

1. Record Nr.	UNINA9910454079803321
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Titolo	Tai chi chuan and the code of life [[electronic resource]] : revealing the deeper mysteries of China's ancient art for health and harmony / / by Graham Horwood
Pubbl/distr/stampa	London, : Singing Dragon, c2008
ISBN	1-281-78237-8 9786611782375 1-84642-806-8
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (226 p.)
Disciplina	613.7148
Soggetti	Tai chi Tai chi - Philosophy Tai chi - History Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previous ed.: 2002.
Nota di bibliografia	Includes bibliographical references (p. 187-188) and index.
Nota di contenuto	FRONT COVER; TAI CHICHUAN AND THE CODE OF LIFE; Contents; Introduction; Jung, Wilhelm, and the I Ching; The I Ching and Life in Harmony; Feng Shui and the Balance of Nature; Science, DNA, and Tai Chi; The Role of Change in the Universal Life Force; The Dark and Light Sides of Tai Chi Chuan; Chapter One: The Philosophy of Taoism, from a Western Perspective; Chinese Thought and History; The Number and Name of Creation; Tending the Waters of the Unconscious; Chapter Two: The History of Tai Chi Chuan; An Ancient Way of War; The Tai Chi Hermit; The Spiral Dance of Chen Wang Ting Tai Chi Goes Underground Yang the Shadow-Boxer; The Yang Family Style; What the History of Tai Chi Tells Us; Chapter Three: The Eight Pa Qua Trigrams; Chinese Archetype: Chien-Heaven; Chinese Archetype: Kun-The Receptive; Chinese Archetype: Kan-The Abysmal, Danger; Chinese Archetype: Li-The Clinging; Chinese Archetype: Tui-The Joyous; Chinese Archetype: Chen-The Arousing; Chinese Archetype: Ken-Keeping Still; Chinese Archetype: Sun-The Gentle; Conclusion of the Pa Qua and Their Relationships; Chapter Four: The Five Elements-

Wu Hsing

The Relationship with the Tai Chi Form, Movement, and Internal Organ Balance The Psychology of the Wu Hsing; The Four Elements in Greek Thought; From Paracelsus to Quantum Physics; Applications in Tai Chi; Fire Element; Earth Element; Metal Element; Water Element; Wood Element; Conclusion; Chapter Five: The Science of the Inner Breath-Chi Kung; Sexuality, Reproduction, and the Maintenance of Healthy Chi Levels; Forms of Chi Kung; Chi Kung 1-Reverse Breathing; Chi Kung 2-Microcosmic Orbit; Chi Kung 3-Macrocosmic Breathing; Chi Kung 4-Ball Breathing; Chi Kung 5-Condensing Breath
Chi Kung 6-Heaven and Earth Breathing Chi Kung 7-Meridian Breathing; Chi Kung 8-Five Element Internal Organ Breathing; Chi Kung 9-Eight Trigram Breathing; Conclusion; Bibliography; Index

Sommario/riassunto

In this book Graham Horwood describes the various styles of Tai Chi Chuan, exploring its roots in the Chinese philosophy of Taoism as well as elaborating on the evolution it has undergone over millennia. He highlights parallels between its source, The I Ching, and archetypal principles from both Eastern and Western philosophy and medicine.
