



TAO OF WELLNESS

ACUPUNCTURE
CHINESE MEDICINE
NUTRITION

WELLNESS NEWSLETTER

FREE LECTURES

**MEDITATION FOR
PEOPLE ON THE GO**
with Edsel Tan, L.Ac.

Tuesday, December 15, 2009

Tao of Wellness | 6:30 – 7:30 p.m.

To increase serenity and improve mind/body health, learn a 15-minute sitting and standing meditation that fits into a busy schedule. Limited seating. Call to RSVP: 310-917-2200

**WISHING YOU A
HEALTHY NEW YEAR!**
with Jessica Chen, L.Ac.

Thursday, January 21, 2010

Tao of Wellness | 6:30 – 7:30 p.m.

Do you want to eat better, live better and feel better? Learn basic nutritional principles that help you achieve your optimum weight. Limited seating. Call to RSVP: 310-917-2200

ANNOUNCEMENTS

CONGRATULATIONS!

Dr. Mao's *Second Spring* is a 14th Annual Books for a Better Life Awards Finalist (Wellness Category), National Multiple Sclerosis Society | msnyc.org

SPIRITUALITY TELESEMINAR WITH DR. MAO

Sunday, December 13, 2009
7 a.m. – 8 a.m. PST | Call: 712-432-1001
Access Code: 485547881#
After listening, email questions to:
terridara@gmail.com | integralway.org

CLEANSING & DETOX RETREAT

January 22, 23 & 24, 2010 | Tao of Wellness
To increase your strength, health and vitality, our program will activate your body's powerful cleansing systems that eliminate toxins.
Details: taoofwellness.com
Limited space. Contact: 310-917-2200

THE PATH OF CONSTRUCTIVE LIFE

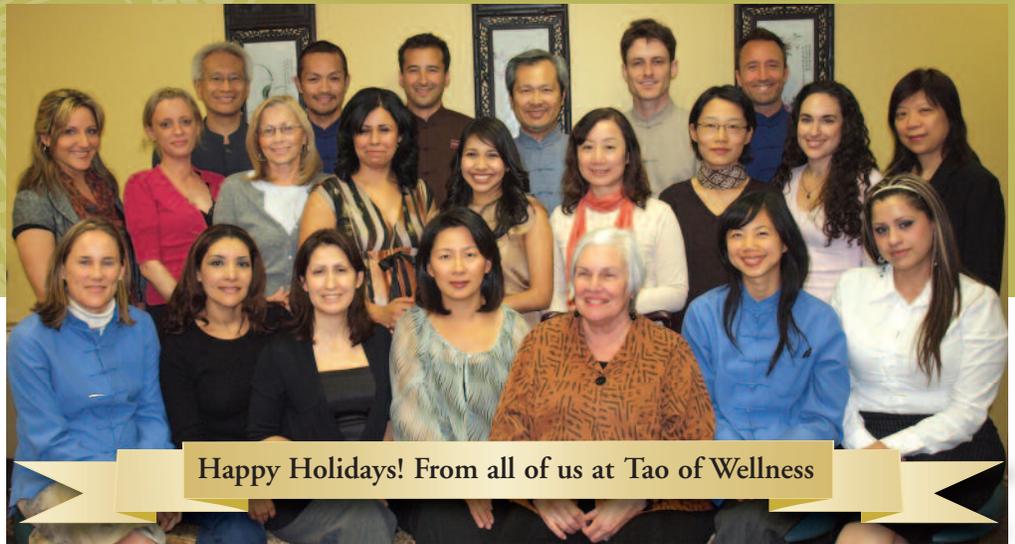
Certified Life Guidance Training
with Dr. Maoshing Ni & Phillip Christman
Friday, Saturday, February 12 & 13, 2010
Info: Julianne@taostar.com or collegeoftao.org

(Announcements continued on reverse side)

TAO OF WELLNESS

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Happy Holidays! From all of us at Tao of Wellness

LOOKING BACK: A 2009 RETROSPECTIVE

The priority of Tao of Wellness is the care of its patients, and the ultimate goal is to share 38 generations of Ni family Chinese medical knowledge, healing and wisdom with as many people as possible. Following are some of our 2009 highlights.

