



# National News

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The official Newsletter of the Taoist Tai Society of Australia Inc.

This year marks the 30<sup>th</sup> anniversary of the inauguration in Canada of the Fung Loy Kok Institute of Taoism in 1981. Fung Loy Kok (*peng lai ge*), meaning 'Pavilion on the Island of the Immortals', traces its roots to the Chi Wo Tan temple in Guangdong and brings together the teachings of Confucianism, Buddhism and Taoism. Its objective is to deliver all from suffering, both the living and the dead, through community service, rituals and ceremonies, and the cultivation of body and mind. The Institute is a sister organisation to the International Taoist Tai Chi Society.

The Fung Loy Kok Institute of Taoism was co-founded as the Fung Loy Kok Temple by Master Moy Lin-shin and Mr. Mui Ming-to in Tsuen Wan, Hong Kong in 1968. In 1981, they opened the first Fung Loy Kok high shrine at the Taoist Tai Chi Society's Bathurst St location in Toronto. Mr. Moy later established a second Fung Loy Kok Institute location at 134 D'Arcy Street in Toronto's Chinatown. Fung Loy Kok now has branches throughout Canada and the USA, and in Australia and New Zealand.

It is said that the average Chinese person "wears a Confucian hat, Taoist robes and

## Our Temple Tradition Celebrates 30 years



CIT Week participants in front of the temple

Buddhist sandals", so deeply embedded are these three teachings in Chinese culture. Master Moy's intention was to make the teachings from these three traditions available to all members who wished to learn, regardless of their background or belief system. He recognised that the process of restoring and maintaining health and wellbeing has physical, mental and spiritual dimensions. To attain the most profound transformation, the three religions of Buddhism, Taoism and Confucianism teach that students must integrate their training into all the activities of daily life – "walking, standing, sitting and sleeping" is a

common Taoist expression that Master Moy used regularly, reminding us that the opportunities to cultivate ourselves are everywhere. The Taoist Tai Chi™ internal arts of health, the precepts of volunteerism and compassion under which these arts are taught, as well as much of the structure and aims of the International Taoist Tai Chi Society, all have their roots in the Three Teachings.

Master Moy passed away in 1998 but his legacy continues as his students work to ensure that present and future generations will continue to be able to benefit from his teachings. In the years leading up to his passing, Master Moy set



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### Aims and Objectives

1. Make *Taoist Tai Chi*™ arts of health available to all
2. Promote the health benefits
3. Promote cultural exchange
4. Help others



International representatives play Tai Chi at the Centre

## Our Temple Tradition Celebrates 30 years

*continued*



## Taoist Tai Chi™ helps self-esteem, new research says

Tai Chi appears to be a great way to build self-esteem and encourage volunteering according to a new survey discussed at the Regional Conference of Gerontology and Geriatrics in Melbourne.

Already known for the significant role it plays in preventing and treating physical and psychological illnesses, Tai Chi seems to hit the mark with older people when it comes to increasing happiness and feelings of self-achievement.

Ruth Wei, a postgraduate student at Murdoch University in Perth, has been investigating the effects of Tai Chi on building self-esteem.

Her research, through the Taoist

Tai Chi Society of Australia, surveyed 382 Tai chi participants between January and July 2010.

According to Ms Wei, one in five reported that their confidence and attitudes towards life had improved and they had become more confident in daily life, more compassionate and tolerant towards people and less self-absorbed.

“What emerged from the survey was the more often people practised Taoist Tai Chi, the more often they became involved in voluntary functions, and the more likely they were to report positive changes associated with improved self-esteem,” said Ms Wei.

...the process of restoring and maintaining health and wellbeing has physical, mental and spiritual dimensions

in place plans for the Quiet Cultivation Centre (QCC) to be built on the grounds of the International Centre in Orangeville, Ontario. In September of 2007, after several years of hard work, members from around the world gathered to celebrate the Grand Opening of the QCC. Designated by Master Moy as a centre for the cultivation of body and mind, it includes the Great Hall of the Three Religions, the Hall of the Original Constellations, a Memorial Hall, cemetery and columbarium, and a large practice hall that can also be used for banquets, festivals and events.

### FLK in Australia

Master Moy and Mr Mui Ming Do inaugurated Fung Loy Kok shrines in Sydney and Fremantle in 1993, and Toowoomba in 1995. The Sydney shrine was dismantled several years ago when the Society ceased to lease permanent premises. The Fremantle and Toowoomba shrines continue to grace the two venues. It's always a pleasure to see the warm glow of the lamps, a reminder of our roots in the Three Teachings and an invitation to seek more deeply into the rich traditions we are privileged to be a part of. All members of the Taoist Tai Chi Society of Australia are welcome to join in regular chanting sessions and FLK events at the Fremantle and Toowoomba locations.

Fung Loy Kok has an active program of translation of some of the sutras which are chanted within this tradition, most recently the Ten Thousand Buddha Sutra. The books “Seven Taoist Masters” and “A Path of Dual Cultivation” are good sources of information for those members who would like to learn more about the Fung Loy Kok tradition.



Sandra Giblett conveys official greetings from Australia

# Our instructors at CIT Week & International Awareness Day

Each year some of our Continuing Instructors in-Training (CIT) receive travel assistance to attend CIT Week, which is the Society's main international training workshop, held at the International Taoist Tai Chi Centre in rural Ontario, Canada. International Taoist Tai Chi Awareness Day is held around the same time.



2011 International representatives

I shared a room with a lady from Germany and a lady from New York USA, immediately the International flavour was apparent! There were six members from WA and two from the Eastern States. Many people brought tents and camped in the beautiful grounds while others brought their camper trailers or caravans. The setting was perfect but the weather let us down at times with heavy rains - but it didn't dampen our spirits one bit.

