

## **Health and Wholeness: A report about the healing qualities of Tai' Chi Gung submitted by Phyllis Hoover ThD., LUT**

As a student of Tai' Chi Gung, I am delighted to encourage others to become acquainted or deepen your already established acquaintance with this ancient system of health and longevity. For most in our Unity movement, any teaching that the individual adopts must adhere to the principles of Truth as presented by Unity if we are willing to include that teaching as part of our spiritual discipline. The following is offered as a review of the Tai' Chi Gung system and how it relates to our Unity point of view.

Unity co-founder, Charles Fillmore advocated the ideal of regeneration. In his book, *The Revealing Word*, Mr. Fillmore explains regeneration as, "A change in which abundant spiritual life, even eternal life, is incorporated into the body. The transformation that takes place through bringing all the forces of mind and body to the support of the Christ ideal. The unification of Spirit, soul, and body in spiritual oneness." Further, regarding the subject of reincarnation, Mr. Fillmore states in *The Revealing Word*, "The law of Being is broken by sin and death. Resurrection or regeneration in this body here and now - not reincarnation - is the aim of overcomers....reincarnation is not a part of the divine plan...." In accord with Mr. Fillmore's ideal, Tai' Chi Gung is a system of regeneration and balance.

Understanding the system requires that we first understand the characteristics of Chi. In the book entitled *Rasaji's Circle of Chi*, David Paul, a master of Tai' Chi Gung who studied with Master Lama Rasaji for 32 years states, "Chi refers to intrinsic energy or vital energy. Sometimes it is called the life force. It is the energy behind all of creation. In India it is called prana. Basically, Chi is an existing energy that is the source of all that is." Students of Tai' Chi Gung learn to move and breathe in a way that connects them to nature. By so doing, balance is restored to their energy field, bringing vitality to every system in the body and restoring it to health.

According to Master Paul, approximately 3000 years ago, Boganathar, a profound Yoga master from India, moved to China to learn the true link between the physical body and nature. He became known there as Lao Tzu, the great Taoist

sage. From China, Lao Tzu moved to Tibet where he opened his first formal school of Tai' Chi Gung. His system of health and longevity has been passed down in an unbroken lineage from that time to this.

Tai' Chi Gung is the art and science of raising the Chi (Life Force) moving in, through and around the body. The Lamas learned that the body is a reflection of the energy field that surrounds it. In a healthy person, this field reaches 7 feet in every direction from the sternum.

Master Lama Rasaji asserts that Tai' Chi Gung has the power to dissolve the cause and effect of karma itself. These gentle exercises bring the Spirit, Mind and Body together as One. All illness and even aging itself are transformed. All poverty and financial struggle are transformed. Doing the soul's mission on earth that you agreed to when you took on this incarnation is accomplished.

As explained by Master Paul, doing Tai' Chi Gung brings a profound appreciation for nature. Not only is the body made up of the elements of nature, Earth, Air, Fire, and Water, it is nourished and sustained by Nature Herself through the life force that surrounds it. One learns to move and breathe in harmony with nature to build balance, vitality and longevity in the whole person: Spirit, Mind and Body.

Along the way, students sort out past habits of movement, thought, nutrition, and breath that led to their symptoms in the first place. Change how the Chi flows through your field and you will change your health forever.

As observed by Master Lama Rasaji and Master Paul, students feel the Chi first hand! Over 90% who try Tai' Chi Gung feel Chi in their very first class. This is a testament to the purity of the system, and the power of these profound exercises passed down from Lao Tzu.

Experienced students do the same exercises as beginners, side by side. All the standing exercises are included in a regular class. New students can start anytime and join any regular class.

As a beginning Tai' Chi Gung teacher, I have had the pleasure of facilitating a weekly Tai' Chi Gung class at our church, Unity Spiritual Center Denver. Those

attending the class are encouraged and supported in their experience of health and wholeness as intended in the Divine Plan. I feel especially excited that these exercises and the philosophy regarding health and longevity fit perfectly with the Unity teachings of co-founders, Charles and Myrtle Fillmore. Thus, with Rasaji's permission and encouragement, I am able to include references to our Unity viewpoint in support of the Tai' Chi Gung system as students are practicing the exercises.

In September of this year, Master Lama Rasaji spoke at Unity Spiritual Center Denver, where Rev. David Howard is our Unity senior minister. Master Lama Rasaji likes to quip that, as he was born and raised in Tennessee, he is not the average Lama. However, despite the Tennessee drawl and the Western persona, one may note the vital energy field emanating from the Lama and, as he speaks powerfully with conviction and authority, one will surely be aware of his Divine connection.

The name Rasaji means, "God's Joy" "Son of Shiva" or, if you dig into the name itself, "Ra" meaning light, "Ji" indicating "the ruler of". His profile explains that throughout history, souls take on incarnations to learn, to grow, to share and prepare the next piece of spiritual evolution for the benefit of humanity. The soul that is Master Lama Rasaji was before: John the Beloved, author of the book of Revelation; Sri Yukteswar, author of *The Holy Science*, Boganathar known in China as Lao Tzu, author of the Tao de Ching; Pantanjali, author of the Yoga Sutras and Lord Ram, incarnation of Vishnu.

To learn more about Master Lama Rasaji, you are invited to visit [www.rasaji.com](http://www.rasaji.com) where the experiences that ultimately led him to embrace life as a Lama are described. Also described is the Tai' Chi Gung system. One may find out how to obtain a copy of the book, *Rasaji's Circle of Chi* and the DVD which contains the sitting and standing exercises along with the Lama's Lotus Breath meditation and the Tai' Chi Gung Form exercises all led by Master Lama Rasaji.

To view Master David Paul's web site you are invited to visit [www.taichigunonline.com](http://www.taichigunonline.com) where Tai' Chi Gung classes facilitated by Master Paul are offered.

Bio - Rev. Dr. Phyllis Hoover has been a contributing member of the Unity Worldwide Ministries Health and Wholeness team for four years. Currently, she serves at Unity Spiritual Center Denver where Rev. David Howard is the senior minister. Recently, Phyllis facilitated a workshop at the October Unity South Central Regional Conference LUT Day entitled "Experiencing Wholeness through Tai' Chi Gung". Additionally, Phyllis is a graduate of Holos University where she earned a doctoral degree in Theology with an emphasis on transpersonal psychology and energy medicine. Concurrently, she was ordained in the All Faiths Church of Spirituality and Health. Phyllis is training with Master Lama Rasaji and Master David Paul, both Masters of Tai' Chi Gung.