avoid doing in the future. Failures taken as negative judgments on self-worth or self-esteem can be extremely unhealthy since those feelings are what ultimately influence your life and create your future.

As you see, Success and Failure can be equally destructive under the right circumstances. The most destructive of all is the ego that makes the judgment in the first place and bestows importance where none is needed. When you live as an authentic being, you see success and failure simply as two cycles among the many other cycles within which you live your life.

If you look to others for fulfillment, you will never truly be fulfilled.

Fulfillment is just like happiness, sadness, anger, or any other state of being; it is totally dependent on your inner self. You choose to be happy, sad, or fulfilled by virtue of your reactions to your relationships, and by the resistance you put up when things don't go your way. If you allow yourself to be filled with the harmony of each moment, you need never look anywhere but at yourself, where you will always find fulfillment.

If your happiness depends on money, you will never be happy with yourself.

Money is such a nebulous thing. Not only does it come and go, but the value of it fluctuates. Certainly more time is spent worrying about making money or keeping money. This seems to be one of life's greatest frustrations for people not in harmony with Dao: no matter how much you have or what it's worth, you will never be able to buy happiness with money.

Be content with what you have; rejoice in the way things are.

To be content means to be without struggle. Struggle only causes distress and disease. If you can accept everything as being right for this moment and rejoice in that correctness, you will be in harmony. In harmony, you will find contentment, for who could possibly be discontent amidst harmony and correctness?

And to this final statement, there is nothing I can add except that it is a good affirmation to meditate upon, and upon understanding you will know why you need never be attached to anything:

*When you realize there is nothing lacking,
the whole world belongs to you.*

Michelle Wood -

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Part 1. The Extraordinary Meridians or Vessels

by Marty Eisen Ph.D.

1. Introduction (1, 2)

The eight Extraordinary Meridians are: Du (Governing) Mai (Vessel), Ren (Conception or Directing) Mai, Chong (Penetrating, Thrusting) Mai, Yin Wei (Linking) Mai, Yang Wei Mai, Yin Qiao (Heel) Mai, Yang Qiao Mai and Dai (Belt, Girdle) Mai. These Meridians are also known by other names.

(a) Extra Meridians because they were discovered later than the 12 main Meridians and so were considered extra to these. Knowledge of these meridians is ascribed to Li-Shi Zhen (1518-1593). A book “Qi Jing Ba Mai Chao,” published in 1572, described the Extraordinary Meridians.

(b) Odd Meridians since some of them –e.g. Ren, Du and Dai, are single Vessels and not paired as the regular Meridians. Also, they do not flow out of any of the Zang Fu Organs.

(c) Eight Psychic Channels because they all have a strong effect on psychic and psychological functions.

(d) Miraculous Meridians was coined by the French, who observed therapeutic results on using these, which could not be obtained using the regular Meridians.

(e) Special Meridians because they are Extra and also Miraculous.

(f) Comprehensive Points because their effect is more comprehensive on the body and mind than that of the twelve regular meridians.

(g) Homeostatic Meridians because these meridians maintain homeostasis, as described below.

(h) Ancestral, Prenatal, Pre-Heaven Channels because they help regulate the growth of the embryo and fetus, as discussed in Section 2, and become less active after birth.

2. Chinese Energetic Embryology (2)

The prenatal energies, Jing (Essence), Qi (Energy) and Shen (Spirit), are contained in both the father’s sperm and the mother’s eggs. These three energies in the sperm and egg will be called the Father Qi and the Mother Qi. The combination of Father Qi and Mother Qi is known as Yuan (Original) Qi.

The ovum is polarized at the entry point of the sperm creating an energy vortex. This vortex draws Heaven’s Energy, Earth’s Energy and the Eternal Soul into the egg. It also forms a central column of energy, the Taiji Pole. This polarization also determines the ventral and dorsal surface.

After the first cellular division, the Conception and Governing Vessels appear on ventral and dorsal surfaces, respectively. A left and right side is also established containing the Yin and Yang Heel Vessels. The Yin and Yang Linking Vessels are also formed.

The second cellular division is accompanied by the development of the Belt and Thrusting Vessels.

Each Prenatal Vessel has a role in the embryonic development. The Conception and Governing Vessels control the development of the body's front and back, respectively. The Thrusting Vessel governs the body's central core. The Yang (Yin) Heel Vessels control the development of the body's left and right Yang (Yin) energy. The Yang (Yin) Linking Vessels control the development of the exterior (interior) of the body (and correlates to Heaven (Earth) Energy). All of the channels are bound together by the Belt Channel.

During the formation of the embryo the 6 Yang Regular Meridians arise from the Governing Vessel as well as the Yang Heel Vessels, Yang Linking Vessels and Belt Vessel. Also, the 6 Yin Regular Meridian, Yin Heel Vessels, Yin Linking Vessels and Thrusting Vessels emerge from the Conception Vessel.

The mother's Meridians carry Qi that nourish and create the development of the baby. The ten Lunar months of creation are described in (2).

For proper treatment, a Qigong doctor should know energetic fetal development in order to diagnose the origin and causes of a disease as congenital or acquired.

After birth, the energy in the Extra Meridians slows down considerably. They serve as reservoirs of Qi. One of the stages in the Daoist practice of Nei Gong is to reverse this process and restore a healthy movement in the congenital Vessels.

3. Some General Properties of the Extra Meridians (2,3)

(a) Qi Reservoirs

They can absorb energy from the Ordinary Meridians and also supply energy to them when required – for example, in the event of shock.

