

## Taijiwuxigong

We have adapted remarkably well to modern life, yet changes in our life-style and longer working days have a profound effect on the self-regulating and self-healing mechanism of our body and mind. The 'spontaneous' functions of the body are often weakened and in order to keep up with the speed of life, many peoples' minds are mostly 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 that we are no longer in harmony with ourselves and our environment.

By teaching us how to use spontaneous movement, Taijiwuxigong offers a way to help us to find again the natural balance of our physical and emotional state by using and combining our own innate life-force (Dantian Force) and the natural forces of the Earth.

### Spontaneous Movement - A Natural Phenomenon

Spontaneous movement is a natural phenomenon of life. It is an internal auto-regulatory mechanism for many body functions and happens at all times. Heartbeat, peristalsis of the digestive organs, breathing, yawning, blinking of the eyelids are only a few examples of the spontaneous movement that continuously takes place on both the inside and the outside of our body. This is called involuntary spontaneous movement, as we have no control over it.



### Exercises with Spontaneous Movement

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 auto-regulatory mechanism and self-healing function. One key element of

spontaneous movement is our body's cell vibration. Billions of body cells are continuously oscillating in all different directions at all times, thus creating different frequencies in different parts of the body. Unhealthy cells in diseased areas vibrate at a different frequency to healthy cells. Thus it is possible that by influencing the vibration rate of cells, we can change and regulate their frequency and so create favourable conditions for health for health and healing. Another essential component of spontaneous movement is the vibration of Earth Force. Taijiwuxigong uses different standing, sitting and lying down positions in order to 'find' and connect with the Earth Force.

### **A Double Vicious Circle - Incorrect Body Posture and Negative Emotion**

During the 1992 World Congress of Medicine about the relationship between the spinal column and disease, it was reported that there is a link between problems of the spine and over 40 different conditions and illnesses, such as Asthma, Diabetes, Hypertension, Back Pain, Joint and Muscle Problems to name but a few.

In fact, in his research Dr. Shen Hongxun has found that in addition to spinal problems, negative emotions and stress also play a key role in the development of disease. This led to the development of his theory of the Double Vicious Circle, which describes incorrect body posture and negative emotions as the two primary factors in the development of a majority of diseases. Negative emotions affect the body's biochemistry and result in the formation of toxic metabolic by-products. These products tend to accumulate in the spaces between the vertebrae but also in other joints and organs.

Most spinal problems are the result of long-standing incorrect body posture. The reason for poor body posture is often habitual and work-related, as we tend to adopt a certain position during certain activities. Chronic faulty body posture and the pulling force of the earth (as opposed to its pushing force), lead to the gradual narrowing of the inter-vertebral spaces. This is a process nearly everyone experiences and suffers from with progressing age. If there is narrowing of the inter-vertebral spaces and possibly misalignment of the vertebrae the nerves and blood vessels, which feed from the spine to all organs and tissues of the body are affected; this causes malfunctioning of organs and disease in the interrelated areas. Early signs may be chronic tiredness and lack of energy and also impaired function of the immune system.

Spontaneous movement exercises help to correct body position, stretch the spine and open the inter-vertebral spaces, so that we may even grow by a few centimetres. It is impossible to remedy a bad posture with pills and potions and therefore similarly impossible to treat the ensuing health problems solely with the prescription of medicines. More and more doctors are beginning to see the importance of exercise in the treatment of symptoms and disease. However, few recognise postural and spinal problems as the origin of their patients' symptoms. The Buqi Treatment System

addresses the root cause of many problems by introducing spontaneous movement to improve body position and to flush out Binqi (negative factors).

### **Prevention and Treatment**

Spontaneous movement as taught within Taijiwuxigong is a very effective method for preventing the onset of many diseases and for keeping ourselves in good condition. Furthermore, it also addresses many health problems such as respiratory diseases, digestive disorders, Diabetes, gynaecological conditions, Hemiplegia, back, joint and muscle problems, premature ageing and many others. People who are doing a lot of desk and computer work and are suffering from computer syndrome also find it very beneficial. Sitting for long hours at a desk often leads to a distorted body position, tightness and muscle tension in the shoulder of the '½mouse-arm'. This tension can lead to mal-positioning of the vertebrae in the neck, which puts pressure on the local nerves and inhibits blood circulation to the brain.

### **Clean Body, Clear Mind**

Taijiwuxigong not only helps us to re-align and clear our body, meridians and energy channels from negative factors, it also aids to restore our mental and emotional equilibrium, thus bringing back harmony to all aspects of life. People from all walks of life practise Taijiwuxigong and report that they experience a clearer mind, refinement in artistic expression, increased physical ability and stamina which is also very useful in sporting activities, and a sense of overall well-being and happiness. It is an excellent tool for maintaining health, preventing and treating disease.