



INTERNAL WUSHU ARTS NEWSLETTER

A.T.Dale - P.O. Box 77040 - Seattle WA 98133 - (206)283-0055 - subscriptions \$12/yr.

OK, OK, OK

After much feed back and comments I will be keeping the print size of the articles no lower than 10pt with the exception of this information page. Because of printing and mailing fees I try to keep it down to a four page format. When I get longer articles I will divide them between two newsletters. I hear and obey.

TERMINOLOGY

Lao gung -- center of palm
Hu Kou (not Ho Kou) -- tiger's mouth
Yung Chuen -- middle of foot
Pai hui -- (not Pai Hou) crown of head
Tan tien -- lower abdomen
Shu shen -- finger tips
Ming men -- small of back

CLUB FEE

As of January the monthly club fee for one class is \$55.

KOOTENAY RETREATS

TAI CHI CHUAN

August 13-19

\$395 Canadian \$335 US

Don't miss it! This is a week long study and practice of Tai Chi with four instructors. This year Harold Naka, Harvey Kurland, Rex Eastman and myself will be the staff. Daily chi kung, form, weapon and tuishou practice. With lectures and group discussions on tai chi chuan. Enrollment is limited so send in your deposit ASAP.

PA KUA CHANG

August 21-27

\$395 Canadian \$335 US

This is the first year Rex will be doing a week-long Pa Kua retreat. Mike Smith, Rex Eastman, and Bob Algera will be instructing.

Send to:

KOOTENAY TAI CHI CENTRE
Box 566
Nelson, B.C. V1L 5R3
(604)352-3714
Don't miss out!

NEW AREA CODE

If you need to phone me at home, Mt. Vernon now has a new area code: 360

IT'S ANOTHER YEAR

It's a new year and I'm happy to say things are moving forward, growing and expanding. This newsletter is a good example. From just a page of guidelines once a month for practice suggestions, to four pages with guest instructors contributing, and a small group of subscriptions.

As I started this newsletter the motivation was to get more instruction out. To get the club members to read some of the classics, share training ideas, and cover more ground than was able in class. It was also to keep the lectures in class down so we could make the most of the instruction time. (It hasn't helped, has it?) There aren't many subscriptions but we currently have: Canada, New York, Colorado, Texas, Yakima, Montana, and several cities in Washington.

I still apologize to you English majors and editors, I try but don't expect great changes. I'd rather practice the forms instead of refining my English and grammatical skills. If it really bothers you think of it as a lesson in 'letting go'.

Of course some articles are better than others, but all in all I am happy with the contents and subjects. I'm pleased with the interest of several instructor and friends willing to share their special skills and outlook. It does make things a bit uncomfortable for me at times, what should I include, what is appropriate? So...

The function of the newsletter is to improve our understanding and practice in the internal arts; for health, practice, applications and in nurturing ourselves. Though it's impossible at times I have tired to exclude any political this club - that club stuff, or criticism of

styles or reasons for studying these arts. Also, I refuse to edit or correct articles submitted, since I struggle with my own writing and grammar, I'm in no place to edit others. Their have been typos at times, Sorry. I would like other instructors to contribute regardless of their writing skills. If you feel it will help improve the quality, insight or understanding of the art it's important.

In the olden days of these arts (whenever) most of the masters were illiterate. That doesn't mean they didn't have great insight or some wisdom to hand down and share. What it did was limit the access of their knowledge to a handful of people they trusted and taught. I believe much has been lost for this. I feel we all have unique insights and reasons for studying. Sharing them will help, if not the art then the practitioners. Secrets of training, things to watch out for, mistakes in training, progressions for advancements, a new way to look at something. It all helps.

The list of instructors have grown and keeps growing. I will not be including the list in further issues since there is less room for the articles. I will have a list of classes if you're interested, just let me know and I'll get it to you. I'm unable to list all classes and workshops, I try but many workshops usually reach me after the newsletter is printed. I need information about a month in advance so I can list them.

