

Harmonise with the

Tantien of the Earth, Sun & Human Chi

to prepare for Global Changes in 2011 & beyond.



Planetary Tao of Health & Happiness: Choy Chi Meditation with Master Choy Sun



In September 2009, the World Tai Chi Qigong Day attracted thousands of people to join together to bring health, harmony and peace to WTCQD's annual event which is both moving and inspiring, as local schools, groups, and associations from over 65 nations in hundreds of cities, and all 50 US States, come together to wrap the world, in a global Tai Chi and Qigong movement.

The primary mission is personal and global health & healing. We work toward this goal by educating millions of the emerging medical research on Tai Chi and Chi Kung, explaining the nuances of Tai Chi and Chi Kung in plain language, and connecting people with local teachers. When interviewed by World Tai Chi Qigong about The Rainbow Tai Chi Chi Kung School's involvement in this global event, I shared also about the significance of this event in the future evolution of human consciousness.

For thousands of years, the balance of the Yin, Yang and Tao principles has been the focus of Tai Chi Qigong teachers and is also true for millions of practitioners today. The practice has been usually about the different movements, exercises and meaning of the animal-like movements although the philosophy has always been about linking up the human chi to balance with the earth chi and heavenly chi. We have been "scratching only the surface of the earth chi" with this work. Now, we have a choice to build what the ancients called, "The

Anthakarana Rainbow Bridge" and connect on the Gut Centred level as well as the heart, body, mind and spiritual aspects of human development. The Aborigines depicted the coming of the Rainbow Serpent. If it is not the centre, where else can we find the answer?

Often, students and teachers of Tai Chi Qigong are told that the practice will help them to be more centred and grounded. What does "centred" mean? Centred means to connect to the Tan Tien which is translated as the "Sea of Ecstatic Chi" The concept of Tan Tien was usually to do with relaxing, anchoring the energy into the belly area and conserving this energy for health or martial arts applications.

After studying, practising and teaching Tai Chi Qigong for 40 years and working with 7 different Grandmasters of Tai Chi Qigong, I arrived at the realisation that the next stage of the evolution for lovers of Chi Energy Exercises is to connect their Tan Tien to the Tan Tien OF THE PLANET herself, and the Sun's Tan Tien!!!

I feel this is the next stage of evolution for not only the Tai Chi Qigong people but also to help bring about integration for the healer, organisation leader, spiritual meditator, environmentalist, businessman, healthy food lover, seeker of wisdom, comedian, artist and musicians to help humanity make this "Quantum LEAP INTO LOVING ONENESS".

How do we integrate these three different essential chi energies - the earth, human and heavenly chi into the Tan Tien and see its benefits in our daily life? Here is a meditation that thousands of people practising Rainbow Tai Chi for the past 40 years with me have found to be of great benefit. It will improve your self healing, your ability to communicate with the world, deepen your meditative work for world peace, attract more abundance and prosperity, increase the chi in your daily energy exercises, help you to have a greater sense of self humour and grow more beautiful loving chi in your relationships.

Choy Chi Meditation

When I first started this meditation back in 1979 in Findhorn, where I gave Tai Chi Qigong workshops and also started the Rainbow Bridge Community newspaper, fellow members and students call it CHOY CHI, rather than Tai Chi. I would bring out a lighted globe of the planet and with 500 people did some amazing chanting of the I AM LOVE, YOU ARE LOVE, ALL IS LOVE to connect all of us into the oneness.

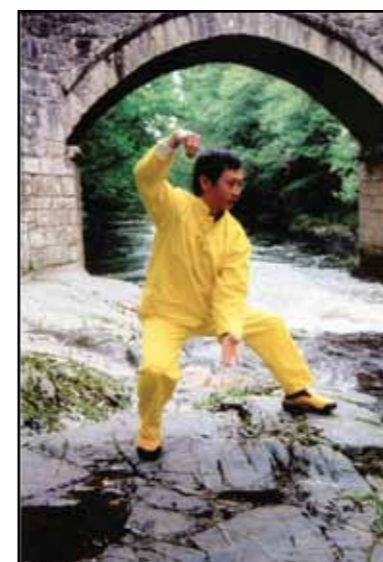
How did this chant come to me? In 1978, as I wrote in my Tai Chi Chi Kung book, "15 Ways to a Happier You", I had a dream of being chased by negative feelings. These feelings were like a wild wind running after me. A voice stopped me in my tracks and said, 'I AM LOVE, YOU ARE LOVE, ALL IS LOVE'. I felt my whole being pulled into this wheel of sound, which kept on chanting the same words again and again until it turned into a wheel of love and light. All the negative feelings disappeared. Ever since then, I have realised the tremendous practical value of this sound.

Thousand of people and I over the past 30 years have discovered how amazing it has been to resolve and transform negative situations into creative answers. This sound has made such a difference in my life that I could not envisage any day or moment passing without using it. The 2012 Planetary Changes need a new Planetary Meditation to help protect humanity and the planet. Through this meditation, we will also be able to harmonise more effectively our relationship with the Sun and the Universe as a human race.



- CHOY CHI PLANETARY LOVE MEDITATION -

1. Practise the Letting Go Exercise for 5 minutes. Swing one arm up from your tan tien and then, let the arm drop with a sigh of release as you sink into the peaceful tantien
2. See inside your belly an inner smiling sun connecting with the core of the earth that is also a beautiful lovely smiling light and melt into this warm chi in your belly.
3. Place your palms on top of each other on the point about 2 inches below your navel. Women left palm on the right while men place your right palm on the left. Make sure the Lao Gong points in the centres of your palms are aligned. Rub gently your belly 10 times clockwise and 10 times anti clockwise.
4. Chant I AM LOVE, YOU ARE LOVE, ALL IS LOVE to your internal organs, your whole body and then, let the chant increase in volume to connect to the centre of the Universe.
5. Complete this meditation with your own meditative practices of Tai Chi Qigong.



Master Choy Sun (full name - Peter Chin Kean Choy) is founder/director of The Rainbow Tai Chi Chi Kung School and lives in Devon. Website: www.rainbow-taichi.org.uk Tel: 01364 653 618 Email: Peterchin2@btinternet.com