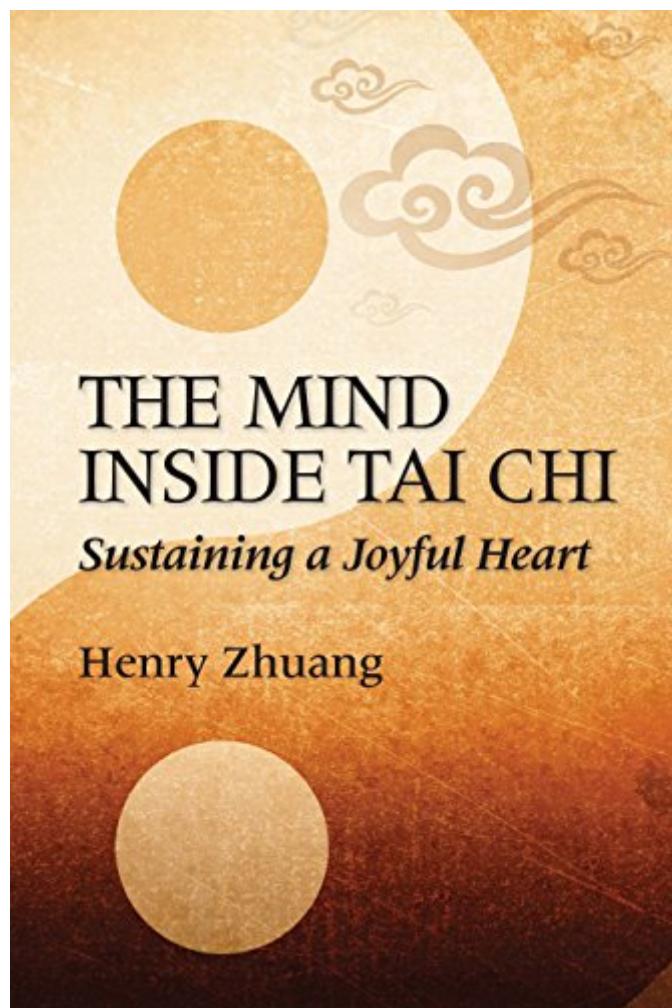


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# The Mind Inside Tai Chi: Sustaining A Joyful Heart



## Synopsis

Tai chi's big reward is a joyful heart. We all know tai chi can be very rewarding if you keep doing it. That's the rub: consistently doing it! How do you keep your motivation high day after day, year after year? After more than thirty years of practicing tai chi chuan, author Henry Zhuang shares what has kept him with tai chi for so long, and how his tai chi evolved from a "mere exercise" to a rewarding path, improving his life and happiness. He promises this for you too! If you are considering tai chi, this book is for you. It will present a clear exploration of the benefits of tai chi, such as strength, balance, vitality, virtue, courage, and harmony. This will help you make the decision to get involved. If you already practice tai chi, you may need a boost to help you stay on track, overcoming obstacles in your progress. Tip: Simply doing the act, focusing on aerobic activity alone, is not enough. You must find ways to advance both your mind-set and your physical body. Achieving this shift will change your tai chi profoundly. It will move from a mere act of doing to a way of following your joyful heart. Get ready to make tai chi a happy lifelong experience.

## Book Information

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## Customer Reviews

Excellent book for the student of taichi. It has basic explanation of movements and philosophy of taichi. I am thrilled.

Everything you need and have always wanted to know about Tai Chi!!! End the confusion!! This book does not show you how to do the forms. It takes you to the deepest and highest level of Tai Chi.