(b) Store and Circulate Jing

They draw their energy from the Kidneys. These Vessels contain Essence, which is stored in the Kidneys, and circulate it around the body. This helps combine the circulation of Nutritive Qi with Essence. In particular, they circulate Jing to the skin, hair, and Curious Organs.

Since they circulate Essence all over the body and are connected to the Main Meridians, they are a link between the Pre-Heaven and Post-Heaven Qi. Thus, they can be used for treatments related to the Pre-Heaven Qi and the individual's constitution.

(c) Link the Six Curious (Extraordinary) Organs with the Body's Internal Energy

The Extraordinary Vessels provide the link between the body's energy flow and the Curious Organs. The six Curious (Ancestral) Organs are: Marrow, Blood Vessels, Bone, Brain, Gall Bladder, and Uterus.

Their regulating Vessels appear in Table 1.

Table 1 The Six Curious Organs and Their Influential Extra Vessels

Curious Organ	Regulating Vessels
Marrow	Thrusting
Blood Vessels	Thrusting
Bone	Thrusting and Conception
Brain	Governing, Yin and Yang Heel
Gall Bladder	Belt
Uterus	Thrusting and Conception

(d) Regulate the Body's Life Cycles

The life cycles in men (every 8 years) and in women (every 7 years) are governed by the Thrusting and Conception Vessels, respectively. These cycles are determined by Jing, which is circulated by the extraordinary Vessels.

neys and so provide the link between the Kidney Jing and the Wei Qi. This explains why the immune system can become vulnerable to Evil Pathogens and allergic reactions when there is a Kidney deficiency.

(e) Circulate Wei (Protective) Qi

The Conception, Governing, and Thrusting Vessels are primary responsible for circulating Wei Qi over the abdomen, thorax, and back. Although Wei Qi is circulated by the Lungs, its root is in the Kidneys. The Extra Vessels derive from the Kid-

(f) Link the Body's Seas and Internal Energy Flow

The Ling Shu, Hai Lun (Magic Pivot) describes the Four Seas, their regulating Vessels and their Access Points as well as symptoms of Excess and Deficiency. See Table 2.

Table 2 The Four Seas and Their Regulating Vessels

Sea of	Vessels	Access Points	Excess	Deficiency
Marrow (Brain)	Governing, Yin Heel, Yang Heel	Du 16, Du 20		headaches, dizziness
Qi	Conception	Ren 17	chest fullness, dyspnea, red complexion	weak energy, insufficient speech
Nourishment (Stomach) or Grain and Water	Thrusting	Stomach(s) 30	abdominal fullness	hunger with inability to eat
Blood	Thrusting	B 11, S 37. S 39	body feels large	body feels small

The Sea of Blood is also related to the Liver and the Sp 10 (Xue Hai).

Some Qigong schools state that there are two Seas of Qi. The Sea of Postnatal Qi is the Middle Dantian, which is regulated by Ren 17. They call the Lower Dantian, the Sea of Prenatal Qi and it is regulated by Ren 6.

Some acupuncture schools name three other Seas. The Sea of the Yang Meridians is governed by the Du Meridian. The Sea of the Yin Meridians is regulated by the Ren Meridian. The Sea of Blood is called the Sea of the Regular Meridians and is governed by the Chong Meridian (4).

(g) Confluent Points

These are points that are located on the Twelve Primary Meridians through which the Eight Extra Meridians can be accessed.

Table 3 Confluent Points

Extra Channel	Point
Chong	Sp 4
Ren	L 7
Du	SI 3
Dai	G 41
Yin Wei	P 6
Yang Wei	SJ 5
Yin Qiao	K 6
Yang Qiao	B 62

4. Generalities on the Clinical Use of the Extra Vessels (1, 3)

These Vessels can be grouped in a few different ways for clinical use.

The first grouping is into four pairs of Yin and Yang Vessels according to their polarity, as shown in Table 4. Each member of a pair has a Master or Opening Point which affects the Channel's energy flow to different body areas.

The Master Point of the main meridian being treated (due to symptomology) is needled first and then its coupled Master Point is needled. In males, it is common to needle the Master Point on the left side and the coupled Master Point on the right. For females, it is common to needle the Master point on the right side and the coupled Point on the left. For example, if the Governing Vessel was being treated in a man, L 7 would be needled first on the left and then K 6 on the right. In a woman, L 7 would be needled first on the right and then K 6 on the left (1, 3).

The Extra Vessels can also be arranged into four groups according to their functions.

Table 4 Pairs of Vessels, Master Points and Affected Body Areas

Pairs of Vessels and Master Points				Affected Body Areas
Chong	Sp 4	Yin Wei	P 6	medial legs, abdomen, Stomach, Chest; Heart
Du	SI 3	Yang Qiao	B 62	back, back of legs, spine, neck. head, eyes; brain
Dai	G 41	Yang Wei	SJ 5	Lateral legs, shoulders; sides of body & neck
Ren	L 7	Yin Qiao	K 6	abdomen, chest, Lungs, throat; face

(a) Conception, Governing and Thrusting Vessels

These Vessels originate from the Kidneys and so are connected to the Essence. These can be used more often than the other Extraordinary Vessels to affect energy at a deep constitutional level.

(b) Yin and Yang Heel Vessels

The Yin Heel Vessel carries Yin energy to the eye while the Yang Heel Vessel carries Yang energy to the eye. If the energy in the Yin Heel Vessel is in Excess one will be constantly sleepy. If the energy in the Yang Heel Vessel is in Excess one will be awake with open eyes.

These Vessels also control the leg muscles. If the Yin Heel Vessel is diseased, the muscles of the inner (Yin) sides of the legs are tight and the muscles of the outer (Yang) sides of the legs are loose. If the Yang Heel Vessel is diseased the muscles of the inner (Yin) sides of the legs are loose and the muscles of the outer (Yang) sides of the legs are tight.

