

Tai Chi Chuan: Four Dimensions of Purpose

~ a Video series of the Long Form of Tai Chi Chuan~

Introductory Description: Michael Mayer developed Bodymind Healing Tai Chi/Qigong from training for over forty years in Tai Chi and Qigong with some of the most respected masters of the tradition. Michael's main sifu was Master Fong Ha, who learned the Tai Chi Chuan long-form set from Masters Dong Yingjie and Yang Sau Chung. Other teachers (sifus) who were influential to Michael's training are Masters: Cai Songfang, Dr. Alex Feng, Han Jing Chen, Han Xing Yuan, Lam Kam Chuen, and Sam Tam. Also, Michael is grateful for his mutual training with his Tai Chi brothers: Ken Cohen, Jan Diepersloot, Sean Kelly, and Sandy Rosenberg. Though Michael was trained classically in the traditional set, he takes the set and integrates it with his background in researching, writing and teaching about ancient wisdom traditions. For Michael's [background and contributions to the field of Tai Chi Chuan and Qigong](#) click here.

In this Bodymind Healing Tai Chi/Qigong video set you'll learn how Tai Chi and Qigong can be practiced as part of a wider cross-cultural/cross-temporal tradition of "postural initiation." You'll become initiated into how Tai Chi postures can be seen as a state-specific hieroglyphic alphabet of stances that can be used to embody the Western and Eastern mystery traditions. Emphasis is placed on the healing elements of the tradition, and how Standing Meditation Qigong (embedded in Tai Chi) connects one with wuji (the mother of chi) and weaves that connection like a Golden Silken thread throughout the set.

Each Tai Chi posture can be seen as having four dimensions of purpose: self-healing, spiritual unfoldment, self-defense, and transforming one's life stance psychologically. Each class begins with a Qigong warm up from Bodymind Healing Tai Chi/Qigong and then in each of nineteen classes of the Yang Style Tai Chi Chuan-Long Form about three Tai Chi Chuan movements are successively added in each class explaining how the four dimensions of purpose apply to each posture/movement.

Dr Michael takes his 40 years of research, training and teaching in ancient sacred wisdom traditions and uses the set of Tai Chi Chuan to transmit these teachings as a tradition of postural initiation. Michael did his doctoral work on the integration of ancient wisdom traditions with modern body-mind healing methods. His Mythic Journey Process, River of Life self-hypnosis method are examples of the clinical applications of this integration.

He won the world astrology prize for being the first person to integrate astrological symbols with depth psychotherapy and create a theoretical framework for astrology that is palatable even to skeptics (Mayer 1977, 2012). His most recent book, [The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times](#), won a Ben Franklin award in the Mind-Body Spirit Category. Dr Mayer pioneered the integration of Tai Chi/Qigong and psychotherapy, teaching the first accredited university course to doctoral students in the that integration (Mayer 2007, 2009).

Disclaimers:

The practices in these videos are not a substitute for medical advice from your medical professionals. Though the practices in these videos can contribute to healing bodymind issues, one should always listen to their own body and the limits that it and your medical team suggests to adapt these practices to your unique circumstances. By doing the practices herein you are agreeing to be responsible to adhere to these caveats.

Any of the self-defense practices suggested in these videos should be viewed in light of being part of a system of holistic healing rather than getting inflated into thinking that you can apply these practices in life endangering situations. The best offense and defense is to avoid fights; and this is the ground of Taoist self-defense practice.

The practices in these videos, though rooted in classical training from Master Fong Ha and other Tai Chi Chuan masters, should not be taken as a direct representation of their teachings. Bodymind Healing Tai Chi Chuan branches out from those teachings to add: 1.) Creative and imaginal interpretations of movements 2.) Associations from wider cross-cultural wisdom traditions, which may not be part of classical Tai Chi teaching 3.) A focus on Four Purposes of each movement in the Tai Chi set that may not be part of traditional teaching.

Quotes from leaders in the field about Dr Michael's teachings, books and products:

In the 1970s Dr. Michael Mayer began his study of Tai Chi Chuan and Qigong with me. With continuous diligence, devotion, and skill he grows and ages with me as faithful student and friend. It delights my eyes and warms my heart to witness the masterful way Dr. Mayer creates a joining of hands between Eastern and Western spiritual traditions in this book.

Fong Ha Internationally recognized grandmaster
of Tai Chi Chuan and Yi Chuan Qigong

Note: This is not how Master Ha describes himself,
rather he describes himself on one of my book's endorsements humbly as,
Fong Ha, One who practices Tai Chi & Qigong

Michael Mayer's practical synthesis and deep knowledge of Qigong and Tai Chi movement forms has greatly impressed me during my years administering the Esalen Institute Movement Arts Program. Michael traces the roots of these practices back to their origins and presents a very usable as well as spiritual approach to these ancient and very valuable systems. He stands out among the many teachers I've met and practiced with and has provided me with insights available from no other teacher.

Rick Cannon, Esalen Institute, Coordinator, Movement Arts Program

About Michael's Bodymind Healing Qigong DVD:

"I liked your Bodymind Healing Qigong DVD so much that in the course I taught we started with two or three sections of it every day. It simply is a wonderful DVD."

