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Center for Traditional Health Arts Newsletter

Greetings,

We are in the fullness of the springtime and there is a lot of movement here! The feature article in this newsletter is on using inspiration as a powerful source of energy (which is an important theme for the season). I'll have part 2 of the Movement of Life article (on exercise and activity) in the next newsletter.

We have all of our regular [programs](#) going on and... Elisabeth Rochat de la Vallee will be here in Petaluma next week! We had a last minute move in our location for her lectures, which actually gave us a few more openings. So if you have the opportunity, there are a few seats available. Elisabeth will be talking about approaches to dealing with change and adversity through "The Way of the Feminine and Suppleness within the Daodejing." She is an amazing speaker and is truly an inspiration to be around. Her program is in two parts: Monday April 30 from 3pm to 6pm and Tuesday May 1st from 9am to 12 noon. More info [here](#) or call or email me.

Our CTHA Membership program is moving along well. The membership provides funding for people to receive traditional Chinese medicine care who would otherwise not be able to afford it. It also provides members with a great group of resources, including articles (including the full length version of our newsletter articles), audio files, video files, discounts on classes, services and herbs and exclusive member programs, such as the Springtime Lecture and Tea that we just had.

This has allowed us to expand our care to those who need it the most, including those in serious financial hardship, people with chronic disabilities and seniors on fixed incomes.

If you have been helped by Chinese medicine, please consider joining to help others! If you are already a member, thank you again!

[For more information on our Membership program click here](#)

See a sample page from our Member Section here: [Articles Page Two](#)



Inspiration and Energy by Sean Fannin

In a previous article I talked about the idea of service and energy, which essentially involves using an expanded focus to increase your energy. Again, this depends on developing an approach that encompasses a fundamental support system: diet, movement, activity, sleep and rest. However, we don't have to wait until we have everything in place before we can begin to make changes in our life. In fact, we can use one of the most important sources of energy that we have access to in order to make those changes: inspiration.

Inspiration is what motivates us to move forward (the natural movement of the springtime) and guides our vision for ourselves and our place in nature. What inspires us is essentially what we have within us, it is a natural affinity to become more and more what we are. In a recent meeting of our ongoing qigong group, a student asked, "What is the goal of having the qi regulated?" This is a very good question and there are many different answers, depending on what level we are talking about. However, most fundamentally, the answer is to become more and more consistent with who we are, our own nature, our relationship with others and with the greater movements of nature. In ancient times one of the terms for a sage was *Zhen Ren*, an authentic human being. When we are authentic to our own nature we are firmly placed within the natural order and naturally have the right relationship to our family, friends, society and environment. Again, what inspires us is what is already within us.

The highest level of inspiration is fundamentally the inspiration of the *shen*, the spirits. This can be described as a sense of clarity, awareness, perception and knowledge. However, we can recognize that there is also a physical basis for this, and so the totality of our being can be described as *jingshen*, one's vital spirits. We can recognize *jingshen* in a beautiful painting or piece of music that is hundreds of years old. The artist's vital spirits come through the art and show us something of ourselves. I regularly recommend that people read inspiring books and articles, listen to beautiful music, have art around them and spend time in natural settings. People will agree that they should do those things and then often do just the opposite. However, inspiration is not just a nice idea, it is fundamental to our health.

This kind of inspiration doesn't have to come from something ancient or exotic or expensive. Simply spend time with people and in places that inspire you. All of our interactions with people have an effect on us. It is easy to notice this once you pay attention. You will either feel better, more positive and inspired when you are around someone or in a certain setting or you will feel worse and more negative. Of course, there are all kinds of gradations and situations, but in general, try to spend more time with the people and in the places that leave you inspired...

[Become a member of the Center for Traditional Health Arts and read the full article.](#)

[Direct link to the full article for members here.](#)

I hope that you are enjoying the fullness of the spring!

As always, please feel free to contact me with any thoughts or questions.

All my best,
Sean

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