(c) Yin and Yang Linking Vessels

These Vessels link the Yin and Yang Channels. Their Master Points are on the Triple Burner and Pericardium Meridians, which are also internally/externally related.

(d) Belt Vessel

This is the only horizontal Meridian. It has an influence on the energy circulation in the legs because it encircles all the ordinary Meridians.

The Extraordinary Vessels can also be grouped by their distribution of energy through the central axis of the body and three perpendicular planes.

The Thrusting Vessel starts from the Kidney and distributes energy to the central core of the

body. Its energy is also distributed by small channels carrying Defensive Qi to the Yin and Yang Linking Vessels, Yin and Yang Heel Vessels, and also to the Girdle Vessel. Thus, these five Vessels originate from the Thrusting Vessel.

The Conception and Governing Vessels lie in the midsagittal plane of the body, the Yang Heel and Linking Vessels define the coronal plane and the Belt Vessel influences a transverse plane.

The path and function of each Extraordinary Vessel is discussed in the following sections.

5. The Governing (Du) Vessel

In Pinyin Du means governing. This Channel governs the formation of the cerebrum and medulla oblongata during embryonic development. Recall that it is called the Sea of the Yang Meridians because it controls all the Yang Channels. It nourishes the brain and spinal cord, helps in combining the Yuan (Original) Qi of the Kidneys and tonifies the Kidney Yang. The Du Meridian strengthens the spine and back. If the Du Meridian becomes excessive, the back is stiff. If it is depleted, the head becomes shaky, heavy and unstable.

The primary pathway of the Du Meridian originates in the Lower Dantian (2) (Figure 1). Some acupuncturists state that it originates in the Kidneys (1, 3) because of its clinical effects. It emerges to the surface of the body at Du1 (on the midline, midway between the tip of the coccyx and the anus) and then ascends along the midline of the sacrum and through the interior of the spinal column. It runs along the midline of the neck and head to the crown of the head at Du 20 (Bai Hui, on the midline of the head, 5 cun directly above the midpoint of the anterior hairline, approximately on the midpoint of the line connecting the

apexes of both ears). From Du 20 the channel descends along the midline of the forehead and nose to its final point, Du 26 (above the upper lip on the midline, at the junction of the upper third and lower two thirds of the philtrum).

As the main branch begins to run up the spinal column a branch diverges from it, also runs up the spinal column and enters the Kidneys (Figure 1).

Another branch emerges at Du 16 or GV-16 (Feng Fu, on the midline at the nape of the neck, in the depression immediately below the external occipital protuberance) , enters the brain and ascends to Du 20.

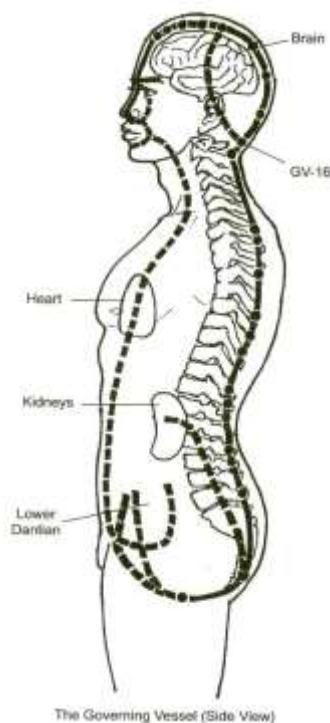


Figure 1 The Governing Vessel

Another set of branches from the perineum, encircle the anus, envelops the external genitalia, ascend past the navel, Heart and throat and wind around the mouth. After circling the mouth, they ascend to the eyes and emerge just below the middle of the eyes. See Figures 1 and 2.

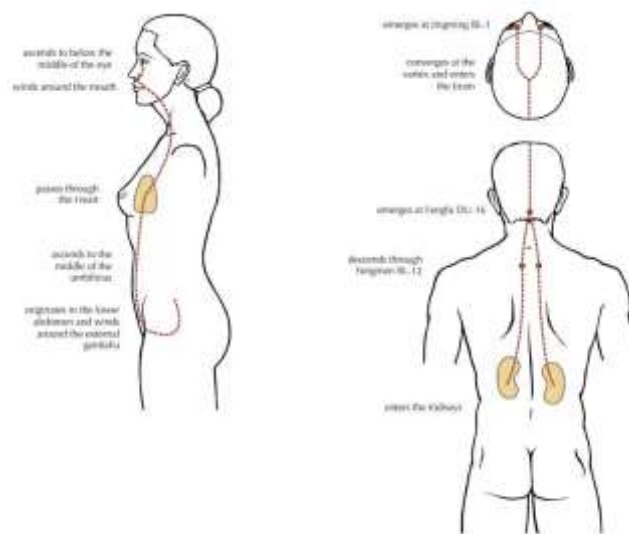


Figure 2 Some Branches of the Governing Meridian

From the inside of the eyes at Jingming (B1, .1 cun medial and superior to the inner canthus of the eye, near the medial border of the orbit), branches follow the Bladder Meridian up the forehead and converge at Du 20. There the Vessel enters the brain and emerges at Du 16 where it divides into two branches. These descend, pass through the Fengmen points (B 12, 1.5 cun lateral to the Du Meridian, at the level of the lower border of the spinous process of the second thoracic vertebra) and enter the Kidneys. See Figure 2.

Different Nei Gong schools may list different branches, depending on the types of Qigong they practice. Acupuncture texts only list they main branch, since its points are accessible to needling (3, 4), while the other branches are only accessible to the mind.

