

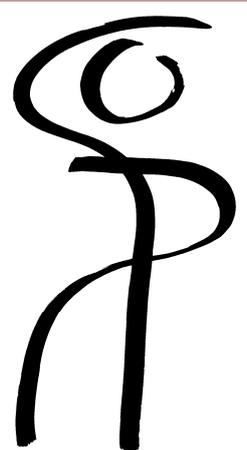


# RDTTC Founder's Newsletter

Summer 2011 No 6

## Special points of interest:

- Dates for Autumn/winter 2011/12
- Article - Moves that Heal & Awaken
- RDTTC News
- RDTTC New Deepening IV
- RDTTC Soul Moves day in Herefordshire November
- TMW Training News



## Moves that Heal & Awaken

Healing - healing moves, healing shapes and awakening mind movements. If you could be guaranteed that you could heal from what ails you, wouldn't you say "Yes"? If someone could say, "Look, feel this and you will be free", wouldn't you seize it with both hands?

A month or so ago I was feeling emotionally broken, distraught, distracted, unhappy and not in a good place. I had a scheduled appointment to teach and given what I was experiencing, there seemed no way that I could be in a fit state for the class - the feelings were just too big. I knew I needed to do something. Should I meditate? I felt too far from it. Should I play a Tai Chi Form? That felt too complicated. