



CORE CONCEPTS OF TAOIST HEALING ARTS

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Taoist Healing Arts began in ancient China over 5000 years ago and are the origin of Qi Gong, Tai Chi Chuan, and Traditional Chinese Medicine. Taoist Healing Arts were first practiced by mountain hermits who lived in health and harmony with the natural world, and the consciousness that guides nature. Through their deep understanding of the cycles and energy patterns of earth and sky, they discovered the healing power of nature, and developed a self-renewing method for daily practice that tunes the body, breath and mind, and brings them into unity. Core concepts of Taoist Healing Arts include:

THE NATURAL WAY (TAO)

Tao is the natural way of living in harmony with the wisdom of nature and the laws of the universe. It is a physical and spiritual path nourished by nature for balancing body and mind. The Taoist journey of personal transformation celebrates each moment as an opportunity to honour all life, to appreciate the beauty and power of the universe, and to accept all that comes to us with an open and loving heart. Tao can only be experienced through personal practice, not through words or intellect.

❖ **The Tao of Attainment (Te)**

The virtuous way - virtues and latent powers attained or inherited by one who lives in harmony with the Tao including naturalness, health, longevity, happiness, humility, compassion, wisdom, healing and psychic abilities - accumulated experience that leads to better quality of life and a profound sense of belonging in the world

❖ **The Tao of Energy (Qi)**

The energetic way - vital life force energy found in all beings in the universe including the sun, moon, stars, oceans, rivers, rocks, plants, animals and humans - health is the abundance and flow of energy between humans (internal life force energy) and nature (environmental life force energy) - sickness is the disruption in the flow of energy between humans and nature

❖ **The Tao of Change (Yin Yang)**

The changing way - interdependent energies in constant change found throughout nature - adapting to change by understanding complementary opposites - energetic reversal through mutual cooperation

❖ **The Tao of Effortlessness (Wu Wei)**

The effortless way - effortless action without force or conflict - flowing with the current of nature - allowing things to happen in their own natural time - non-resistance

❖ **The Tao of Simplicity (Su)**

The simple way - uncomplicated living - nature and human nature in the raw - your original true nature free from desire and egotism

❖ **The Tao of Spontaneity (Zifa)**

The spontaneous way - unrestricted by dogma and rules - living in the moment free of memories, associations and expectations

❖ **The Tao of Moderation (Zhong Yong)**

The middle way - maintaining equilibrium - no excess, no deficiency - balance of activity and inactivity, sound and silence, community and solitude, technology and nature

❖ **The Tao of Tranquility (Ningjing)**

The peaceful way - tranquil contemplation - observing nature with a quiet mind free of preoccupations and worries - neutralizing the emotions - forgive and forget the past - opening yourself up to the beauty of nature