6. Functions and Uses of the Du Meridian

Some functions of the Du Meridian appear in Table 5.

Table 5 Some Functions of the Du Meridian

Sphere of Influence	Functions
Meridians	controls Yang Meridians; stimulates Yin
Anatomical Regions	controls perineum, spinal column, neck, brain, head, face; nose.
Endocrine System	direct: reproductive and adrenal, using Du 4; indirect: reproductive and adrenal, using B 62.
Nervous System	sympathetic nervous system, through SI-3
Psychology	Intellectual and mental problems

The Du Meridian can be used for the following problems.

(a) The Du Meridian is useful for chronic lower backache due to Kidney Deficiency. The back can be strengthened and the spine actually straightened. In men, only the Governing Vessel can be used, but in women it is best to also use the Conception Vessel. Knee and leg pain can also occur.

(b) To expel Wind: For Exterior Wind it can be used to release to the Exterior at the Greater Yang stage of The Six Stages. Therefore, it can be used for symptoms like runny nose, fever, headache and a stiff neck. Interior Wind can also be subdued by using the Du Meridian. Thus, it is used

for symptoms such as tremors, dizziness, convulsions, epilepsy and for the results of Wind Stroke.

(c) The Governing Vessel can be used to strengthen the Kidney function of nourishing Marrow and the Brain. Hence, it can treat symptoms like tinnitus, dizziness and poor memory.

(d) For ear, nose, and throat problems of unknown origin such as swollen glands, unclassified throat disease, and vague tooth pains.

(e) Since the Du Meridian is connected to the body's Jing (Kidney), Qi (Heart) and Shen (Heart), it can treat depression, madness, slow recovery after shock, lack of mental stability, lack of vitality, pure and impure thoughts; hallucinations.

(f) For urogenital problems such as urinary retention, piles; nocturnal enuresis

(g) For diseases of the head (tetanus, apoplexy, aphasia, epilepsy, etc.), back and neck (pain and stiffness in the spinal column), spastic movement of the extremities; gastrointestinal problems (pain; Qi rushing up into the abdomen), all

resulting from an Excess condition in the Du Meridian.

(h) For a heavy feeling and shaking of the head, irritability, inability to concentrate, poor physical and mental stamina, weak character, ste-



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courses. His new Amazon Kindle and hard copy books "Healthy Exercise for Seniors and Non-Athletes" describes classical Yoga, Tai Chi and Qigong to encourage practitioners to learn more about these arts. For more information about Dr. Eisen please visit <http://home.comcast.net/>

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Today, and From Now On...

by Doe Zantamata

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I decide today to be happy. This moment and from now, on. This is my goal.

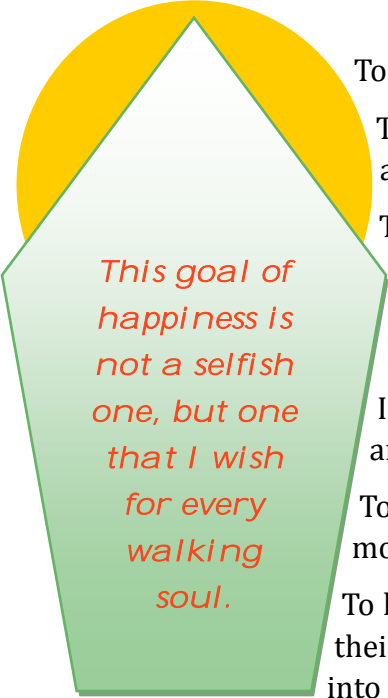
From now on, I won't look back with regret.

Those people who raised me, those who crossed my path, either briefly or for a long time, they may not have given me the things I wanted, but for each thing I did not receive, I received something else.

When they did not nurture me, I realized how important nurturing is. When they discouraged me, I found my own courage which no one can take away. When they did not help build me up, I learned independence, which needs no validation from outside.

There were no missed opportunities and there was no wasted time...not one single second.

Each relationship only existed as long as I needed it to, and as long as I believed it was what I deserved. Any wonderful opportunity that I passed up was one that I was not ready for at the time.



This goal of happiness is not a selfish one, but one that I wish for every walking soul.

To hear cold words and not let them touch the heart and turn it to ice.

To live and act free of one's own fears and insecurities, and free from the fears and insecurities of others.

To attempt things, knowing that failure is possible, being aware of risks, but believing one's self capable of achieving, and if achievement is not to be met on the first go, then the solid belief that it will be possible to regroup, get back up, and try again.

If things don't work out one way, having faith that they'll work out another, and being open to ways that weren't even in the plans.

To realize the incredible fleeting nature of life, and to make the most of every moment.

To honor dark feelings of anger, sadness, and grief, and to observe them, realize their roots, and then let them go fully. They carry far too much weight to carry on into the future.

To believe in the good things in life; in love, in peace, and to welcome those who believe in them, too.

To realize that encouragement of others is a wonderful thing, but if more than a nudge is needed, to let go of the need to force someone to speed up their path. To respect their pace, and not feel disappointment that they cannot see what may seem so clear.

To make time for the simplest things. Quiet, nature, walking barefoot and breathing in deeply the fresh air.

To be able to look back on life during the twilight and know that you've given the best of you to the world. Because of you, lives were brighter. Because of you, people knew love, knew hope, and knew a true friend.

To fully appreciate this gift of life. This magical, mysterious miracle that we all experience, yet so many take for granted. To be aware of the bigger picture, and not get caught up in little distracting details.

To be grateful. Grateful for opportunities, grateful for lessons, grateful for the strength to rise to every occasion.

