



National News

summer edition

2012-2013

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



www.facebook.com/taoisttaichiaustralia



Queensland

07 3357 5600
qld@taoist.org

South Australia

0423 776 955
sa@taoist.org

Victoria

03 9384 6120
melbourne@taoist.org

Western Australia

08 9371 7033
westaustralia@taoist.org

New South Wales

02 9212 7517
nsw@taoist.org

Australian Capital Territory

02 6249 6117
act@taoist.org

Australian Web site

www.taoist.org.au

International Web site

www.taoist.org

© International Taoist Tai Chi Society, 2012
No unauthorised reproductions



contents

Workshop teachings inspire gratitude.....	2
A banquet of teachings at the International Centre	3
Melbourne grand opening	4
ACT celebrates 20th anniversary.....	4



Perfect day for Awareness Day in Fremantle



More than 160 members from across the Perth metropolitan area met together on Sunday 21 October for a highly successful Awareness Day event in the historic Kings Square area in the port city of Fremantle, Western Australia.

The celebration commenced with messages of best wishes for the event by invited guests Ms Melissa Parke, MP Federal member for Fremantle, and Professor Rob Donovan, Principal of the Act Belong Commit Campaign, which is a community-based campaign that encourages people to take action to improve their mental health and wellbeing. The Tai Chi demonstration attracted many passing onlookers on what was a wonderful sunny day enjoyed by all those who attended. The event was closed by the Fremantle Mayor Brad Petit who thanked us for our role in helping to build a healthier community.

Coincidentally, Fremantle is also where Taoist Tai Chi™ internal arts of health were first taught in Australia in 1980. Master Moy Lin-shin, founder of the Taoist Tai Chi Society and Fung Loy Kok Institute of Taoism, annually visited Fremantle for workshops for over a decade from about 1986 onwards.

National Centre Shrine Update

The philosophical, ethical and spiritual roots of the International Taoist Tai Chi Society are deeply entwined in Taoism, Confucianism and Buddhism, the three religions of China. The Tai Chi that we practice is grounded in a temple tradition which honours these three teachings. Master Moy Lin-shin's teachings were developed as a way to recover the linkage between Tai Chi and Taoist 'dual cultivation' training of body, mind and spirit. Hence the arts that we practice are called Taoist Tai Chi™ internal arts of health, and they are nourished by the teachings of the Fung Loy Kok Institute of Taoism (FLK). Some sixty branches of the Society around the world, including Fremantle and Toowoomba, have a Fung Loy Kok shrine within their clubrooms. Fung Loy Kok (translated broadly as 'island of the immortal realm') is an integral part of the Taoist Tai Chi Society of Australia Inc (TTCSA).

Earlier this year, TTCSA received the go-ahead from FLK international directors to install a Three Teachings Shrine in the Bayswater National Centre. Branches of the Society were invited to do some fundraising and to seek individual pledges, to assist with the various costs such as shrine furniture, installation costs and grand opening costs. The result has been extremely positive; by October 2012, more than \$20,000 had been raised.

Initially we looked at having the shrine furniture built locally, but in the meantime we learned that two Shrines have recently



cont »

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



been installed in branches in Europe - in the UK at the Colchester National Centre and in the Spanish National Centre in Madrid. Both of these shrines were made in China and shipped to their destinations at a fraction of the cost of local construction. After consultations with the members of the Board of Directors of the Fung Loy Kok Institute of Taoism, we have decided to also source a shrine from China. Most of the elements of the shrine, such as pictures, tapestries and incense burners, will be transferred from a shrine that was formerly located in the Sydney clubrooms.



The shrine at the Bayswater National Centre is now due to be installed in 2013 and it is anticipated there will be an opening ceremony at the International Workshop in November next year.

At this stage, the particulars of the Grand Opening have not been decided, but experience from past shrine openings has shown that hospitality is very much the order of the day. It is likely that the public will be invited to share a vegetarian Jai buffet and a number of guests may be invited from overseas. All of these activities will need to be paid for, so the fundraising is ongoing.