- Drs. Daoshing and Maoshing Ni and Yo San University developed the first doctoral program in Clinical Chinese Medicine with a specialty in Reproductive Medicine in the United States.
- Dr. Dao was awarded the Joyce M. Vargyas, M.D., Visionary Award from the American Fertility Association.
- Dr. Mao's newest book, *Second Spring*, and his *Meditations to Live to Be 100* CD were published. He visited China to meet with herb suppliers and encourage organic practices, gave speeches nationwide and was filmed for updated DVDs of Ni family chi gong.
- Three new fellows have joined the healing team at Tao of Wellness who will provide more accessibility to acupuncture, tuina massage, InfiniChi® energy healing and chi gong.

- We held more than six successful weekend intensive retreats and workshops to help you meet your wellness and health goals.
- Our practitioners provided twelve free lectures on topics from managing arthritis to meditation.
- Two issues of *Tao of Wellness Magazine* and 11 issues of *Wellness Newsletter* were published.
- Enhanced formulations of classic Chinese patents were created and sold as Traditions of Tao herbal formula capsules for the public and for licensed healthcare practitioners.
- Yo San University celebrated a hugely successful and beautiful 20th anniversary event. Thank you for your support and participation!



Dr. Maoshing Ni, Danny DeVito and Dr. Daoshing Ni celebrate Yo San University's 20th anniversary, hosted by Danny DeVito and Rhea Perlman.

THE KITCHEN GOD'S FAREWELL DINNER

By Marka Meyer

In traditional Chinese families, the kitchen stove is considered the soul of the family. Each family's own Kitchen God is responsible for giving an annual report about the family to the Jade Emperor. Before he ascends to the heavens to give his report, the family gives the Kitchen God a farewell dinner with offerings of sweet cakes

and preserved fruits, so that hopefully he will deliver a 'sweet' report. In 2010, the Kitchen God ascends to give his heavenly report on February 11, giving the family a few days to prepare for Chinese New Year festivities on February 14, when the Kitchen God returns to his family.

(Continued on reverse side)

ANNOUNCEMENTS *(continued)*

NEW QI GONG CLASSES AT YO SAN UNIVERSITY

Thursdays, Jan. 14 – Feb. 18, 5–6:30 p.m.
Saturdays, Jan. 16 – Feb. 20, 10–11:30 a.m.
Eight Treasures: Open House, Jan. 7, 5 p.m.
Crane Style: Open House, Jan. 9, 10 a.m.
Tai Chi Studio, Yo San University, 2nd floor
Info: yosan.edu or call 310-577-3000, x10

Benefit for Yo San University LAUGHTER IS THE BEST MEDICINE: A Party & Health Care Comedy

Saturday, December 12, 7–11 p.m.
Yoga class with Brenda Strong, 4–6 p.m.
Both at Yogaglo in Santa Monica
Info: healthcarecomedy.blogspot.com

THE KITCHEN GOD'S FAREWELL DINNER

(Continued from front side)

In most prints, the Kitchen God, wearing the robes and hat of a noble magistrate, is seated next to his wife and is surrounded by children, domestic animals and vases filled with flowers. The Kitchen God is depicted as a compassionate deity associated with the warmth of hearth, family and good fortune. The farewell dinner to send off the Kitchen God continues to be a favorite custom among many Chinese families. ■

WELLNESS SHOP



WORKBOOK FOR SPIRITUAL DEVELOPMENT

Hua-Ching Ni provides a practical foundation for spiritual development in daily life. You will find invocations for different occasions, diagrams, and practices for purification and protection. \$14.95, paperback

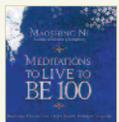


ANCIENT TREASURES TEA

— Served in our clinics!

The perfect all-around formula to tonify the Chi, nourish the Jing and calm the Shen. A fragrant blend of Emotional Tranquility, Creative Balance, & Internal Cleanse teas.

\$6.95, 30 tea bags



MEDITATIONS TO LIVE TO BE 100 - CD

Dr. Maoshing Ni guides you through traditional Chinese practices for health, vitality and

longevity. Includes meditations, visualizations, hand postures, breathing, diet & lifestyle tips.