To develop and unshakeable core of peace, that may be bruised or scratched, but can never, ever



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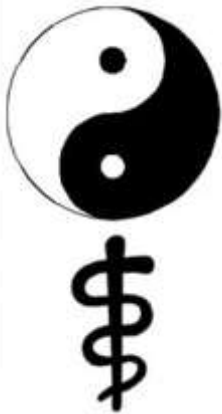
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Recent Research on Happiness and Health

*Compiled by
Kevin W Chen, Ph.D.*



Happiness intervention decreases pain and depression, boosts happiness among primary care patients. Prim Health Care & Research Dev. 2014 Jan 22:1-13. By Lambert D'raven LT, Moliver N, Thompson D. from Red Deer Primary Care Network, Alberta, Canada.

AIM: The aim of the study was to determine whether positive psychological interventions (PPIs) in a primary health care setting would improve physical and mental health over time.

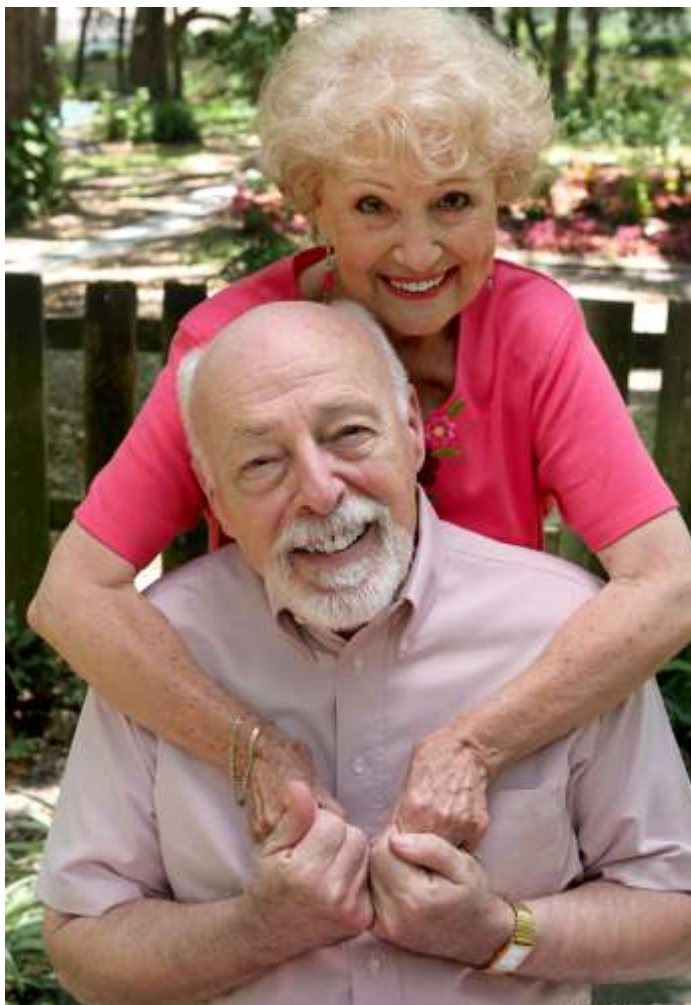
BACKGROUND: Most treatments for depression focus on reducing symptoms rather than on creating positive states of mental health. Empirical studies to verify the efficacy of PPIs in primary health care are needed.

METHOD: In a six-week pilot program, we invited patients in a primary health care setting

with symptoms of depression to participate in groups designed to increase levels of happiness. The program involved interventions such as engaging in good deeds, writing gratitude letters, and introducing empirical research. Patients completed the SF12v2® at the beginning and end of the program and at three- and six-month follow-up. Measures included physical functioning, bodily pain, mental health, social functioning, and vitality. Patients also participated in focus groups to discuss their experiences.

FINDINGS: Of the 124 patients who enrolled in this pilot study, 75 completed the six-week program, and 35 participated in two follow-up assessments. Among the participants who remained for all follow-up assessments, scores improved from baseline to 6-month follow-up for health, vitality, mental health, and the effects of mental and physical health on daily activities. This subset of patients reported greater energy and more daily accomplishments, along with reductions in

functional limitations. Improvements in mental and physical health and functioning were shown over a six-month period. The study provides a basis for the further investigation of PPIs in creating improvements for patients with depression in primary health care.



The Effect of Humor on Short-term Memory in Older Adults: A New Component for Whole-Person Wellness. Adv Mind Body Med. 2014 Spring;28(2):16-24. By Bains GS, Berk LS, Daher N, et al.

CONTEXT: For older adults, the damaging effects of aging and stress can impair the ability to learn and sustain memory. Humor, with its associated mirthful laughter, can reduce stress and cortisol, a stress hormone. Chronic release of cor-

tisol can damage hippocampus neurons, leading to impairment of learning and memory.

Objectives: The primary goal of this study was to determine whether watching a humorous video had an effect on short-term memory in an older population.

Design: The research team designed a randomized, controlled trial. The study took place at Loma Linda University in Loma Linda, California. The research team recruited 20 normal, healthy, older adults, 11 males and 9 females.

