

# The DRAGON

Newsletter

April 2020

*The Way of the Dragon---School for health, healing and martial arts*

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## ***Greetings from Master Wu***

Hello Everyone,

I hope this newsletter finds you and your family well and in good ***spirit!***

Being water-like, the ability to adapt, is increasingly important as major changes face humanity. We are all working on adapting to changes in our lives, knowing that change itself is the only constant in our lives. Let us not forget to continue to take care of each other, and our mind, body and spirit as we continue to enhance ourselves in this challenging time. I would like to share the concept of the six interrelated harmonious connections within ourselves and with our humanity as a whole. There are seven parts with six connections: ***body-emotion-intention-qi-spirit-achievement-illumination.***

We are all reacting to the conditions occurring to and around us. We are experiencing both ***bodily*** and ***emotional*** responses. It is difficult to stay calm when there are many more worries compounding our already anxious lives. Let us continue to exhale and breathe more efficiently. Exhale more skillfully to release some of our anxieties and inhale efficiently so that we can thrive! Please take a deep inhalation and when exhaling make the KER sound to ease your *Heart Fire*. Do this as many times as necessary to ease some of your anxiety. This is an easy Qigong technique to maintain a harmonious balance between your emotion and your body. If the dissonance, a *Dis-Ease*, caused by your emotional stress is allowed to affect your physical body for a prolonged period of time, your body will rebel and a physical expression of a *disease* can result as your body responds to the disharmony. (\*continues on the next page)

*Master Wu started Zoom Tai Chi classes on-line on April 1, 2020! It went well. We had some laughs with a few gaffes. All in all it went well. Master Wu and participants had fun and got a much needed energy balancing exercise.*

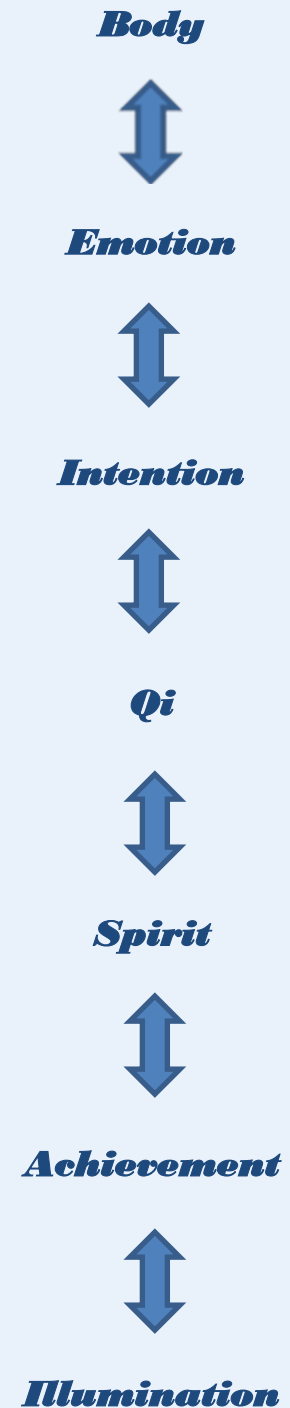
*If you are not on Master Wu's email list and would like to join his on-line classes please email him: [masterwuwenching@gmail.com](mailto:masterwuwenching@gmail.com)*



To attain a better **body** and **emotional** harmony, our positive **intention** can further enhance this healthy body-emotion harmony. Positive thinking with intension is different than wishful thinking. Wishful thinking is without actively doing something positive with your intention. Therefore, as we exhale, we let air out with a positive intention, "I am calm. I am strong. I am..." As we inhale, we inhale with a positive intention, "I am one with the universe. I have the pure essence of the universe to help me achieve greater health and my goals..."

When our intention is in harmony with our body and emotion, our **qi** (energy) will flow smoothly. A scattered mind is filled with scattered intentions that can often be negative. Positive intention is an attempt to fill our mind with good thoughts instead of adding more negative mental debris. Like a river flowing without debris on its path. The water in the river will be allowed to flow smoothly, nourishing all that it serves, and prevent floods that can create havoc up and down stream. Positive intention is clearing the stuck anxiety-debris in our mind and body to keep the body healthy by allowing your qi to flow and do its work to keep our body healthy.

When your qi is flowing smoothly and abundant, your **spirit** of vitality will be full. Your spirit of vitality is the living quality of your being. Low spirit of vitality is low in energy which allows negative influences to enter your body, mentally and energetically. Our spirit thrives on **achievements**. It is an indication of our inclusiveness and attainments through our deeds and actions, both good and bad. Just imagine for a few seconds during the times that you or someone else, especially a young person, were complimented for a job well done. The expression of pride and confidence they expressed. Their spirit of vitality got a boost and their magnetic charisma shined right through their being. Let's continue to do the right thing and continue to shine. There is a Chinese saying, "Live a virtuous life, your words will be meaningful; and act honorable in your interactions with others, the result will be enduring affirmative outcomes." When we live a worthy life, we can **illuminate** humanity! Some may call it reaching the Tao, Void, Emptiness, or enlightenment. It is all that and more. Keep illuminating your amazing **humanity**!



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