



Painting the Rainbow Newsletter

<http://www.paintingtherainbow.co.uk>

Community Based Tai Chi & Chi-Kung for everyone

Improvement cannot always be measured, it is something you feel

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KEEP CALM AND
FOCUS ON THE POSITIVE.

Can't carry shopping bags
Can't do up bra's
Crick my neck if I gaze up at the stars
Doing the hovering is now quite a chore
Nearly as bad as mopping the floors
Bought lots of gadgets that make such a racket
But often that's me trying to open the packet!
Can be painful pushing down handles to open a door
And I think I am 2 inches shorter than I was before !
The up side is I can still do Tai Chi, keeping my focus and bending my knee
Spine hanging loose suspended and free
Joints lined up ready I'm still the old ME!

Taiji qigong shibashi (Tai Chi Qigong in 18 movements)

This set is now the most widely practiced qigong set in the world which is amazing when you realise the Prof. Lin Housheng first developed it in 1979 when he combined elements of Tai chi and Qigong. In the same year, Prof. Lin successfully demonstrated his qigong skills at China's State Council (Beijing) to three Deputy Prime Ministers and over 300 scientists. The second shibashi set was developed in 1988 and subsequent sets have followed.

I first learn leant this qigong in 1991 when training with Master Wu Chiang Hsing in Batu Pahat, Malaysia. He was a calm man, devout Buddhist and ran a clothes shop. He taught Tai Chi, and I once accidentally offended him when it seemed that I just wanted to learn qigong from him. Nigel Sutton said he thought I did not believe he could fight; truth was I respected him massively and nobody else taught what he did. He accepted this and I trained with him 1-2-1 as well as attending his 5am qigong classes in a local park. He would arrive in his Proton car with the aircon on 14°C which is quite a shock in the 30+°C heat. I set up his huge cassette player and attached it to a car battery. As the music started, students would start to appear as if from the bushes. He would teach for a few hours working through various qigong sets, tai chi forms and weapons. He taught me sets 1, 2 and 3, and I felt very privileged that he was willing to share his knowledge so openly. I continued to teach, as he taught me, to share this wonderful form or gentle exercise.

It has become so popular that many people are now teaching shibashi sets, often without any formal training by a recognised teacher; the quality control and validity has gone out the window! With this in mind, I asked to be assessed by Prof. Lin Housheng the creator, and am pleased to say that I am now one of only four people in the UK qualified to teach sets 1 and 2. I didn't ask to be assessed for set 3 as I haven't practiced it for quite a while so did not believe I would be at a suitable level.



Shibashi is a wonderful qigong set for health, and I now teach it to all our instructors as well as training medical staff to enable them to use it with various patient groups.



Tai Chi Qigong in the NHS

In the NHS, popularity of this qigong keeps growing as patients show excellent improvements in their health. With this in mind, I have been working with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), to develop national standards for tai chi and qigong; qigong shibashi is a key part of this. I am a longstanding director of the Tai Chi Union for Great Britain (TCUGB) and the official officer managing the partnership between CIMSPA and TCUGB. In heading up the professional Standards Committee, my role is to ensure the standards are written to manage the quality of tai chi and qigong being offered to the NHS and similar organisations. Currently, I run the only CIMSPA accredited tai chi qigong courses; this will open up once the standards are in place. Any teachers wanting to have their training CIMSPA accredited, will have their training background and course content assessed.

Shibashi for everyone

Over the years, I've been amazed by the health improvements shown by students living with chronic conditions such as COPD, heart disease, chronic pain and even falls prevention. I know of teachers who even use it as their class warm up before moving on to tai chi form etc. I

even taught it as an alternative warm up to patient football team in a mental health trust as they wouldn't do the regular circuits.

In Birmingham, we teach taiji qigong shibashi at all of our "Tai Chi in the Park" classes.

During the difficult times of coronavirus, I am teaching sessions free on Facebook live every Thursday morning at 10.30am, and you can access it on youtube afterwards, so you can practice every day.

This is a great gift given to us by Prof. Lin Housheng; the gentle movements may be practiced by young and old alike to increase energetic vitality, rejuvenate the body, mind and soul, and gain more physical agility and flexibility.

Join in, stay fit, and we will see you back at class soon.

*My eyes wander over the view
of hills and seas,*

*At a single glance I survey the
whole Universe,*

*He will never be happy, whom
such pleasures fail to please!*

Tao Ch'ien (Chinese poet 365-427)



Thought the little piece below was quite appropriate for the time we are now living in.

Would you like to heal the world? How about those around you? How about yourself? It's simple.

Just smile. You, like most people are rightly sceptical that smiling can help heal the world, but let me see if I can help you to see the reality in this idea.

Please stay open minded and you will experience the truth of this concept. Take a moment, sit up straight, and feel how you feel, your mood or emotion. Do it now.

Next, turn the corners of your mouth up slightly, a bit like a small smile, and see how you feel.

Then relax for a moment. Next turn the corners of your mouth down slightly, a bit like a pout, and see how you feel. Relax. Repeat this process, up relax, down, relax. Did you feel any difference in the feelings that these movements produce?

I have shared this exercise with thousands of people, and the vast majority say they feel lighter in mood, happier, etc when the corners of the mouth are turned up, and feel the opposite when they are turned down. The words they use are usually down, heavy, depressed, unhappy, etc.

You see, it is only natural. When you are happy, up, etc, you smile and the reverse is true. That seems quite obvious.

What isn't so obvious is that you can take charge of your own emotions, and this concept of corners of the mouth can help. If you start to feel a bit down and you don't want to, just turn up the corners of your mouth and you will feel better.

You now have the skill to help heal yourself.

Try another experiment. Next time you get an opportunity, smile at someone else. Believe me they will smile back. Now you have helped to heal those around you, as they will also feel better by smiling back.

They may even smile at other people they meet so you may be helping to heal the planet! Not a bad skill to have so close at hand. You're also saving energy! Smiling uses 13 muscles while frowning uses 50. Michael Gilman

Now I have to tell you I tried this myself for a few days and it does work, people seem unable to resist smiling back. However I thought I must be a little selective as if I look too happy and the smile looks a little too manic I may get arrested lol. It would however also remind people to keep their distance!

Even though people now have to keep 2 metres apart smiles can transcend this distance and help us feel connected in this surreal time

Steve Taylor, Painting the Rainbow Instructor writes:

Students often tell me that they have noticed improvements in their health since taking up Tai Chi. Barbara Hall is a student at my Northfield class and recently took the time to write about a health benefit that she attributes to Tai Chi.

She wrote:

Just over two years ago I joined Steve's Friday class in Northfield.

I enjoy it very much and everyone is very friendly.

I had suffered with Restless Leg Syndrome for many years. No-one seems to know where this problem comes from or how to treat it. It's very irritating and quite wearing as the "legs" stop you sleeping. Every time you relax, the "legs" creep and wake you up.

Lo and behold, several months after taking up Tai-Chi, I realised I no longer had restless legs. Bliss!!

Thank you, Steve and thank you Tai-Chi, what more proof than this to prove that Tai Chi heals.

Written by Barbara Hall
Student - Northfield class.



I bet you don't know who wrote this:

Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter their rooms; they contradict their parents, gobble up their food and tyrannise their teachers. Is it a newspaper columnist 20 years ago? Or a Tory politician 200 years ago? *****

It was the Greek Philosopher Socrates articulating the perennial moans of the older generation, all of 2,000 years ago! So what's new !!!!