Every morning at 8:30 a small group of us would meet by the pond where Guan Yin (the bodhisattva of compassion) keeps watch over... to practice a set of Tai Chi followed by a Lok Hup set, so relaxing to practice with the pond in view, water so still!

The CIT workshop sessions were led by Tony Kwong, Karen Laughlin, Marsha Eberhardt and Sean Dennison, plus a team of senior instructors (group leaders) from 24 countries. We were put into groups of around 20 to 30 members to practice under the guidance of the senior instructors. We worked on the set from commencement through to the first wave hands, this took us four days so you can imagine the intense training that was given. Our group leader's name was Serge from Quebec, Canada.

Glenys Marijanich, Rockingham branch



Sandra Wilson and Jill Clemson at Awareness Day in Toronto

On Awareness Day, Thursday 11 August, an early start saw us being bussed into Young-Dundas Square in the centre of Toronto. The event was extremely well organised with about nine hundred people doing continuous Tai Chi sets, Tai Chiers doing brush knees around the perimeter of the square, the dragons dancing joyfully and a helicopter overhead filming for local TV. Representatives from twenty four countries sat on the stage with the many invited dignitaries. As the Australian representative I was proud to deliver your greetings to our international colleagues. The day was highly successful in showcasing the International Taoist Tai Chi Society. Many thanks to TTCS Australia for honouring me with this task.

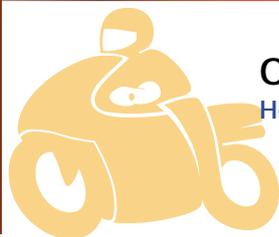
Sandra Giblett, Rockingham branch



Petrina Hendry as a dragon leg at Awareness Day

When people see some things as beautiful, other things become ugly.  
When people see some things as good, other things become bad. *Lao-tzu*

## “My Story”



### Of motorbikes and cranes...

How Tai Chi has helped me

I live every day with three chronic conditions: major depression, diabetes and fibromyalgia. This time last year, I was told if I didn't exercise, I would finish up in a wheelchair, as I was already using a walking stick. I decided to try Tai Chi, to see if my health would improve. So last year I attended a Taoist Tai Chi™ open day in Toowoomba.

I began attending one class a week and participating where I could, sitting out the rest and watching. Surprisingly my peripheral eyesight improved as I began watching my instructor Barbara, and everybody else in the class to see what they

were doing. I have increased my weekly classes to three and this has improved my muscle strength and flexibility. My Bowen therapist states that I have tremendous flexibility for a person with fibromyalgia, and I am starting to form muscle definition. A year later, I have come a long way. I can lift my arms shoulder height and above, I have not been able to hang out washing for at least 3 years. I can now bend down to pick up things off the floor as well as dress myself. Both of these activities previously required assistance. My husband and I enjoy riding our motor bike and Tai Chi has made this more enjoyable. Last year

after only a short ride, I nearly needed a crane to lift me off the bike, now I can enjoy longer bike rides and my muscles don't ache for a week.

Each of my chronic conditions requires that I exercise everyday, and I will tell you exercise and I are not good mates, but I have no trouble getting to a Tai Chi class, which I thoroughly enjoy. The camaraderie is exceptional as everyone is friendly and I always go home feeling uplifted. You will still see me sitting out and resting at times, but I have achieved so much, and look forward to my ongoing progress.

Jenny Czapracki Toowoomba Branch

## boost for health & safety consciousness

The Taoist Tai Chi Society of Australia is taking steps to ensure we fulfil our duty of care to maintain healthy and safe practice spaces for our Tai Chi classes and other activities. Through a few simple guidelines, we can minimise the risk of 'slips, trips and falls' and other accidents which could adversely affect the health of members and visitors. After detailed discussion with occupational health and safety (OH&S) experts, the national Management Committee has adopted an OH&S Manual for our operations in Australia, in preparation for new legislation that will come into effect in some states on 1 January 2012. This new legislation requires us to provide a safe environment for worker, contractors, visitors, volunteers and members.

The manual outlines a number of responsibilities that relate to the different levels of governance within our organisation — the National Management Committee, Regional Councils, Local Branch Councils, volunteers, visitors, sub-contractors

and each individual member. Most of the requirements contained in the manual should already be familiar to many of us, as they are common sense OH&S practices that have been in place at workplaces for some time.

The manual has been distributed to all our branches and each branch has been asked to nominate a person to be responsible for:

- Ensuring the manual is introduced to all members
- Inductions be carried out at the beginning of each semester or whenever new classes commence, so everyone is aware of basic health and safety information
- Regular OH&S inspections be carried out, for example quarterly
- If hazardous substances are kept on the premises, keep a register and update as/when necessary

Please contact your local branch if you would like to find out more.

## Tai Chi moves fund disaster relief

Members of the Taoist Tai Chi Society of Australia have helped raise \$37,500 for the various flood, cyclone, fire, and earthquake disasters in Australia and New Zealand that occurred earlier in 2011.

“When so many disasters struck at once, we were wondering how we could help,” says Peter Cook, the Executive Director of the Taoist Tai Chi Society of Australia. “Then we came up with the idea of running three special Tai Chi workshops for our members, in Queensland, Victoria and Western Australia.”

One of the workshops was held at our national centre located in Bayswater, WA. The other workshops were held in Toowoomba and Melbourne.

The funds raised at the workshops exceeded initial expectations of raising \$20,000. “People really enjoyed learning more about their Tai Chi at the same time as helping the community,” Dr Cook added.

The funds have been donated equally to the Lord Mayors Distress Relief Fund in Western Australia, the Premier's Disaster Relief Appeal in Queensland, and the Red Cross appeals for the Victorian Floods and the Christchurch earthquake.