– Bessel van der Kolk, MD
Medical Director, the Trauma Center, Boston University School of Medicine

"I did not go out of our home during the daily terrorist attacks in Israel. I practiced Michael Mayer's Bodymind Healing exercises regularly to regain my calm. They relieved my tight body and took my mind off of the stress and worries to be more present to others, to help them deal with their fears and find an oasis of tranquility in the middle of the war zone. I continue to use Bodymind Healing Qigong to ease everyday stresses and bring me back to my inner sanctuary of equanimity."

– Hana Matt, Teacher of World Religions, Graduate Theological Union

About Michael's book, *Secrets to Living Younger Longer: The Self-healing Path of Qigong, Standing Meditation and Tai Chi*:

A wonderful guide for learning the ancient healing practice of Qigong. Full of clear and practical exercises.

– Dr. Wayne Jonas, Former Director
National Institute of Health,
Office of Alternative Medicine

A splendid break-through which will certainly contribute a new slant to meditative practice.

– Dr. Larry Dossey
Author of *Reinventing Medicine*

About Dr Michael's book *Energy Psychology*:

"Drawing upon over thirty years of his psychotherapy practice and personal training, Dr. Mayer has provided a seminal contribution to the field of mind-body interventions for a wide range of common disorders, as he offers us a treasure house of energy-based practices to cultivate our self-healing powers. His book is profound in its scope, evidence based, bridges Eastern and Western traditions, and provides practical insights and skills that can be of enormous value to both individuals and organizations seeking to attain optimal health."

—Dr. Kenneth R. Pelletier, clinical professor of medicine,
University of California, San Francisco
and University of Arizona School of Medicine,
and author of *The Best Alternative Medicine: What Works? What Does Not?*

"This scholarly and eminently readable book integrates Eastern and Western forms of self-healing techniques and examines the capacity of various approaches that

put human beings at the center of their own self-care. I applaud Dr. Michael Mayer for his monumental work, which hopefully foreshadows the shape of body-mind approaches for years to come.”

—Bessel van der Kolk, MD, Medical Director,
the Trauma Center, Boston University School of Medicine,
and former professor of psychiatry, Harvard University

Bio: Dr Michael’s background and training in Tai Chi Chuan and Qigong

Training: Michael's background in Tai Chi and Qigong includes four decades of training in the internal martial arts at the Integral Chuan Institute with master Fong Ha where he learned Taiji Quan, Xing Yi Chuan, and Yi Chuan. Some of this training includes Taiji, sword, saber and staff, the 108 movement long form of Taiji Quan right and left sides, eight systems linking form of Taiji push hands, and the long form of San Shau. Sifu Ha trained with Tung Ying Chieh (first generation disciple of Yang Chengfu) and Yang Shouchung (a lineage holder of the Yang style). Michael trained in Yi Chuan with Sifu Ha and masters Han Xingyuan (a first generation disciple of Wang Xiangzhai), and Sam Tam (master of Eagle Claw, Yi Chuan and Taiji Quan). Michael studied Wuji Standing Meditation with master Cai Songfang. He has also trained with many other masters of medical Qigong such as Dr. Alex Feng in the Five Animal Forms of Hua Tau. He received a certification in Chinese Health Arts from the Acupressure institute of Berkeley where he learned the Internal Organ Qigong Healing Set from Brian O’Dea. Dipl. Ac. Also Michael has been a colleague/friend of Taoist scholar Ken Cohen where many traditions have been mutually exchanged; for example, he was the first person to teach Ken the Yi Chuan Standing and Walking Meditation Qigong.

Dr Michael’s professional background in Tai Chi Chuan & Qigong:

Dr. Michael Mayer pioneered the integration of Tai Chi Chuan, Qigong, and Psychotherapy. In the 1980s he taught five, three semester Master’s level psychotherapy courses at JFK University in this integration, and in the 1990s he went on to the California Institute of Integral Studies to teach two courses in this material – the first university accredited training of Master’s and Doctoral level psychology students in this integration. Dr. Mayer keynoted the National Qigong Association (2004) with his presentation on Qigong Ancient Path for Modern Health; and he was chosen to do a master level workshop at the Eleventh World Qigong Congress in San Francisco (2008). He has presented Qigong workshops at many hospitals (Alta Bates Hospital, John Muir Hospital, Mt Diablo Hospital, University of California, Davis; and UC Medical Center, San Francisco), colleges (John F. Kennedy University, the California Institute of Integral Studies, American College of Traditional Chinese Medicine), associations such as The American Association for Integrative Medicine, and professional agencies such as the Alameda Psychological Association/California State Psychological Association. He has offered Tai Chi Chuan and Qigong workshops at many locations such as world-renowned Esalen Institute. He has certification programs which include Bodymind Healing Qigong for Qigong practitioners/teachers, and a Bodymind Health Practitioner’s

Certification Program for health professionals. Sifu Michael has been certified as a Tai Chi Master Instructor by the American Tai Chi and Qigong Association.

*For a more complete listing of Michael's [workshops and presentations](#) on the integration of Tai Chi/Qigong with Western bodymind healing methods, transpersonal psychology, and energy psychology please click the previous link.

** To see [specific content of Michael's workshops or to sponsor a workshop](#) in your area please click on this link.

*** [Michael's Qigong/Tai Chi Vitae](#)