

Welcome and Introduction from Christopher Anderl

Hi, I'm Chris Anderl. The perspective that I teach from honors the wisdom and beauty of the Cosmos and the Natural World. Our bodies, our minds, and our spirits all arise from Natural Forces. Thousands of years ago in China, careful observers of Nature learned that they could enhance their health and energy by moving, breathing, and living in accord with natural energy. By practicing the natural movements shown on this video, you will bring greater efficiency, clarity, and joy into your life; and also, I hope, an awareness and sensitivity to the complex subtle harmonies of the natural world. Please use these exercises to heal yourself, your friends and family, and the larger world in which we all live. I invite you to join me as we more fully and deeply embody our true, inner nature, in this inspiring place.

Welcome to Tai Chi For Everyone. The exercises you are about to watch and practice along with are some of the most powerful self-healing techniques on Earth. I recommend that you try to do 5 minutes or more of walking before and after these exercises: both to warm-up and also to keep the healing energy circulating afterwards. The practices are demonstrated from a standing position, but most can be done while seated in a straight-backed chair. If your health necessitates sitting, try to gradually add some standing into your routine, as this will greatly improve your strength, stamina, and balance.

The exercises are performed outdoors, where there is an abundance of natural energy for gathering, circulating, and storing, but be sure not to practice in extreme conditions like strong winds, storms, intense heat or cold, and so on. When you practice indoors, be sure that your space is clean, with some natural light and fresh air. Take it slowly to begin with. Be gentle and kind with yourself, and do as much as you comfortably can, building your practice little by little. Qigong exercises can help prevent acute illnesses such as colds and flu, and can help you recover toward the end of an illness, but you should mostly rest if you are actively sick. Qigong is especially effective for helping chronic, long-term conditions if the practitioner maintains a long-term, regular practice. It has a cumulative effect.

Wear loose, comfortable clothing, and make sure that your stomach isn't too full or too empty when practicing; a good rule is about 1 to 2 hours before or after a meal. These exercises will stimulate and improve your digestion, immunity, circulation, muscle and joint strength, flexibility and balance, as well as many aspects of your psychological, emotional, and spiritual health. Its best if you can practice in the early morning hours, and before lunch, if your schedule allows. Otherwise, as we say in the National Qigong Association, the best time to practice is: whenever you can. As part of a life-style that includes laughter, whole-some food, clean water, and time outdoors, these exercises will help you become more calm, strong, balanced, flexible, and simply happier. I encourage you to have fun and enjoy yourself, even gently smile to yourself, while doing these practices. Cultivating a sense of joy and appreciation for yourself as you practice greatly facilitates energy flow.

I wish you peace, joy, and happiness in your practice of life.