Intervention: The humor group ($n = 10$, mean = 69.3 ± 3.7 y) self-selected 1 of 2 humorous videos -a Red Skelton comedy or a montage of America's Funniest Home Videos-and watched it for 20 min. A control group ($n = 10$, mean = 68.7 ± 5.5 y) sat calmly for 20 min and were not allowed to read, sleep, or talk on a cell phone. **Outcome Measures:** The Rey Auditory Verbal Learning Test was used to assess short-term memory-learning ability, delayed recall, and visual recognition. Salivary cortisol levels were measured at predetermined times. **Results:** Learning ability improved by 38.5% and 24.0% in the humor and control groups, respectively ($P = .014$). Delayed recall improved by 43.6% and 20.3% in the humor and control groups, respectively ($P = .029$). Within the humor group, delayed recall (43.6%) was significant compared with learning ability (38.5%) ($P = .002$). At 3 predetermined time points, significant decreases in salivary cortisol were observed in the humor group ($P = .047$, $P = .046$, and $P = .062$, respectively).

Conclusion: The study's findings suggest that humor can have clinical benefits and rehabilitative implications and can be implemented in programs that support whole person wellness for older adults. Learning ability and delayed recall are important to these individuals for a better quality of life-considering mind, body, spirit, social, and economic aspects. Older adults may have age-associated memory deficiencies. However,

Research Update 科研动态

medical practitioners now can offer positive, enjoyable, and beneficial humor therapies to improve these deficiencies.

Positive psychology interventions in people aged 50-79 years: long-term effects of placebo-controlled online interventions on well-being and depression. Aging & Ment Health. 2014 Apr 8. By Proyer RT, Gander F, Wellenzohn S, Ruch W.

OBJECTIVES: Various positive psychology interventions have been experimentally tested, but only few studies addressed the effects of such activities in participants aged 50 and above.

METHOD: We tested the impact of four self-administered positive psychology interventions in an online setting (i.e., gratitude visit, three good things, three funny things, and using signature strengths in a new way) on happiness and depressive symptoms in comparison with a placebo control exercise (i.e., early memories). A total of 163 females aged 50-79 tried the assigned interventions or the placebo control exercise for one week and completed measures on happiness and depressive symptoms at five times (pre- and post-test, 1, 3, and 6 months).

RESULTS: Three out of the four interventions (i.e., gratitude visit, three good things, and using signature strengths in a new way) increased happiness, whereas two interventions (three funny things and using signature strengths in a new way) led to a reduction of depressive symptoms on at one post-measure.

CONCLUSIONS: Positive psychology interventions yield similar results for people aged 50 and above as for younger people. The dissemination of such interventions via the Internet offers a valuable opportunity for older age groups as well.



Reduction of Bodily Pain in Response to an Online Positive Activities Intervention. J Pain. 2014 Feb 22. pii: S1526-5900 by Hausmann LR, Parks A, Youk AO, Kwok CK.

Inducing temporary positive states reduces pain and increases pain tolerance in laboratory studies. We tested whether completing positive activities in one's daily life produces long-term reductions in self-reported bodily pain in a randomized, controlled trial of an online positive activities intervention. Participants recruited via the web were randomly assigned to complete 0, 2, 4, or 6 positive activities administered online over a 6-week period. Follow-up assessments were collected at the end of 6 weeks and at 1, 3, and 6-months post-intervention. We used linear mixed effects models to examine whether the intervention reduced pain over time among those who had a score < 67 on the bodily pain subscale of the Short Form-36 at baseline (N=417; pain scores range from 0 to 100; higher scores indicate less pain). Mean pain scores improved from baseline to 6 months in the 2-activity (55.7 to 67.4), 4-activity (54.2 to 71.0), and 6-activity

(50.9 to 67.9) groups. Improvements were significantly greater ($p < .05$) in the 4-activity and 6-activity groups than in the 0-activity control group (54.1 vs. 62.2) in unadjusted and adjusted models. This study suggests that positive activities administered online can reduce bodily pain in an adults with at least mild-to-moderate baseline pain. Perspective: This study demonstrates that teaching people simple positive activities can decrease reported levels of bodily pain. Moreover, this study demonstrates that these activities can be administered over the internet, a potential avenue for broadly disseminating health interventions for relatively low-cost and with high sustainability.

<http://www.sciencedirect.com/science/article/pii/S1526590014005690>

Direct and indirect relationships between physical activity and happiness levels among older adults: a cross-sectional study. Aging & Mental Health. 2014 Mar 31. By de Souto Barreto P. from Aix-Marseille Université/EFS/CNRS , Marseille , France

OBJECTIVES: The purposes of this study were to examine if physical activity (PA) is associated to happiness and to investigate if social functioning and health status mediate this association.



May-June 2014

METHOD: Participants of this cross-sectional study were 323 men and women, age 60 or over, who were covered by the medical insurance of the French National Education System, France. They received by mail a self-report questionnaire that asked for information about general health, PA, and happiness.

RESULTS: In multinomial logistic regressions, the total volume of PA was associated to higher levels of happiness, but this association disappeared in the presence of social functioning. A structural equation modelling (SEM) showed an indirect association between PA and happiness, which was mediated by participants' health status and social functioning; in this SEM model, social functioning was the only variable directly associated to happiness.

CONCLUSION: Complex associations among PA, health status, and social functioning appear to determine happiness levels in older adults.

Evaluation of a seven-week web-based happiness training to improve psychological well-being, reduce stress, and enhance mindfulness and flourishing: a randomized controlled occupational health study. Evid Based Complement Alternat Med. 2013;2013:676953 by Feicht T, Wittmann M, Jose G, et al. from Coburg University of Applied Sciences, Coburg, Germany.

BACKGROUND: As distress in society increases, including work environments, individual capacities to compete with stress have to be strengthened. Objective. We examined the impact of a web-based happiness training on psychological and physiological parameters, by self-report and objective means, in an occupational health setting.