Thanks to all members who have donated time, creativity and money towards the goal of bringing the Shrine to the National Centre. Many of us have benefitted from the opportunity to learn more about our Temple tradition through this process.



WORKSHOP TEACHINGS *inspire gratitude*

Kate Armiger, an instructor in Adelaide, received travel funding to attend the international workshop in Perth in March 2012.

It is with tremendous gratitude that I write to thank you for sponsoring me to go to the Perth workshop in March. What an experience it was to be able to do Tai Chi with so many people (120 odd). Having never been part of a class or workshop larger than 30, this was a wonderful experience. The locals were very welcoming and attended to all the to-ing and fro-ing with amazing generosity and ability. My billet could not have been more comfortable or helpful.

What an inspiration our instructor, Judy Millen, was. At 72 years to be traveling halfway around the world to do workshop after workshop gives hope to us all. Some of the stories that she shared with us about her time with Master Moy gave me so much more of an insight into Master Moy and what he was trying to create. For example Judy told the story of being brought up to 'watch the pennies' and thus she was reluctant to donate to Society fundraising efforts. Once, when Master Moy was collecting for a special purpose, Judy gave him a cheque for \$5000 which he got photocopied and put up on the notice board and called everyone around to look at it. He was celebrating the freedom of her generosity and having overcome the hurdle of holding back from giving in the past.

Another story was that Judy had always felt that she had the 'gift of the gab' having been a University lecturer, but for years Master Moy did not let her speak. Then one day at a banquet, Master Moy asked her to get up and talk to everyone without any preparation at all. The big lesson she learned from this was that she simply had to speak from her heart. Until this, her mind had always ruled but this really brought her back to basics.

I received a lot of direction about tor-yus and angles and found it very helpful to think about my bones pushing me up away from the floor. I also got a great deal out of doing the Set so much slower than I was used to. It seems to give one time to sit and turn and to flow so much easier.

I was very impressed to hear about the interchange of money that happens between countries in the Society which I had no idea about. That when a certain place is trying to buy a Tai Chi centre, many countries contribute towards them getting it and what goes around, comes around.

I was very interested in learning about the more meditative side of Taoist Tai Chi Society teachings, hearing about the chanting and shrines etc. How beautiful it was to be in the National Centre where there are pictures of Master Moy on the walls and lots of Taoist related art. The stained glass windows were especially beautiful depicting dragons and the like. Very nice not to have to pack it all away at the end of the class or workshop.

Membership Dues Review

After last year's major review of membership dues issues, the National Management Committee decided to review the amounts of membership dues on an annual basis, to ensure that our dues maintain some parity with the rate of inflation. In the past, our dues were not reviewed for many years and this led to a significant reduction in our real income. This year's annual review of dues has now been completed and the NMC has decided not make any changes to dues for the coming year. We will do another review in the latter half of 2013, and it is expected that there will be some increase in dues for calendar year 2014.



A banquet of teachings at the International Centre

Anama Morriss, an instructor in the Adelaide Hills area, shares some of her experiences after attending three weeks' of workshops at the International Centre in Canada.

My key insight was in how the 4 Aims and Objectives of the Society were manifested and interwoven in the conduct of the workshops and in the Orangeville centre itself. Rather than reflecting a list of objectives to tick off, the A&O were integrated through the way people related to each other, how tasks were organised and acted on, and in the way the next layer of understanding about the Tai Chi set, the Dan Yus, Tor Yus and Standing Jongs, was revealed. Also evident was the strong connection that the Society has with the broader Canadian community, through major events



being stretched as my body adjusted to the realignment.

Jim Nicholson and Sean Dennison presented the program and it is clear that the Chinese approach to the cultivation of health and wellbeing of body, mind and spirit is different to the western/ middle eastern monotheistic traditions. Inconsistencies between the three teachings of Taoism, Confucianism and Buddhism are less important than the complementary insights of leading figures in each tradition. Judy Millen describes it as a banquet of practices and approaches from which one can select what appeals or adds insight to one's life. For instance, although I have felt no particular calling for chanting in the past I discovered that it stretched the muscles and tendons in my jaw, especially the right side. This tension contributes to the pattern leading to migraines. The process of rapidly trying to articulate Cantonese words I didn't understand relaxed those muscles. After that (with those muscles loosened) I discovered that it also worked on my breathing patterns and tensions within my throat!

such as Awareness Day. Kindness and consideration were displayed by members, and it seems for the most part the Society creates a flexible web of support around the world, and ego trips are diverted.

