

Curiosity Exercises

1) **Google Searches** - There is a tremendous amount of information concerning the practices of tai chi and qigong on the Internet. Here are some ways in which you may use the Google search engine to explore the subjects that you are studying by your participation in this class. Any of these suggested searches would produce lengthy lists of websites which will have varying degrees of relevance to your personal study and practice. Ultimately you will need to evaluate the usefulness of your search results. Suggested searches:

Tai Chi (taichi, taiji) – depending on your specific interests you may want to add words such as health benefits, research, history, family styles (Chen style) or martial art.

Qigong (chigung, chikung) – curiosity may lead you to add such words as health benefits, healing, history, theory or energy. **Meditation** and **mindfulness** are closely related cousins of qigong and searching these terms may provide relevant information relating to our practice of “quiet” and internal awareness.

2) **Reliable sources** – The following list of people and organizations are ones which we believe are reliable, legitimate and whose work relates directly to the material presented in this class – in no particular order:

Chungliang Al Huang and Living Tao Foundation

Jon Kabat Zinn and Center for Mindfulness

Thich Nhat Hanh and Thich Nhat Hanh Foundation

Goldie Hawn and Hawn Foundation (yes *that* Goldie Hawn)

Ken Cohen; Roger Jahnke; Lee Holden; Yang Yang; Tim Ryan (U.S. Congressman); Robert Peng;

Mimi Kuo-Deemer ; Eva Wong (limitlessgate.com)

3) **Reliable websites** – some sites with content recognized as of high quality by the community of those who research, write, teach and enjoy practicing with the rest of us:

livingtao.org

thichnhathanhfoundation.org

plumvillage.org

lionsroar.com

communitytaichi.org

wildmind.org mindup.org

mindful.org

centerfortaiji.com

greatergood.berkeley.edu

robertpeng.com

soundstrue.com

limitlessgate.com