If you're interested in submitting articles please be sure they relate to learning, studying, teaching or practicing the arts for health, applications, meditation or generally improving our quality of living. If you have a computer it would be great if you could send the article on a window's compatible system, this saves me typing time. This is written on Word for Windows and the machine is

able to translate Word Perfect (it also says it'll translate Word for Macintosh).

(A secret) A long time ago I read a quote from a Yogi: "We teach what we need to learn the most." I would say the same thing about writing. Anytime we have a passion to get something out, get it on paper, tell everyone; usually it's something we're working hard to do ourselves so you should find the articles giving you some insight into what's important to our training. Anyway, here's to a great year a head.

Center and be healthy

BAD WEATHER

Do I have your correct address and phone on file?

SATURDAY WORKSHOPS

Jan. 7 - tuishou 10-12, \$15
Jan. 14 - 7&8 9-11, \$15
Jan. 21 - ?sifu visit?
Jan. 28 - short staff 9-11, \$10
Feb. 4 - Los Angles
Feb. 11 - free hands 10-12, \$15
Feb. 18 - 7&8 9-11, \$15
Feb. 25 - short staff 9-11, \$10

BEGINNING CLASSES

If you know anyone interested in Yang Tai Chi, Pa Kua or Chi Kung January is the best time to join.

CLUB ITEMS

Club T-shirts \$15
Chi Kung Book \$8
Misc. Videos \$35
'94 Newsletters \$5
'93 Newsletters \$5

TAOIST STUDIES INSTITUTE WORKSHOPS

Jan. 29th, 9-1, Tuishou \$35
Feb. 26, 9-1 Tuishou \$35

PROJECTING ENERGY

by Steve Gray

Recently I wrote an article in this newsletter which compared antennas to nervous systems. Antennas normally operate on the analog principle (continuously and smoothly varying and wave like) but the human nerve fiber system works on the digital (on or off, zero or one) principle and the signal travel rates are a million times slower than in wire so it was not clear how people could project energy out of their bodies. Since then I have read a couple of good books that touch on the subject and it is all clear to me now. One book is "The Body Electric" and the other is "The Holographic Universe". Here I will present and analyze some of the pertinent information but not the experiments on which it is based, you can do that by reading the books if you want to.

All nerves are shielded by and coated with a spiraling envelope of cells called Schwann Cells. They are semiconductors and carry a small current throughout your body. Each schwann cell, where it is connected to its neighbor, has small holes in the cell membrane which allows the direct passage of an electrical signal on to the next cell. This makes them operate like wires because an electrical pulse does not have to stop at each junction and turn into a chemical pulse like it does in the nerve fibers. Nervous systems operate at many different pulsation rates and this is detected by EEG machines. Any wire with a pulsating electrical signal is a broadcasting antenna. Therefore this Schwann Cell system acts like an antenna in that it sends out electromagnetic waves and it is also influenced directly by outside waves that are received from the environment.

All sentient life on Earth has one basic fluctuation that runs at the rate of close to 8 times per second (8 cycles per second or 8 CPS) measured in a shielded room. It turns out that the Earth's size, the circumference of which is one-eighth the distance light travels in one second, also causes the entire earth to pulsate at this same frequency of nearly 8 cps. This means that we not only receive the pulsation of the Earth but we resonate with it. There are other harmonic resonances and if we could hear them it would make the earth sound like it was ringing like a big bell (probably sounds like "Om"). There are other, slower, rhythms that occurs daily and are caused by the electromagnetic radiation from the sun. Solar flares, sunspots, and high voltage power lines all cause mood changes and increased rates of depression and confusion as shown by funny farm admittance's and suicides. Magnetic fields running at right angles to the normal current flow in the brain, and electrical fields

running opposed to it, cause altered states of consciousness from Alpha, Beta, Delta, to completely knocked out. All this is quite well proven, except to the American medical establishment, which denies it, yanks away your research grant money, and you find all your research equipment on the sidewalk the next morning when you come to work. It has been found that a small, low voltage current will produce exactly the same results as drug anesthesia. The only differences are that for a few dollars at Radio Shack you can buy the parts, except for the EEG monitor, to make a battery powered, dial controlled unit, the cost of operation is almost zero, it is safer, can be easily controlled by a surgeon, and there is no shut down of the internal organs or recovery time later. Vigorously denied by the Ancient Brotherhood of Shining Knights of the Art of Anesthesiology. Some Tibetan Brotherhoods have known about it thought. They teach clairvoyance to novices by having them meditate seated on a glass plate, facing north towards a sheet of polished copper in a dark, windowless room, with a bar magnet suspended over their heads, it's north pole pointing up to the zenith.

