

# Spontaneous Movement

for Health and Happiness



太極五息功

Dr. Shen Hongxun

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The study of long life

## Foreword

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Modern day lifestyle has a profound effect on the selfregulatory processes of the body. To keep up with our jobs and the speed of life our minds are often occupied with external things and happenings; there seems to be no time to listen to and look at what is happening inside. We may feel we are no longer in harmony with our environment or ourselves. The spontaneous functions and self-healing ability of the body become weakened and impaired. Many suffer physical and emotional discomfort and become vulnerable to developing health problems.

Although we can claim to have reached an advanced level in technology, science and medicine, we still have only limited knowledge of the internal and external processes and functions of the human body. Errors and misunderstandings of how our body functions on a physiological level have caused the development of medical science to deviate from its original purpose of preventing, identifying and curing disease. Modern medical techniques often merely suppress symptoms.

One major factor that plays a vital role in our health and wellbeing that has so far been largely ignored is spontaneous movement. Spontaneous Movement is one of the most important physiological processes taking place in the human body. It is a natural phenomenon of life. It is an autoregulatory mechanism for many bodily functions and takes place continuously. Heartbeat, peristalsis of the digestive organs, breathing, yawning, blinking of the eyelids are a few examples of the spontaneous movement that continuously occurs on both the inside and the outside of our body. This type of movement is involuntary spontaneous movement, as we have no control over it.

Spontaneous movement does not always have to be involuntary. It is possible to intentionally induce spontaneous movement in order to regulate and optimise the body's own autoregulatory mechanism. One key element of all spontaneous movement is cell vibration. Another essential part is the

vibration of the force coming from the earth itself. The earth has two main forces: pulling or attracting force, and pushing or repelling force. Everyone is aware of gravity, the pulling force, but not many are aware of the pushing force. The pushing force has a health-giving and energising effect. It is possible to connect with this force and its vibration and use it for its invigorating and healing qualities.

By studying and practising the spontaneous movement exercises of the Taijiwuxigong system you will learn how to connect with the pushing force of the earth and how to combine this with your own innate life force (dantian force) to consciously use it for its health giving and vitalising properties.

I would like to invite you to try the Taijiwuxigong exercises, to feel the earth force and to experience the benefits of spontaneous movement. Furthermore, I invite my colleagues in the field of medicine and science and those who have an interest in new knowledge, to research and to develop their understanding of this phenomenon.

**Dr. Shen Hongxun**  
**Gent, May 2004**

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