METHODS: Randomized controlled trial with 147 employees. Participants were divided into intervention (happiness training) and control groups (waiting list). The intervention consisted of a seven-week online training. Questionnaires

were administered before, after, and four weeks after training. The following scales were included: VAS (happiness and satisfaction), WHO-5 Well-being Index, Stress Warning Signals, Freiburg Mindfulness Inventory, Recovery Experience Questionnaire, and Flourishing Scale. Subgroup samples for saliva cortisol and alpha-amylase determinations were taken, indicating stress, and Attention Network Testing for effects on attention regulation.

RESULTS: Happiness ($P = 0.000$; $d = 0.93$), satisfaction ($P = 0.000$; $d = 1.17$), and quality of life ($P = 0.000$; $d = 1.06$) improved; perceived stress was reduced ($P = 0.003$; $d = 0.64$); mindfulness ($P = 0.006$; $d = 0.62$), flourishing ($P = 0.002$; $d = 0.63$), and recovery experience ($P = 0.030$; $d = 0.42$) also increased significantly. No significant differences in the Attention Network Tests and saliva results occurred (intergroup), except for one saliva value.

CONCLUSIONS: The web-based training can be a useful tool for stabilizing health/psychological well-being and work/life balance.

<http://www.hindawi.com/journals/ecam/2013/676953/>

Heaviness, health and happiness: a cross-sectional study of 163,066 UK Biobank participants. J Epidemiol Community Health. 2014 Apr;68(4):340-8. By Ul-Haq Z, Mackay DF, Martin D, et al. from University of Glasgow, , Glasgow, UK.

BACKGROUND: Obesity is known to increase the risk of many diseases and reduce overall quality of life. This study examines the relationship with self-reported health (SRH) and happiness.

METHODS: We conducted a cross-sectional study of the 163 066 UK Biobank participants who completed the happiness rating. The associa-

tion between adiposity and SRH and happiness was examined using logistic regression. SRH was defined as good (excellent, good), or poor (fair, poor). Self-reported happiness was defined as happy (extremely, very, moderately) or unhappy (moderately, very, extremely).

RESULTS: Poor health was reported by 44 457 (27.3%) participants. The adjusted ORs for poor health were 3.86, 2.92, 2.60 and 6.41 for the highest, compared with lowest, deciles of Body Mass Index, waist circumference, waist to hip ratio and body fat percent, respectively. The associations were stronger in men ($p < 0.001$). Overall, 7511 (4.6%) participants felt unhappy, and only class III obese participants were more likely to feel unhappy (adjusted OR 1.33, 95% CI 1.15 to 1.53, $p < 0.001$) but the associations differed by sex ($p < 0.001$). Among women, there was a significant association between unhappiness and all levels of obesity. By contrast, only class III obese men had significantly increased risk and overweight and class I obese men were less likely to be unhappy.

CONCLUSIONS: Obesity impacts adversely on happiness as well as health, but the association with unhappiness disappeared after adjustment for self-reported health, indicating this may be mediated by health. Compared with obese men, obese women are less likely to report poor health, but more likely to feel unhappy.

<http://jech.bmj.com/content/68/4/340.long>

Religiosity, health and happiness: Significant relations in adolescents from Qatar. Int J Soc Psychiatry. 2013 Dec 16. By Abdel-Khalek AM. From University of Alexandria, Egypt.

BACKGROUND: Several studies have revealed positive associations between religiosity, health and happiness. However, the vast majority of these studies were carried out on native English-speaking participants.



AIMS: The objective of this study was to estimate the relations between religiosity, health and happiness among a sample ($N = 372$) of Qatari adolescents (Mage = 15.2).

METHOD: The students responded to five self-rating scales to assess religiosity, mental health, physical health, happiness and satisfaction with life.

RESULTS: Boys obtained a higher mean score on mental health than did their female counterparts. All the correlations between the rating scales were significant and positive. Principal component analysis disclosed one component and labeled 'Religiosity, health and happiness' in both sexes. The multiple stepwise regression indicated that the predictors of religiosity were the self-ratings of satisfaction with life and happiness

in boys, whereas the predictors among girls were satisfaction with life and physical health.

CONCLUSIONS: On the basis of the responses of the present sample, it was concluded that those who consider themselves as religious were more happy, satisfied with their life and healthy.

<http://isp.sagepub.com/content/early/2013/12/10/0020764013511792.long>

Happiness and health behaviour in Iranian adolescent girls. J Adolesc. 2013 Dec;36 (6):1187-92. By Fararouei M, Brown IJ, Akbartabar Toori M, et al. from Yasuj University of Medical Sciences, Iran.

This study was conducted to examine the association of happiness in adolescent females with leisure time and health related behaviours namely diet, physical activity and first or second hand smoking. Using a self-administered questionnaire, data were collected from 8159 female high school students ages 11-19 years. Multivariate linear regression analysis revealed statistically significant associations between happiness and weight, regular exercise, exposure to second-hand tobacco smoke, daily fruit or vegetable consumption and the way participants spent their leisure time. Happiness was associated with lower BMI, regular physical activity, absence of exposure to second-hand smoke, higher consumption of fruits and vegetables, and spending leisure time with family (all $P < 0.005$). These exploratory findings suggest that encouraging children and adolescents to adopt healthy behaviours, providing family time and a smoke-free environment may make them not only healthier but also happier.

<http://www.sciencedirect.com/science/article/pii/S0140197113001383>

Childhood happiness and violence: a retrospective study of their impacts on adult well-being. BMJ Open. 2013 Sep 20;3(9):e003427. By Bellis MA, Hughes K, Jones A, et al. from Liverpool John Moores University, Liverpool, UK.

OBJECTIVES: To examine the hypothesis that adult well-being is related to childhood experiences independent of current adult sociodemographic conditions.