\$19.95, CD.

THESE FINE PRODUCTS ARE AVAILABLE AT:

TAO OF WELLNESS

1131 Wilshire Blvd., Ste. 300, Santa Monica
310-917-2200 ■ taoofwellness.com

YO SAN UNIVERSITY BOOKSTORE

13315 W. Washington Blvd., Ste. 200, Los Angeles
800-578-9526 ■ taostar.com

CHINESE MEDICINE STUDIES

Shen, or Human Consciousness

by Edsel Tan, L.Ac.

Another year is about to end, and we are reminded of the significance of a healthy mind while confronting the inevitable challenges that we face collectively and individually in life. For centuries, Chinese medicine has incorporated emotional or mental states in the concept of *Shen*, the human consciousness.

All organ systems work to support the heart which governs the distribution of the vital substances: Chi (energy), Jing (essence) and Shen (spirit or consciousness). Shen is the vital substance that is unique to human life. As the ethereal aspect of self that transcends limitations of time and space, Shen is founded on human consciousness as a process of self-awareness, personal expression, moral cultivation, emotional balance and individual purpose. Shen is the soil of individual authenticity, as it empowers a person to influence his/her own destiny through deeply rooted self-realization.

Shen is housed in the blood of the heart. The heart circulates the blood to every tissue of the body. Consequently, Shen is assessed through the degree of vitality that resonates from the exterior tissues. Shen is especially



projected through the eyes. The sprout of the heart is the tongue and is therefore responsible for our ability to speak appropriately. This is crucial, since our word possesses the power to be received as truth and thus possesses the power to alter life. Shen is assessed through one's speech. Most of all, Shen is assessed through the mental and emotional experience of the individual. In the context of clinical application, Shen is assessed through the manifestations of pathological syndromes.

Symptoms of these syndromes range from mild to severe and include: anxiety, mental chatter, palpitations, insomnia, excessive dreaming, poor memory, irritability, stupor, mental confusion, agitation, psychosis, and heart attack.

To calm Shen, a consistent chi gong and meditation practice stabilizes emotions and promotes a healthy state of mind and body. Furthermore, a practitioner of Traditional Chinese Medicine can help to calm Shen by identifying areas of imbalance and applying an integrative treatment protocol which may include herbs, acupuncture, tuina bodywork, InfiniChi®, diet and/or lifestyle counseling. ■

HOW ARE YOU STARTING YOUR NEW YEAR?

Out come the horns. Blah-h-h-h! And the noisemakers: rat-a-tat-tat. People dance and jostle around each other wearing colorful, shiny paper hats that say, "Happy New Year!" Make-up runs underneath silver tiaras and swirling paper curls float into champagne flutes. Finally, the big moment comes and a kiss sends the new year toward unknown adventures.

Isn't that how many of us think the new year should begin—like a Hollywood movie? But how often does it really begin that way? Is it an authentic, meaningful way to launch your life into a new cycle of growth? As an alternative, try creating your own special ritual to renew your spirit and enhance your well-being. Listed below are suggestions from Dr. Mao:

- Review your goals for the next year.
 - Include in your goals: simplify your life, increase joy, improve health and reduce stress. Also, you can make an intention to live preventively, doing such things as having regular massages, going to the gym, eating organic and healthy foods and taking time off to smell the roses.
 - Pay tribute to deceased loved ones by arranging flowers and lighting a candle in their memory.
 - Enlist people who have a positive influence in supporting you to accomplish your goals.
 - For cleansing, calming and circulation, fast by drinking hourly: purified water, vegetable and fruit juices, vegetable broth and herbal teas such as our Ancient Treasures tea.
 - Commit to spiritual growth by reading books and listening to selected CDs.
 - End the day by reading a special passage, poem or invocation. You can start to keep a daily journal and meditate before bedtime. Be thankful for the opportunities you have been given. ■
- Wake before the sun rises and hike to the top of a nearby hill. Greet the sun, say some special words and do chi gong or gentle exercises.
 - At home, burn sandalwood incense to awaken the senses.
 - Mix four parts distilled water and one part vinegar in a spray bottle. For purification, spray in and around your home.