



Linda's Tai Chi

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Last week, I wrote about Dr. Peter Wayne, PhD and his “8 Active Ingredients of T'ai Chi.” I focused on one of the eight-“dynamic structural integration”. It is my opinion that structural integration is the most important because it is the root of T'ai Chi; posture, stance, moving as one unit; like a mobile moving with the wind. T'ai Chi is grounded in the feet, controlled by the waist and expressed in the hands and fingers. Moving as one unit is the timing of performing T'ai Chi.

Here are the 8 active ingredients:

1. Awareness, Mindfulness, Focused Attention
2. Intention, Belief, Expectation
3. Dynamic Structural Integration
4. Active Relaxation of Mind and Body
5. Aerobic Exercise, Musculoskeletal Strengthening, and Flexibility
6. Natural, Freer Breathing
7. Social Interaction and Community
8. Embodied Spirituality, Philosophy, and Ritual (tradition)

Is there one of these that captures your imagination and attention more than the others? This may be the one that is the purpose for your T'ai Chi.