Normally signal strength from an antenna diminishes very fast as it get further from the antenna. However in the 8cps range the Earth's size causes a reinforcing resonance to occur and extremely weak signals can be heard around the world. Lighting produces frequencies of 10,000 cps as it's energy bounces back and forth between the north and south poles along the magnetic field lines and it can be detected around the world. The original nervous systems in primitive animals consisted of Schwann cells only and the inner nerve fibers came later. This means that all primitive life was constantly aware of the ringing of the earth, the hissing and roaring of the sun, and continuous hum of other life and it's movement, and the flashes of lightning as they occur endlessly around the world. It was so noisy that it was hard to get any sleep at night. So we invented nerve fibers. When the inner nerve fibers took over dominance in our consciousness all that electrical and magnetic stimuli fell from our awareness and things got a lot quieter. This could be the original "Fall from Eden", or why we have this disconnected feeling. Now we are more aware of our own inner chatter. Yackity, yackity, yack, yack. It's still hard to get to sleep at night.

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Diet and T'ai-Chi Prevents Heart Disease and Cancer?

by Harvey Kurland

Pushing hands quote from t'ai-chi camp:

"A man with a plan, is a man on his can."

Most of us are doing t'ai-chi to benefit our health. It has many positive health benefits. But by itself it is not enough. There are several things you can do to maximize your health. Most involve some type of prudent behavior and giving up something. First, don't smoke cigarettes. The second is to exercise regularly. The third is eat a healthy diet. Other than picking your parents and your genes, these are the basic things you can do that have been proven to benefit your health.

Let us explore two killers, heart disease and breast cancer. Both have a genetic component, but we cannot do anything about that. But the common culprit, implicated in both, is fat in the diet. I did an extensive literature search of heart disease research in 1971 when I was a graduate student in public health. It was a common theme in research back then that high blood cholesterol resulting from a high fat diet was implicated in heart disease. Basically the higher the fat content of your diet, the higher your blood cholesterol level, so the higher your risk of heart disease. Smoking, high blood pressure, diabetes and being sedentary were other major interrelated factors. For example obesity, fatty diet and being sedentary are also risk factors for diabetes and high blood pressure. Later the Heart Association woke up and finally came out with a position statement in the mid 1980's telling people to reduce the fat in their diet. That was at least 20 years after many visionaries were already recommending a low fat diet. Today similar research is coming out that shows that there is a relationship between fat in the diet and breast cancer and other cancers (See Sept. 21st, 1994 Journal of The National Cancer Institute). Like with heart disease, years ago researchers in Japan found that women with higher fat diets had a higher rate of breast cancer than women who ate a low fat diet. They also found that soybeans may have a similar action to the experimental cancer preventive drugs made from the yew tree. The same kind of data has shown that fat is related to prostate cancer and multiple sclerosis too. Fat is bad stuff in excess.

In many parts of the world breast cancer, like heart disease, is rare. But when people from those cultures move to a Western culture and start eating the same diet, they achieve the same risk as the new culture. This was seen years ago in a study of Japanese men who moved to Hawaii and to the U.S.A. mainland. Native Japanese have a very low risk of heart disease.

I met a cardiologist from Japan years ago and he sounded like the Maytag repair man, with very few patients with coronary artery disease. But as the Japanese moved to Hawaii the risk went up. When they moved to the mainland they increased their risk again, i.e. approaching that of mainlanders. I've read research from other cultures, e.g. India and Ethiopia, that showed the same process. The high fat diet is the culprit, the Western diet is the killer. Similar data has been found for breast cancer, that moving from a culture where it is rare to a Western country, the rate goes up. Is it the fat or other things in the diet related to fat, or pesticides, hormones, heavy metals, viruses, or other toxins? 20 years from now maybe we will know. But don't wait for policy statements.

