

# Members' Section of CTHA

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## Welcome to the Members' Section

### Resources by Topic

(to download audio or video files  
option click (mac) or alt click (pc))

#### Nature/ Awareness/ Clarity / Emotional Health

[Art & Skill of the Heart \(article\)](#)

[Destiny, Change & the Constant \(article\)](#)

[Difficult Times \(article\)](#)

[Influences \(audio\)](#)

[Stillness \(article\)](#)

[Transforming Fear \(article\)](#)

[More on Transforming Fear \(article\)](#)

[Nature \(audio\)](#)

[Energy, Awareness & Service \(article\)](#)

[Inspiration & Energy \(article\)](#)

[Regulation of the Heart and Mind \(article\)](#)

[Cultivating Qi \(article\)](#)

[Yin Yang, Awareness and Focus \(audio\)](#)

[Cultivating Nature \(article\)](#)

[Vision and Awareness \(article\)](#)

[Is following nature constraining? \(45 minute audio - download and doubleclick to unzip\)](#)

[Transforming Seasonal Stress \(article\)](#)

[Developing Confidence and Skill \(article\)](#)

[Our Nature, life and death \(1 hour audio\)](#)

[Why it all matters: An Engaged Life \(article\)](#)

[More on an engaged life \(45 minute audio\)](#)

[Flow and Internal Obstacles \(45 minute audio\) \(NEW\)](#)

[Obstacles \(article\) \(NEW\)](#)

#### Medical Qigong

[Internal Renewal Practices of Chinese Medicine \(article\)](#)

[Bubbling Spring Points and Chong Mai \(article\)](#)

[Quiet Qigong Instructions \(audio\)](#)

[Quiet Qigong Counting Pattern - follow along \(audio\)](#)

### **Most Recent Updates:**

[Obstacles \(article\) \(NEW\)](#)

[Flow and Internal Obstacles \(45  
minute audio\) \(NEW\)](#)

[Complete October 2013 Ongoing  
Qigong Group - including end of  
autumn, internal obstacles,](#)

[medical qigong review and group  
practice \(2 hours audio\) \(NEW\)](#)

[Complete September 2013](#)

[Ongoing Qigong Group -](#)

[including Meridian Daoyin Gong  
Instructions \(1 hour 45 minute](#)

[audio\) \(NEW\)](#)

[Stress, Anxiety and Inspiration:](#)

[Early Autumn \(article\) \(NEW\)](#)

[Anxiety and Inspiration: Early](#)

[Autumn lecture \(30 minute](#)

[audio\) \(NEW\)](#)

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through your current billing cycle](#)

[Quiet Qigong Closing and Self-Massage - follow along \(audio\)](#)  
[Moving Qigong Counting Pattern - follow along \(audio\)](#)  
[Ongoing Qigong Group Lectures and Practice 2/2012 \(2 hours audio\)](#)  
[Ongoing Qigong Group Lectures and Practice June 2012 \(2 hours audio\)](#)  
[Quiet Action: Quiet Qigong Seminar \(2 hours audio\)](#)  
[Winter Solstice Qigong Group \(1 hour 43 minute audio\)](#)  
[Late Winter Lecture and January 2013 Qigong Group \(1.5 hours audio\)](#)  
[February 2013 Qigong Group lecture \(approx. 1 hour audio\)](#)  
[Complete April 2013 Ongoing Qigong Group \(1 hour 45min audio\)](#)  
[Complete May 2013 Ongoing Qigong Group \(1 hour 45min audio\)](#)  
[Why do qigong and movement matter? \(35 minute audio\)](#)  
[Complete June 2013 Ongoing Qigong Group \(1 hour 45min audio\)](#)  
[Complete August 2013 Ongoing Qigong Group \(1 hour 45 minute audio\)](#)  
[Complete September 2013 Ongoing Qigong Group - including Meridian Daoyin Gong Instructions \(1 hour 45 minute audio\)](#)  
[Complete October 2013 Ongoing Qigong Group - including end of autumn, internal obstacles, medical qigong review and group practice \(2 hours audio\) \(NEW\)](#)

#### **Nutrition /Foods**

[Nourishing Life Nutrition Program \(2 hour audio + pdf\)](#)  
[Three Day Meal Plan with Recipes \(article\)](#)  
[Tea Eggs \(article\)](#)  
[Food, Emotions and Qi \(article\)](#)  
[Nourishing Bones: Bone Stock \(article\)](#)

#### **Movement and Physical Activity**

[Movement of Life Part 1 - Daily Activity & Qigong \(article\)](#)  
[Movement of Life Part 2 - Exercise \(article\)](#)  
[Exercise Series Part 1 - Practical Exercise & Pullup Progresssion \(video\)](#)  
[Natural Posture, Movement and Awareness \(approx. 40 minute audio - download and doubleclick to unzip\)](#)  
[Free and Easy Movement \(article\)](#)  
[Free and Easy Movement Companion Video \(video\)](#)  
[The Four Attribute of Movement:Coordination, Flow, Balance and Strength \(audio\)](#)  
[Environment Based Movement \(article\)](#)  
[Balance Training Progressions \(video\)](#)

#### **Traditional / Classical Chinese Medicine**

[Roots of Chinese Herbal Medicine \(article\)](#)  
[Understanding Chinese Medicine \(article\)](#)  
[Nurturing the Gate of Life \(article\)](#)  
[Spring lecture 2012 \(90 minutes audio\)](#)  
[Traditional Chinese Numerology \(audio\)](#)  
[Colds and Seasonal Transitions \(audio\)](#)  
[Harvesting Spirits Autumn Program \(90 minute audio - download and doubleclick to unzip\)](#)  
[Winter Activity & Qigong \(35 minute audio\)](#)  
[Warmth \(article\)](#)  
[Springtime and the Liver Seminar \(2 hour audio\)](#)  
[What is Normal? \(article\)](#)  
[Stress, Anxiety and Inspiration: Early Autumn \(article\) \(NEW\)](#)  
[Anxiety and Inspiration: Early Autumn lecture \(30 minute audio\) \(NEW\)](#)

#### **Self-Acupressure**

[Self-Acupressure 1 - Neiguan Pericardium 6 \(video\)](#)  
[Self-Acupressure 2 - Jianjing Gall Bladder 21 \(video\)](#)  
[Self-Acupressure 3 - Hegu Large Intestine 4 \(video\)](#)  
[Self-Acupressure 4 - Tanzhong Ren 17 \(video\)](#)  
[Self-Acupressure 5 - Shenmen Heart 7 \(video\)](#)  
[Allergy Points - Feng Chi GB 20 and Ju Liao St.3 \(video\)](#)

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