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Greetings,

I hope all is going well with you and that you are enjoying the early summer!

Our program with **Elisabeth Rochat de la Vallee** is set for **Wednesday, July 18th** here in Petaluma. The topic will be "Natural Action: Non-action as Natural Action in the Daodejing." I'll have all the details ready next week and will send an email out shortly. So far it looks like there will be an option for all day or partial day, including our classical Chinese medicine study group (continuing on Suwen chapter 5), a lecture and an in depth analysis of one of the key chapters of the Daodejing that focuses on the topic.

We also have a special Quiet Qigong Medical Qigong workshop coming up on June 23rd. Quiet Qigong forms the basis for all of the other exercises within the system of Medical Qigong that I teach. I have listed the details below and on the update page.

The feature article in this newsletter (scroll down a bit more) is the Regulation of The Heart and Mind.

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### **Another story about our membership program.**

The membership program here provides funding for Traditional Chinese Medicine services and herbs for those that wouldn't otherwise have access to this important system of health care.

J. had been coming to the office for a few months with a serious health condition. He was getting good quality western medical care but the results had leveled off and his doctors expected that there would be a decline from that point. However, with the herbs, dietary changes and exercise, he was starting to make substantial progress. Unfortunately, at this point he lost his job due to the economy! This was a tremendous blow to him and he felt that he couldn't continue coming in as he suddenly was without income. Thanks to our membership program we were able to continue his care without interruption and, even in the middle of increased stress, he no longer has the secondary issues and complications associated with his health issue and is getting stronger, rather than having his health decline!

So if you are already a member, thank you! If not please consider joining - there are also many great member benefits (see our updated [membership information](#) page for more details on the member website, a [listing of our current library of articles, videos and audio files](#), discounts, educational programs, etc.).

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### **Quiet Action: Quiet Qigong Workshop - Saturday, June 23rd 1:30-3:30**

Within traditional Chinese medicine and qigong, quietness is not so much the lack of movement as it is the beginning of the proper movement. Developing quietness and the consequent rhythm of movement and stillness in life provides a powerful basis for cultivating health.

One of the simplest to learn yet most profound qigong practices, Quiet Gong forms the basis for all other practices within Medical Qigong. It trains the body, breath and mind to adapt to change and face challenges with inner stability and clarity. This is the exercise that is most commonly used by my teacher as well as in my practice to help people restore their health.

This workshop will include discussions on the philosophy of quietness, applying yin yang (quietness/activity) principles to daily activities and detailed instruction and in-depth analysis of the Three Regulations (Regulation of the Body, Regulation of The Breath and Regulation of the Mind) within the Quiet Qigong.

The workshop will be on Saturday, June 23rd at the Center for Traditional Health Arts from 1:30-3:30. \$35, \$30 for members. Registration fee includes a CD with audio instructions and a follow-along practice session and articles/handouts. Please contact me for more information by email or at (707) 763-8040.

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## **The Regulation of the Heart and Mind**

by Sean Fannin

When we watch someone from a traditional culture (or an elite athlete anywhere) move, there is a graceful, smooth and confident quality to that movement. If we try to emulate those qualities in our own movement, the harder we try the more self-conscious and unnatural our movement becomes. There are many reasons for this, but most fundamentally it comes down to a state of mind and awareness rather than any sort of physical method.

In this example, smooth, graceful movement comes from the awareness of a greater environment and an understanding of where one fits in within that. The more isolated the focus is - on ourselves and how we are moving - the more we take ourselves out of the context of our environment, creating an artificial isolation that obstructs the free movement of qi. So the answer is that if we have an awareness of our environment and adapt our movements according to that, our movement will naturally reflect that without tension and self-conscious limitation. This sort of movement and adaptation is discussed within Chinese medicine as the process of regulating the heart and mind.

The regulation of the heart and mind is a central theme within Chinese medicine and is one of the "Three Regulations" in Medical Qigong, along with regulation of the body and regulation of the breath. This fundamental process is often misunderstood however, as developing a fixed focus of the mind to the exclusion of anything else - the idea of getting really good at concentrating on something. This type of narrowed focus is actually just about opposite to the traditional idea of regulating the heart and mind, which is about expanding awareness so that one may participate more fully in all of the processes of nature and the natural order. In other words, rather than isolating our awareness, we are becoming receptive to our connection and relationship to everything else.

Next time you are walking down the street, or even better yet, on a path outdoors away from the street, try the following experiment. Instead of thinking about all of the things that are going on in your life, or what other people are thinking of you, or even how your body feels, focus on the rhythm of movement that is happening around you. Notice the warmth of the sun, the movement of the breeze, the shifts in the sidewalk or the path, and all of the patterns of movement that are around you. With a little practice you can start to observe the flow of the environment, including people, animals, plants, as you move along.

Observing our surroundings in this manner requires that we pay attention to a larger view. Specifically, while it is good to notice what is around you, it is particularly important to focus on the relationship between things rather than noting each thing in isolation. For example, instead of noting "there is a tree," we want to see that there is a specific tree (it is great to identify it if you can - there is an oak tree or pine tree, etc.), which is one of many trees around us. We are walking on a path that leads through the trees. There is a breeze that is moving the leaves of all of the trees. there are birds that are flying from tree to tree, and so on. The more that we observe our environment, particularly when we can see ourselves as part of that, the more at ease the body becomes and the more natural and smooth our movement becomes. This is one method of regulating the heart and mind, which increases our awareness and understanding...

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

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

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

All my best,

Sean

Sean Fannin, CH, Dipl.CEM



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