

# Lake Norman Tai Chi Times

For A Healthy Body, Focused Mind and Positive Spirit

“The person who says it cannot be done should not interrupt the person doing it”

~ Chinese Proverb

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## Message From Sifu

### A Balanced Life Does Not Mean Living Only In The Center

There seems to be a misconception floating around about what it means to live a balanced life. The misconception is that to live a balanced life, you have to give equal time to all areas of your life. That is preposterous.

We all need, on average, 8 hours of sleep every night. To give equal time to all areas of your life, you would need to spend 8 hours on each of those areas. That would be 8 hours for your career, 8 hours for your family, 8 hours for yourself, 8 hours for your community ... wow, a 40 hour day!

Think of Life Balance, not as spending equal time in all areas of your life, but of having the proper amount of focus in each area to promote growth in all areas. You become a better person that is better able to handle hectic situations that may arise.

In our Tai Chi Push Hands practice, we always want to stay upright. This is our balanced position. From here, we can easily attack, defend, yield, and redirect. The flow of yin and yang in our movements naturally brings us in and out of balance in our stance, but always keeping towards our center. There are times when we attack or yield that we are taken to the extreme of our yin or yang movement. When that happens, our first priority is to return to our balanced state, coming back to center. If we stay too long in an extreme yin or extreme yang posture, we put ourselves at risk of being uprooted by our opponent.

Applying this principle to life, we need to understand what is our “center.” We all have multiple areas of our life that require our attention. Our family, our health, our career, our community, and our spirituality. You might be able to include more areas as you deem necessary, but these are the basics. Each day, we spend a certain amount of our focus in each of these areas. You may not focus on all areas every day. For instance, you may not focus on your career on weekends or not focus on your community on weekdays.

The idea is to find the right amount of focus in each of these areas that allows us to grow and not get stressed out or over burdened. The misconception is that we can only achieve life balance if we never stray from this. And nothing could be further from the truth. As I’m often fond of saying, “life happens”.

Many of you already experience the “Yang of Work,” those times when a project or one of your managers requires you to spend more time at the office than you normally would. There are times when a personal or health issue could keep you laid up for days or weeks. These things happen, and as long as we can quickly return to our “center,” we will not be uprooted by our temporary circumstances.

Life is fluid and ever changing. Even our personal idea of life balance will change over time. The idea is to not get overwhelmed when life becomes hectic. Returning back to your center as quickly as possible will alleviate the effects of any chronic stress that could arise from such situations.

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Know your "center." Don't focus on just 1 or 2 areas of your life. Find that balance where ALL areas of your life get your undivided focus. It's O.K. if you need to work extra hours on a project to get that promotion or raise, or you need to spend time taking care of yourself due to an illness. These are temporary and you can survive and thrive during these times because you have your "center."



## Welcome New Students

It's always a pleasure to welcome new students into our family. Please welcome these new students who joined recently. If you haven't already, say hello.

### *Tai Chi Chuan Program*

Kelly Murdick

## Celebrations



### November Birthdays

Shane Stull

8<sup>th</sup>

### *November Holidays and Observances*

Family Stories Month  
National Georgia Pecan Month  
National Pomegranate Month  
Sweet Potato Awareness Month  
Teff and Millet Month  
Vegan Month

National Fig Week: 1-7  
Sherlock Holmes Weekend: 6-8  
World Kindness Week: 9-15

World Vegan Day: 1  
Cookie Monster Day: 2

National Men Make Dinner Day: 5  
National Bittersweet Chocolate with Almonds Day: 7  
Journalists' Day (China): 8  
National Spicy Guacamole Day: 14  
National Bundt (Pan) Day: 15  
Homemade Bread Day: 17  
National Entrepreneurship Day: 17  
Married To A Scorpio Support Day: 18  
National Apple Cider Day: 18  
Women's Entrepreneurship Day: 19  
Doctor Who Day: 23  
National Espresso Day: 23  
Bonifacio Day (Philippines): 30



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## Tai Chi in the News

From *Supreme Chi Living* the newsletter of the American Tai Chi and Qigong Association

### Nobel Prize Puts Complementary Medicine in Spotlight

**October 19, 2015** - On Oct 12, 2015, the Nobel Assembly announced the winners of the 2015 Nobel Prize in Physiology or Medicine. Among the 3 winners, Youyou Tu, a Chinese scientist, was recognized "for her discoveries concerning a novel therapy against Malaria". This "novel therapy" is Artemisinin, a drug that was discovered based on a centuries-old Chinese remedy and has significantly lowered mortality rates from malaria since late 1960s.

#### A History Made for Complementary Medicine

While winning a Nobel Prize means global attention to the winners, the recognition for Youyou Tu's achievements brings special significance - as a Fortune.com article pointed out: medical knowledge outside of the western conventional medicine had never been on the radar of Nobel Prize until now.

Professor Stephen Ward of the Liverpool School of Tropical Medicine in U.K. told the Nature magazine that this recognition could pave the way for more breakthroughs with non-conventional medicines.

Before Artemisinin was discovered, chloroquine was the major drug used to cure Malaria. However, after heavy use of the drug for several years, strains of Malaria became resistant. "By the late 1960s, efforts to eradicate Malaria had failed and the disease was on the rise," the Nobel Assembly wrote in a statement. Better treatments were needed to fight this deadly disease in tropical and sub-tropical areas in Asia, Africa and Latin America.

