



[Click to view this email in a browser](#)



Greetings,

I hope that you are well and that you have been enjoying the beginning of summer!

As usual, it has been a busy summer so far, with all of our regular work in the office, ongoing classes and special classes.

Our first nature, movement and awareness program, Environment Based Movement, is two-thirds through and has been really going well. I am looking at starting another class in the early fall. If you are interested in movement, strength, natural fitness and awareness you can learn more about the class at our update page [here](#) (this is the description of the current class, we'll update the dates when we have them for the next round). I am also planning on having a Medical Qigong workshop later this summer and I'll post that on our update page and Facebook page once I have a date.

This newsletter's feature article is "Why it all Matters: An Engaged Life." As a special bonus this month I am also including a link to a 35 minute lecture from our member section that discusses the topic of "Why do we do all of this anyhow?" in more depth, specifically as it relates to movement and qigong (although it is fundamentally a discussion of health). You can get the free download here: <http://traditionalhealtharts.com/why.mp3.zip>. Please note that this is a zip file. You can download it and then doubleclick to open it and play it in iTunes or other media players.

Our membership program is continuing to expand the number of people that we are providing care to with low income who wouldn't otherwise have access to traditional Chinese herbal medicine. Thank you to all of the members! Also, as always, if you know of someone who may need financial aid for traditional Chinese medicine, feel free to refer them to us to discuss where they might fit in to our program.

After I updated our member section this week I looked through and saw that we have over 22 hours of audio recordings, including whole seminars and classes such as our Nourishing Life Nutrition Program, our Quiet Qigong Workshop, seasonal lectures and many more! We also have around 30 full length articles as well as videos on self-acupressure and movement. Take a look at the whole list here, if you haven't checked it out lately, take a look: [Member Content](#).

Why It All Matters: An Engaged Life

by Sean Fannin

Direct link to full article for members: [Here](#)

I think it is valuable to ask simple questions sometimes. The most important classical text on the theory of traditional Chinese medicine is called "Su Wen" or Simple Questions. Simple questions aren't easy, in fact, far from it. One of my teachers described this as, "If you want to shake someone up, ask them a simple question." Questions like, why should we eat nourishing foods and avoid processed foods? Why does it matter if we move and exercise?

These question start us on the way to answers, but we should try not to stop too soon. We eat nourishing foods for our health. OK, to what end? To feel good. OK, but we can be pretty certain that we will not always feel good and that everyone will have health problems some time. The same thing with movement. And yes, it does feel good to eat nourishing foods and have a physically active life, but why?

A little deeper thought may bring us to the answer of "awareness." When we nourish and

cultivate our health we are providing the basic resources that are necessary to live with awareness. And this does feel inherently good. But again, to what end? The answer that we eventually come to, from this perspective, is so that we can engage more and more fully, that we can participate more completely, in our own life. This is the fundamental answer to all of these sorts of questions and is the reason why traditional Chinese medicine is becoming more and more relevant in an increasingly technological world.

For better or worse (mostly worse in my opinion, although in all fairness I enjoy electricity and plumbing and the internet), modern life leads us to disengagement. We can say that we learn to disengage from the natural seasonal rhythms, or the environment around us, but this is saying fundamentally that we are not engaging in our own life. And this leads us away from our own nature and a greater sense of fulfillment. The more engaged we are, the more fulfilling our life is, whether we are young or old, healthy or sick. And this is the greater point of all of the health practices of traditional Chinese medicine.

It is something to think about, to live an engaged life, to be present and to participate in all of the things that we do in our daily life. We are used to thinking about things in a goal oriented manner. The most common idea that I see around is "when I do this thing (lose weight, get more energy, go on vacation, etc.) I will feel satisfied..."

Join the CTHA membership program to read the full article.
[Click here for more information about our membership program.](#)

As always, feel free to call or email me with any questions.

All my best,
Sean

Sean Fannin, C.H., Dipl.CEM

Center for Traditional Health Arts
5 Keller Street, Suite A
Petaluma, CA 94952



If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Center for Traditional Health Arts
5 Keller Street, Suite A
Petaluma, California 94952
US

[Read](#) the VerticalResponse marketing policy.