The Mind Inside Tai Chi Chuan is a gem of a book which I found both interesting and very informative. The author Henry Zhuang takes the reader on a journey through the history and meaning of Tai Chi. He not only writes of the fundamentals of the meaning and definition of the art but also goes into the powers, the culture and the practices in addition to the deeper meaning of the art of Tai Chi. Mr. Chuang explains that Tai Chi should not only be practiced as a physical workout but as a mindful experience, as well. He writes of the joy one can find by using the mind as well as the body in the art. He describes how happiness can be reached by looking deeper into the roots and meaning of Tai Chi as well as finding relaxation and the healthful building of the body through the practice. When read with an open mind and a love of Tai Chi, a new chapter opens for the practitioner and a new way of life starts at the same time. For a short book such as this, there is a lot of information and advice to be learned by anyone interested in Asian Martial Arts. I highly recommend this fine, very well written book.

"The Mind Inside Tai Chi, Sustaining a Joyful Heart" by Henry Zhuang is a valuable book for anyone with a serious interest in the deeper aspects of the theory, practice and spiritual aspects of tai chi. Zhuang has produced a compact yet scholarly volume that combines his high level understanding of tai chi theory as passed on by ancient and current tai chi masters, with the manifestation of theoretical concepts through practice and the relationship between both with Buddhist concepts. Zhuang has clearly dedicated his life to the theoretical, practical and spiritual study of tai chi, and his book is a distillation of everything he has learned. Highly recommended to serious students of Tai Chi.

This book will certainly bring joy to your heart. The author, Henry Zhuang, discusses the importance of a good mind approach in practicing taijiquan. As he says, tai chi is not aerobics, but rather it is a way of practicing with one's heart. I really liked his six points to the mind approach, and how he explained the mid-perpendicular as an imaginary line traveling down through the center of the body.

He referred to this line as a plumb approach and there lots of pictures with arrows so you understand the exercises. I also like all the references he gave, so you can look up certain ideas in other books. The other thing I liked was that he dedicated the book to World Tai Chi Day, which is always the last Saturday in April. Kudos to this new author. Nicely done.

I agree that this book presents profound insights into taiji. One possible discrepancy (which doesn't undermine Zhuang's thesis): On page 40 he delves into a subject not usually presented to beginners: breathing. I'm wondering if the author inadvertently transposed the mechanism of "opening" and closing. "He writes: "The opening and closing of taijiquan are done with qi training through reverse abdominal breathing, in which INHALE is to CLOSE and accumulate, and EXHALE is to OPEN and exert." But in his very next sentence he seems to put it vice versa: "This INHALE is to OPEN and EXHALE is to CLOSE is done with the internal movement triggering external exertion as the criterion." Getting this straight might be important when doing advanced martial applications. But for beginners, don't focus on breathing at all. Hmm? Who's confused?

ÃƒÂ¢Ã  ¬Ã  Ã“The Mind Inside Tai Chi ChuanÃƒÂ¢Ã  ¬Ã  Ã• is a great complement for enhancing Qi which is the life force and the miracle of healing. This book is similar to ÃƒÂ¢Ã  ¬Ã  Ã“Saam Medical MeditationÃƒÂ¢Ã  ¬Ã  Ã•. When you practice meditational practices like Tai Chi, Yoga, or Qi Gong try incorporating the Saam Meditation Technique into your procedure. This is a meditation based upon a 500 year old Korean Acupuncture Technique. Instead of only focusing on the chakras or third eye, Saam Meditation technique brings one's Qi and attention to acupuncture points on the hands and feet. In doing so we can specifically target each of the twelve primary organs like the heart, liver, lungs, stomach, kidneys, etc. Meditation upon the hands and feet strongly stimulates the brain and intensifies the sensation and healing effects of Qi across the whole body. Saam Medical Meditation has pictures of the four point acupuncture combinations for each of the organs. Each point of the meditation is easy to locate. Learn about one of the most fascinating and adventuresome meditation techniques you will ever experience. This may be the deepest that meditation can go. Try it!

This is truly a wonderful book! This is how I was taught Tai Chi over 20 years ago. And I still practice these techniques today. Chapter 1 begins with the fundamentals, beginning with definitions and working its way through practicing. Chapter 2 explains the essentials of mind approach when practicing. It starts with the origins of mind approach and with the help of diagrams it shows proper

posture and movement. I will be rereading this many times as the years go by as it is so full of information.

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