In the late 1960s, Youyou Tu and her team discovered the naturally-based compound artemisinin while studying traditional Chinese medicine. They researched ancient Chinese literatures for potential remedies for the symptoms of Malaria. Then they used sophisticated methods from western biomedicine to collect 380 extracts from 200 herbs mentioned in those literatures, which eventually led to the discovery of the Artemisinin compound.

#### The Inspirations for Tai Chi and Qigong Practitioners

Some experts think that, as Youyou Tu's achievement shows, "opening up to traditional medicine could help advance conventional treatments - especially as developments of new medications are hampered by a lengthy research process and growing drug resistance has rendered some drugs useless."

That is also one of the reasons why more and more doctors and their patients are turning to Tai Chi and Qigong for complementary treatments. Plenty of scientific research has proven that Tai Chi and Qigong can be effective and safe supplements to conventional healthcare for many health conditions.

Another inspiration for Tai Chi and Qigong practitioners from this event: understanding and embracing both complementary and conventional medicines. Youyou Tu's success is attributed to not only the knowledge from Chinese Traditional Medicine but also using the complex extraction methods from the western medicine. Integrating the two streams brought her and the world the ground-breaking discovery.

## Training Tip

### Healthy eating during the holidays

Depending on what study you read, we gain anywhere from 1 to 5 pounds over the holidays. That wouldn't be so bad if we lost those pounds before the next holiday, but we don't. This year, make a commitment to stick to your regular eating habits. Keep the dietary splurging to an absolute minimum. Remember, the weight you gain during the holidays, will most likely stick with you for a long time.



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## Feng Shui Tip

### Let the sun shine in

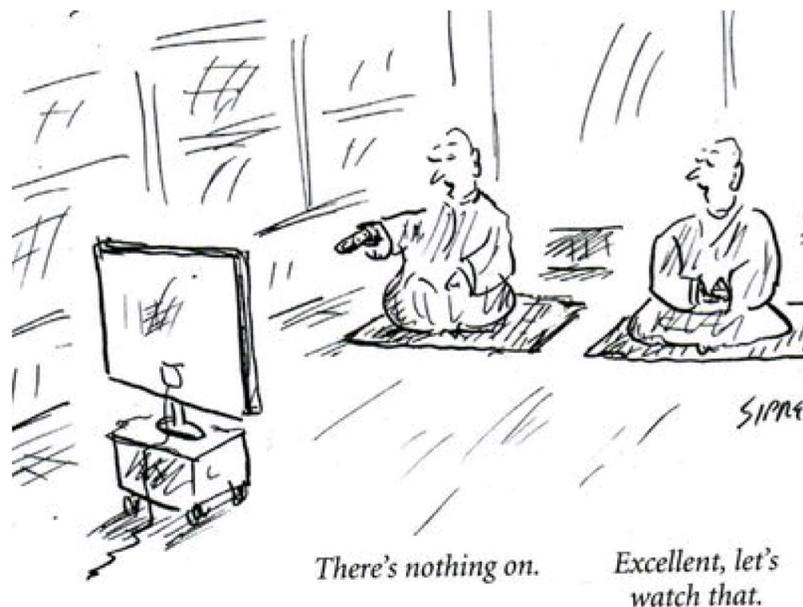
Open blinds and curtains during the winter months to let in natural light. You may use less electricity or gas to heat your interior space and it is great to have that daylight for chore, meals, plants and to give you a boost of energy.

*Feng Shui is the Art of Placement. A Chinese philosophical system of harmonizing everyone with the surrounding environment. The term feng shui literally translates as "wind-water." Each month Dale Saufley will share a Feng Shui tip that you can implement to harmonize yourself with your surroundings. If you have questions about Feng Shui, contact Dale at [dales@lakenormantaichi.com](mailto:dales@lakenormantaichi.com).*

## Ask Sifu

### How can I avoid all the chaos that normally swirls around the holidays?

The key to surviving the chaos is to not get swept up in it. Keep up with your daily routines, attending class, practicing daily, and above all, enjoy the special moments that the holidays create.



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## Classifieds



Need an extra class t-shirt?

How about a pair of Tai Chi pants?

No problem! Shirts, pants and sashes are always available.

**T-Shirt \$15**

**Pants \$35**

**Sash \$10**

20% discount for Tai Chi Chuan students - 10% discount for Tai Chi Qigong students

custom luxury menswear without breaking the bank

**J. HILBURN**

704.400.8179

**B. Dale Saufley**

Independent Style Consultant  
Dale.Saufley@Hilburnpartner.com

**For Sale or Trade:** 2 timeshare weeks (odd & even years) in Florida. Even year timeshare is in Pompano Beach right on the water & is a points system (126,000 points, no true set week). Royal Vista Resort 1110 S Ocean Blvd Pompano Beach Florida. The even year is Palm Country Club & Resort in Kissimmee Bldg 25, unit 209 week 37 (late Sept). It is a 2 bedroom lock-out so can be traded for 2 separate weeks if you choose. I would like to get \$4500 for the Pompano Beach & \$6200 for the Kissimmee OR would trade both for older motor home. Call 704-965-4105 or email lbwheeler.hiker@gmail.com -- Leann Wheeler

Have something to sell or trade? Have a service you'd like everyone to know about? Advertise it here! Lake Norman Tai Chi Center members get an incredible discount. Send your ad to [contact@lakenormantaichi.com](mailto:contact@lakenormantaichi.com) and put **Newsletter Ad** in the subject.

*"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

~ Melody Beattie

