



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

call: 0121 251 6172

e-mail us: markpeters@kaiming.co.uk



As another year draws to a close it feels like time to reflect. It has been 25 years since Kai Ming was formed and 10 years since Painting the Rainbow was born. So many things have happened including the amazing growth of tai chi in parks across the city; I am working with CIMPSA to setup national accreditation to enable tai chi and chi-kung (qigong) to be more widely accepted and accessed by the NHS; we were featured on Trust me I'm a Doctor and were able to show, through scientific research, that tai chi is an excellent form of exercise and as cardiovascular as Zumba! Plus, one of our groups even won a Queens award... More and more organizations and clubs are contacting us to arrange for us to deliver classes and discuss forging links with their association and to discuss their individual needs. Others' may say they teach tai chi but we are definitely leading on quality and application.

A few of my teachers either passed this year or became seriously ill and it made me think of our mortality... I do worry that as our instructors grow older, and less students show interest in making the commitment to train up, that our club may eventually fade away. We have built a wonderful tai chi family and seen so many benefit in so many different ways, so I truly hope that reading this may inspire you to become part of our instructor team.

No Ordinary Days...

There are days in our lives that start out like any other day and then something unexpectedly happens that turns them into a time to remember and occasionally you end up feeling it was touched by magic.

A day in March around the early 90's was such a time and I thought I would share it with you in the newsletter.

When we moved in to our first house together in the 80's it was quite near a green space where we walked the dogs.

As we were thinking about making a form video we thought, why not include a few outdoor scenes as the weather seemed quite sunny and settled.

So the next time we took the dogs for a run the video camera and tripod came with us.

It was a lovely day and as we arrived at the "mini park", we chatted about what good shots we would get.

We set the camera up on the tripod after finding a great backdrop between some trees that we felt would convey a good feeling of space and movement within it. I put the dogs back on their leads and foolishly hooked the end loops under my foot to tether them whilst I was filming. (At this point you are probably ahead of me!!!)

After several false starts, I was happy with the opening stances and so we decided that Mark would run through the whole form and video it and then if not happy after we viewed it we would repeat.

After having to stop once when the dogs saw a squirrel and thought they would give it a run for its money up a tree and I ended up with the tripod etc. on top of me on the floor! (You knew this was going to happen didn't you, as soon as I said the loop went over my foot) we began a "Take".

I think we had probably reached somewhere near the end of the first part of the form when the skies started to darken and a strange breeze came from nowhere.

Mark carried on moving slowly and purposefully lost in the feeling of the outdoors and focusing on his breathing.

As I watched through the view finder I noticed the breeze was increasing and suddenly something that looked like snowflakes!!! drifted down across the lens.

I stood up and looked over to where Mark was, and to my surprise saw that it was indeed SNOWING !

As I watched, within maybe a few minutes, the wind picked up and the snow poured from the skies. It was amazing. From a still, sunny bright day, it had become a winter snow scene, and as Mark continued the form, I found he could be likened to a figure in a shaken snow globe; almost surreal but certainly "magical".

Although the video would not be suitable for the one we were making, because at times the snowfall was so "gusting" you could hardly see him, Mark decided to continue just for the experience.

When we watched the film later that day, it confirmed the strange change of elements within minutes.

Mark likes to believe the strong "Chi" he evoked from his form had some influence on it, and I admit it was very, very strange but "Chi?" who knows.

Whatever it was, whenever it comes into my thoughts it still feels a strange magical occurrence on an otherwise ordinary day.



BUILD UP YOUR IMMUNITY FOR WINTER

To ward of colds (plus do Tai Chi)

Food —Stodgy foods should be cut back—increase Oily fish to reduce inflammation

Broccoli to trigger T-cells to respond to pathogens.

Berries for Vitamin C and strong blood vessels (for better circulation)

Live yogurt to improve your gut environment, where 70% of your immune cells live.

Also drink plenty of warm water with honey and lemon and eat homemade vegetable soup.

AUTUMN SUPERFOODS

Blackberries —highest antioxidant level of all fruits that reduce chronic disease boost immunity

Beetroot—Eat in small amounts to help in bodies detoxification rich in Folate & B Vitamin.

Chestnuts—Vitamin C ,B and Magnesium plus one of the best nuts for Fibre, good in stuffings,soup, making meat free sausages and great in chocolate desserts.

Kale—Has more iron than beef, more Vitamin C than oranges,& more Calcium than cow's milk, also contains Magnesium which is great for bone health. And calming on the nervous system. A real nutrient superhero. You can gently steam it and add to warm salads and stews.

Cinnamon—Is an antioxidant, anti-inflammatory and antimicrobial. Helps to regulate blood sugar, boosts mental focus and reduces triglyceride levels that help lower our risk of heart disease. Add to apple puds, soups, stews, and hot drinks such as Chai.

Squash—Packed with Immune supporting vitamins and minerals.

Sweet Potato— Nutrient content beats the traditional white spud hands down.

Twice as much beta-carotene than carrots which is an antioxidant. Bake ,roast, or steamed or made into soup .

Mushrooms—Source of B Vitamins, iron, potassium, selenium, and the antioxidant ergothioneine found to reduce inflammation and is released during the cooking process.

Porridge—Source of slow release carbohydrates, it's also very important to eat protein at breakfast because this provides energy, calm and focus throughout the morning. Add more protein to drip feed your energy levels by adding a handful of chopped nuts if no allergy to them.



Our own Hunt Emerson (Handsworth class) is pretty famous and is holding his first commercial exhibition of his art and illustration in 20 years. It opens Tuesday December 4th at the Primitivo on Barwick Street in Birmingham. It runs until February 2019. For more details visit <https://bit.ly/2E22s4z>

You know that you are over the hill...

When you've seen it done it, and can't remember most of it.

When you'd feel nostalgic, if only you could remember what for.

When you keep repeating yourself
When your reclining chair has more options than your car.

When you do the 'Hokey Cokey' and you put your left hip outand it stays out

When you keep repeating yourself
When the only sport left to you , is hunting for your glasses.

When you go upstairs and stop midway to catch your breath, and when ready to start again you are unable to remember whether you were going upstairs or down!

When you keep repeating yourself!

Extract taken from the book The Velveteen Rabbit

The Velveteen Rabbit is a children's book written in 1922 by Margery Williams about a little rabbit toy who became "real" because of a child's love. I have read it many times as have many other adults because it is such a lovely story beautifully written and is really all about what love can achieve that can never be taken away from you.

Thought it might be a nice thought to end the year.

Generally by the time you are "real" most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby.

But these things don't matter at all, because once you are real you can't be ugly except to people who don't understand.

.... and so time went on, and the little rabbit was very happy, so happy that he never noticed how his beautiful fur was getting shabbier and shabbier and his tail becoming unsewn, and all the pink rubbed off his nose where the boy had kissed him.

To him he was always beautiful, and that was all the little rabbit cared about.

He didn't mind how he looked to other people, because the boy had made him real, and when you are real shabbiness doesn't matter because "real" lasts forever.