While total fat is important to watch, researchers believe the kind of fat is even more important. Saturated fat, i.e. fat that is solid at room temperature and in certain oils, is the WORST for both breast cancer and heart disease. This includes coconut oil, palm kernel oil as well as lard and tallow. Another bad type is trans-fatty acids, hydrogenated and partially hydrogenated oils, such as partially hydrogenated soybean oil and peanut oil. Oils that are primarily monosaturated such as olive and canola oil, are thought to be better. Polyunsaturated oils were once thought to be better but researchers are now recommending to avoid them. Experts believe that all fats should be kept to a minimum, as too much of even good oils is no good.

Most health organizations recommend a maximum of 30% of the calories in your diet come from fat. There are about 9 calories per gram of fat. So you have to do some fancy calculations starting with how many calories should you eat. Researchers on the cutting edge recommend even a lower fat diet of 10% or 20%. Critics claim 10% total fat in the diet is too hard to achieve for most people, even if it is better. The problem with the research is that our normal diet is so full of fat that it is almost impossible to find people who eat less than 30% fat. But at the Spartan 10% level coronary artery disease can be fought effectively and some studies show it may be reversed in some people. Ideally blood cholesterol levels should be below 180 mg%. 240mg% has double the risk of heart attack 200 mg%. Cultures who eat a low fat diet have average cholesterol levels below 180 mg% and closer to 150mg%. Add a few cheese burgers and french fries and it rapidly climbs to our normal levels. For both heart disease and breast cancer prevention, it is wise to keep the saturated fat level of your diet as low as possible.

(CONTINUED ON PAGE 4)

Exercise is important as well. Women and men who have better physical fitness have less health problems. One study showed that even a slight increase in fitness above the sedentary category produced a substantial protective effect. This could be achieved by doing Tai-chi 5 times a week for an hour. I am often asked, "Is t'ai-chi aerobic?" The answer is YES. Is it an efficient aerobic training system? That depends on your current state of fitness. Even a slow walk is aerobic for some people, but not a high enough intensity for others to get a training effect. It depends on your capacity. If you do t'ai-chi and are out of breath, THIS MAY INDICATE A PROBLEM AND YOU SHOULD CHECK WITH YOUR DOCTOR IF THIS OCCURS.

Aerobic exercise is totally dependent on where you are now. People who are young and fit have to work harder to train aerobically, while older or deconditioned people don't need to work as hard. Basically you need to exercise at a minimum threshold level to increase your aerobic fitness. This is called intensity. A minimum intensity of 50% for older people and 60% for younger can be used. There is also an upper level on intensity where working too hard does not produce any greater benefit and may be a health hazard. If you are not on medication and are healthy, a simple formula can be used to determine your minimal threshold. For those on medication that may change heart rate or who are in poor health, target heart rates need to be figured out by your physician. For example lower target recommended by Dr. Albert Kattus in his book Cardiologist's Guide to fitness, Health & Exercise are:

AGE	HEART RATE
30	136
35	132
40	128
45	124
50	119
55	115
60	111

This means to get aerobic training your should be at this level or above. Though lower heart rate intensity training has health benefits. Again, medication can change these numbers and there is a variation of normal heart rate ranges.

Lower intensity exercise over a longer period of time, e.g. an hour, has also been shown to produce beneficial health effects. This is the reason people who take brisk walks or do t'ai-chi regularly can get health benefits even if it is significantly lower in intensity than recommended for aerobic training. My research in 1975, 1981 and 1991 showed that our Yang style form is a low intensity aerobic exercise. A study I did

in 1975 showed that blood pressures went down slightly in normal people when doing the form.

How fat you are and where you store your fat may also have an effect. Originally looked at by Finnish researchers for heart disease, fat distribution has been found to be related to both heart disease and breast cancer. What is looked at is the waist girth divided by hip girth. The bigger the number the less healthy. A number of 2.2 is higher risk. This may be partially genetic but more likely related to fat intake. As the more fat you eat, the fatter you get. Lack of exercise is related as well. The Western diet and lifestyle doesn't make this easy but with a little work you can lower your risk appreciably. Books by Pritikin & Ornish cover low fat diets. The late Nathan Pritikin was ahead of his time on diet. Most of the low fat guides follow his lead.

