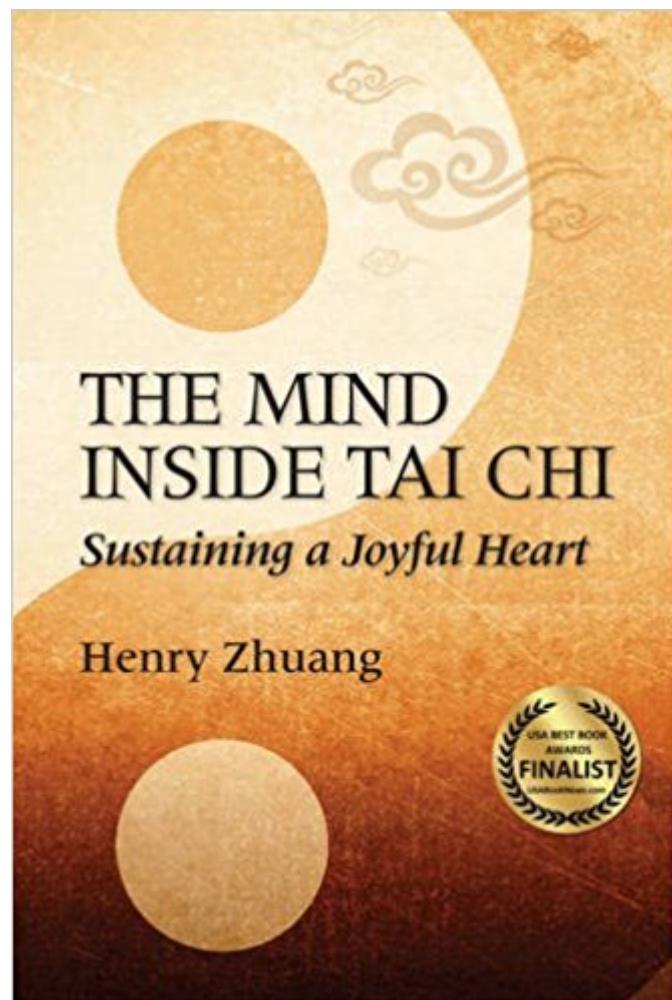


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# The Mind Inside Tai Chi Chuan: Sustaining A Joyful Heart



## Synopsis

FINALIST • SELF HELP • USA Best Books Award 2015 This book has three goals To motivate you choose tai chi as a way of improving your health and increasing your happiness for an entire lifetime. To enliven your practice with or without a formal teacher. To provide guidance to advance your tai chi practice from a mere act of "doing" tai chi to a method of "tai chi as a way of following your heart." Why tai chi? After more than thirty years of practicing tai chi chuan, author Henry Zhuang shares what has kept him with tai chi for so long, and how tai chi evolved to a rewarding path toward improving life and happiness. Step-by-step, the author presents a clear exploration of the benefits of tai chi. Some benefits are physical (strength, balance, vitality), while others are internal (virtue, courage, harmony). This careful examination will help you answer the first big question, "why should I get involved with tai chi practice." What if I already practice tai chi? If you already practice tai chi, you may need a boost to help you stay on track, or help you over a block in your progress. Simply doing the act (aerobics) is not enough. You must find ways to constantly advance your mindset and your physical body. Knowing what this means and how to do it are important tools for keeping tai chi the most rewarding and enjoyable experience in your life, day after day, year after year. The author will explain for you: The four spirits of tai chi How tai chi cultivates the mind and improves character Eight important tips for proper tai chi bodywork Eight keys to pay attention to when practicing tai chi chuan The four principles of tai chi chuan Five mindsets for practicing tai chi chuan Six points for your tai chi practice so your heart is always in it Eight imagery/energy drills to help you get your mind / intent in the proper place All of these will accelerate your skills, and help incorporate tai chi as part of who you are, so you can use "tai chi as a way of following your heart."

## Book Information

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## Customer Reviews

The Mind Inside Tai Chi Chuan is a gem of a book which I found both interesting and very informative. The author Henry Zhuang takes the reader on a journey through the history and meaning of Tai Chi. He not only writes of the fundamentals of the meaning and definition of the art but also goes into the powers, the culture and the practices in addition to the deeper meaning of the art of Tai Chi. Mr. Chuang explains that Tai Chi should not only be practiced as a physical workout but as a mindful experience, as well. He writes of the joy one can find by using the mind as well as the body in the art. He describes how happiness can be reached by looking deeper into the roots and meaning of Tai Chi as well as finding relaxation and the healthful building of the body through the practice. When read with an open mind and a love of Tai Chi, a new chapter opens for the practitioner and a new way of life starts at the same time. For a short book such as this, there is a lot of information and advice to be learned by anyone interested in Asian Martial Arts. I highly recommend this fine, very well written book.

This book will certainly bring joy to your heart. The author, Henry Zhuang, discusses the importance of a good mind approach in practicing taijiquan. As he says, tai chi is not aerobics, but rather it is a way of practicing with one's heart. I really liked his six points to the mind approach, and how he explained the mid-perpendicular as an imaginary line traveling down through the center of the body. He referred to this line as a plumb approach and there lots of pictures with arrows so you understand the exercises. I also like all the references he gave, so you can look up certain ideas in other books. The other thing I liked was that he dedicated the book to World Tai Chi Day, which is always the last Saturday in April. Kudos to this new author. Nicely done.

This is truly a wonderful book! This is how I was taught Tai Chi over 20 years ago. And I still practice these techniques today. Chapter 1 begins with the fundamentals, beginning with definitions and working its way through practicing. Chapter 2 explains the essentials of mind approach when practicing. It starts with the origins of mind approach and with the help of diagrams it shows proper posture and movement. I will be rereading this many times as the years go by as it is so full of information.

"The Mind Inside Tai Chi, Sustaining a Joyful Heart" by Henry Zhuang is a valuable book for anyone with a serious interest in the deeper aspects of the theory, practice and spiritual aspects of tai chi. Zhuang has produced a compact yet scholarly volume that combines his high level understanding of tai chi theory as passed on by ancient and current tai chi masters, with the manifestation of theoretical concepts through practice and the relationship between both with Buddhist concepts. Zhuang has clearly dedicated his life to the theoretical, practical and spiritual study of tai chi, and his book is a distillation of everything he has learned. Highly recommended to serious students of Tai Chi.

âœThe Mind Inside Tai Chi Chuanâœ is a great complement for enhancing Qi which is the life force and the miracle of healing. This book is similar to âœSaam Medical Meditationâœ. When you practice meditational practices like Tai Chi, Yoga, or Qi Gong try incorporating the Saam Meditation Technique into your procedure. This is a meditation based upon a 500 year old Korean Acupuncture Technique. Instead of only focusing on the chakras or third eye, Saam Meditation technique brings one's Qi and attention to acupuncture points on the hands and feet. In doing so we can specifically target each of the twelve primary organs like the heart, liver, lungs, stomach, kidneys, etc. Meditation upon the hands and feet strongly stimulates the brain and intensifies the sensation and healing effects of Qi across the whole body. Saam Medical Meditation has pictures of the four point acupuncture combinations for each of the organs. Each point of the meditation is easy to locate. Learn about one of the most fascinating and adventuresome meditation techniques you will ever experience. This may be the deepest that meditation can go. Try it!

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