DESIGN: A cross-sectional, stratified, randomised sample survey using self-assessed measures of current well-being and retrospective measures of childhood experiences.

SETTING: Households in North West England (September 2012-March 2013).

PARTICIPANTS: The individual with the next birthday in randomly selected households (n=11 500; compliance 89.6% of eligible households). Analysis was limited to those aged ≥18 years and answering all pertinent questions (n=11 157).

OUTCOMES: The primary outcome was a validated multicomponent measure of mental well-being (MWB). Additional outcomes included self-assessed life satisfaction (LS), life worth and trust in others.

RESULTS: Adult MWB, LS, life worth and trust were all significantly related to childhood violence and happiness. Relationships remained after controlling for sociodemographics. Thus, compared with those with happy, non-violent childhoods, respondents with unhappy, violent childhoods had adjusted ORs (95% CI, significance) of 3.10 (2.59 to 3.71, $p<0.001$) for low MWB, 3.62 (2.99 to 4.38, $p<0.001$) for low LS, 4.13 (3.40 to 5.01, $p<0.001$) for low life worth and 2.62 (2.20 to 3.11, $p<0.001$) for low trust. The impact of unhappy but non-violent childhoods were smaller but significant ($p<0.001$). The modeled impact of childhood factors predicted, for instance, that

among unemployed white men aged 25-39 years from the most deprived communities, 27% of those with happy non-violent childhoods would have low MWB rising to 53% of those with unhappy violent childhoods.

CONCLUSIONS: Adult well-being is strongly linked to childhood experiences. The addition of well-being measures to outcomes already associated with adverse childhoods (eg, adolescent antisocial behaviour and risks of adult disease) strengthens the case for investment in interventions to improve childhood experiences. Public health systems are well placed to ensure that policy to improve adult well-being exploits the potential for this to be realised through appropriate interventions.

<http://bmjopen.bmj.com/content/3/9/e003427.long>

Promoting happiness: the malleability of individual and societal subjective wellbeing. Int J Psychol. 2013;48(3):159-76. By Tay L, Kuykendall L. from Singapore Management University, Singapore. stay@purdue.edu

Is it possible to enhance the subjective wellbeing of individuals and societies? If so, what are the mental health interventions and economic mechanisms by which subjective wellbeing could be enhanced? We address these questions in our review of the literature on subjective wellbeing. Research now shows that although subjective wellbeing is heritable and stable, it can change substantially over time. Long-term changes can be affected by positive or negative life events; subjective wellbeing interventions have also proved to be effective for boosting wellbeing for as long as six months. At the societal level, economic factors matter for the subjective wellbeing of citizens. Economic wealth is shown to be a predictor of societal wellbeing across countries and over time. Also, high unemployment severely lowers the wellbeing of individuals and has spillover



effects on other societal members, such as the employed. Given the weight of evidence, we are optimistic that subjective wellbeing can be enhanced. For practitioners, policy makers, and economists interested in the wellbeing of individuals, we propose that these findings have implications for mental health practice and economic policies. Future research and methodological issues are discussed.

Hardiness as a mediator between perceived stress and happiness in nurses. J Psychiatr Ment Health Nurs. 2014 Mar 25. By Abdollahi A1, Abu Talib M, Yaacob SN, Ismail Z.

Nursing is a stressful occupation with high levels of stress within the health professions. Given that hardiness is an important construct to enable nurses to cope better with stress and contribute to being happier; therefore, it is necessary we advance our knowledge about the aetiology of happiness, especially the role of hardiness in decreasing stress levels and increasing happiness. The present study sought to investigate the role of hardiness as a mediator between perceived stress and happiness. The participants, comprising 252 nurses from six private hospitals in Tehran, completed the Personal Views Survey, the Perceived Stress Scale, and the Oxford Happiness Inventory. Structural Equation Modeling (SEM) was used to analyse the data and answer the research hypotheses. As expected, hardiness par-

tially mediated between perceived stress and happiness among nurses, and nurses with low levels of perceived stress were more likely to report greater hardiness and happiness. In addition, nurses with high levels of hardiness were more likely to report happiness. This study showed hardiness as being a protective factor against perceived stress and a facilitating factor for happiness in nurses. The findings could be important in training future nurses so that hardiness can be imparted, thereby giving them the ability to control their stress.



Kevin W Chen, Ph.D.

– is an associate professor at the Center for Integrative Medicine, University of Maryland. Dr. Chen was educated in the universities of both China and the United

States, and has years of experience and training in blending eastern and western perspectives, and in the practice of life-nurturing methods. As a long-time practitioner of Qigong Yang Sheng, he is one of the few scientists in the U.S. to have both hands-on knowledge of mind-body practice, and an active research career in mind-body medicine, which is funded through grants by the National Institutes of Health (NIH) and various foundations. Dr. Chen devotes his career and life to the practice of Yang Sheng, and promotion of self-healing and mind-body-spirit integration.

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spreads to the eyes, A chuckle
comes from the belly; But a good
laugh bursts forth from the soul,
Overflows, and bubbles all around.
- Carolyn Birmingham



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you say, and what you do are in harmony
- Mahandas K. Ghandi

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Mission Statements

- To build up a virtual community for all qigong, taiji, yoga, reiki, meditation practitioners, and other spiritual cultivators. To share experience and knowledge, to support each other's practice, and to illuminate higher spirituality.
- To create a network and platform for those who are seeking health, happiness, longevity and harmony in life through their own effort, sharing and exploration.
- To promote self-healing, self-empowerment and positive mind power through feasible daily practice and effective clinical applications.