Remember:

EXPECTATIONS ARE PREMEDITATED RESENTMENTS

Harvey Kurland received his Masters Degree from the University of Washington and has dedicated himself to public health issues for the last 30 years. He has degrees in public health education and exercise physiology. He is a certificated chief instructor of t'ai-chi ch'uan by Grandmaster Tchoung Ta-tchen and teaches at the University of California at Riverside and Loma Linda University. He also holds certification from the American College of Sports Medicine and International Sports Sciences Association.

*Wisdom
Of The
Great Round Mirror*

1. *A mirror will reflect absolutely any object which comes before its surface, it will not refuse to reflect any object but all are equally accepted.*
2. *There exists no distinction between good and evil, big and small, beauty and ugliness, sacred and profane for the mirror. The mirror reflects such huge things as mountains and oceans, in the same way it will reflect a tiny insect. This is an equality of acceptance, there exists no value judgment, definition or concept, only the object is reflected.*
3. *The mirror reflects the mountain as a mountain, and the ocean as an ocean, it accepts things as they are without changing them.*
4. *The mirror never keeps a reflection after the object is removed. It returns to its peaceful state ready to reflect anything that comes up without sticking to anything.*

Cultivate your mind like a mirror.

PROJECTING ENERGY CONT.:

When you have two active antennas near each other they create an interface pattern or standing wave pattern which is the same thing that sea swells do as they bounce off a vertical sea wall and reflect back. At certain distances from the wall the waves add up to higher waves that seem to stay in one place. The more antennas you have in the same vicinity the more complicated the interference patterns get. If you consider that there are hundreds of miles of antenna packed into a small volume of space, your body, and that these antennas are operating at many frequencies simultaneously then you can see that the wave patterns that surround our bodies are extremely complex, like a hologram. Not like the rainbow colored holograms on credit cards but like true holograms which in plain light look like very fine ripples and rings and which project a true three dimensional image in space when a laser light shines through it. The main difference is that the hologram is a two dimensional pattern on film while ours is a three dimensional energy pattern in space. If a two dimensional hologram produces a three dimensional image then what does a three dimensional hologram produce when the light (electromagnetic radiation) of the universe shines through it?

Which came first, the chicken or the egg? Some say that the body is not making the energy field as much as the energy field creates the body and that we are energy beings projecting our images in this way. This is in complete agreement with modern atomic physics which has found that when you don't look at them atomic particles act like packages of waves with indefinite edges and when you look at them they act like solid particles (the uncertainty principle). However, it doesn't really matter which came first, because they are both with us now; we have the incredible egg AND the incredibly greasy Washington fryer. So all you need to do now is get your antennas hooked up to your brain, do chi kung and meditate. Just turn of that microwave over first.

Steve Gray is a member of Internal Wushu Arts and teaches t'ai chi and chi kung.

Teachings of Master Cheng Man-Ch'ing

Three Treasures

suspend the head top loosely
sink through the bubbling well
guard the chi and spirit in the tantien

Practice without desire - just practice
Practice forms as if someone is there

Loosen the nine joints

arms: wrist - elbows - shoulders
legs: hips - knees - ankles
back: sacrum - neck - head top

Tuishou

sink chi to tantien
push with lao gung point not hands
push as if by yourself
don't resist - don't insist
have the attitude of a guest
(don't try to overpower your partner)
faith in the practicality of softness
hands only move one inch to pushing

Developing kung fu in t'ai chi is akin to building a stack of paper by laying down a single sheet each practice

Three fearlessness

taking pain - practice diligently
taking loss - give up, empty
calmness - no fear or anxiety in body

Master Cheng Man-Ch'ing was a friend of Master Tchung and one of the great masters of t'ai chi chuan. If you are well into the solo forms or on push hands your required reading is:

"There Are No Secrets: Professor Cheng Man-Ch'ing and his Tai Chi Chuan" by Wolf Lowenthal