The Fung Loy Kok Workshop focused on meditation, chanting and the aspects of Buddhism, Taoism and Confucianism that inform the Society's perspectives. Again the dual cultivation of mind and body was apparent. The intense physical work released chronic tension in muscles in my lower back and during the "sleeping" meditation I felt my right hip and pelvic girdle clunk into a different position. That was followed in the standing meditation by an intense burning under my right shoulder blades – I think tight connective tissue was



AWARENESS DAY & CIT WEEK
Ten Australian instructors travelled to our International Centre in Ontario, Canada in August to attend our big Awareness Day celebration and to take part in Continuing Instructor-in-Training Week and other training workshops. We were delighted to meet up with fellow members from New Zealand (see group photo) as well as members from some 23 other countries.

Grand Opening Melbourne



One hundred members and guests celebrated the grand opening of new premises for the Melbourne branch in Australia, on Saturday 11 February 2012 at 54A Moreland Road, Brunswick. The festivities included a lion dance, firecrackers, Tai Chi demonstration, speeches and a delicious afternoon tea.

Distinguished guests included: Mr Kelvin Thomson - Federal Member for Wills; Ms Jane Garret - State Member for Brunswick; and Mr Oscar Yildiz - Moreland City Councillor.

The Melbourne branch has been going since 2001. The new leased premises have 300 square metres of floor space and amazingly it has no pillars, so it is a wonderful practice area for the Taoist Tai Chi™ arts of health. The local members are delighted to have a permanent location where volunteer instructors can offer more classes for people to enjoy the many benefits of Tai Chi.



Photos courtesy of Pam Kleemann



ACT celebrates 20th anniversary

A happy group of members and friends helped the Canberra (ACT) branch of the Taoist Tai Chi Society of Australia celebrate its 20th birthday on Saturday 31 March 2012, in the nation's capital. Our premises sparkled with flowers from well-wishers and gifts from other branches.



Distinguished guests from the Canberra community included Ms Gai Brodtmann – Federal Member for Canberra; Ms Amanda Bresnan – Greens Spokesperson on Health from the ACT Legislative Assembly; and Mr Jason Whittingham – ACT Branch President of the Australian Physiotherapists Association.

Our guests spoke of the longstanding contribution the Branch is making to the health of the Canberra community, and praised the volunteer effort which is critical to the work of the Branch in making the Taoist Tai Chi™ arts of health available to all.

Following a demonstration set, two of our members told their personal stories of how Taoist Tai Chi™ had helped them. According to one of the speakers Taoist Tai Chi gives him "health, sanity and an amazing network of friends!"

The Narrogin branch in WA also celebrated their 20th anniversary this year, at a combined workshop and celebration meal in March

If in the midst of passion and din,
You keep your eye cool and unmoved,
You will eliminate many bitter thoughts.
If in a place of hard and unfavorable
circumstances,
You keep your mind passionately enthused,
You will obtain an abundance of true grace.
Hung Ying-ming, *The Unencumbered Spirit*, CHPT 59

Filled with desire,
You are like waves seething over a cold abyss:
Even in mountains and forests, you will not
see peace.
Filled with Emptiness,
You are a cool breeze born from intense heat:
Even in town and market, you will not know
noise.
Hung Ying-ming, *The Unencumbered Spirit*, CHPT 52

If you wish to avoid falling into confusion
when busily occupied,
Cultivate your mind and make it pure during
your leisure
hours.
If you wish to avoid extreme agitation
at the moment of death,
Observe the world and see through it while
still alive.
Hung Ying-ming, *The Unencumbered Spirit*, CHPT 26

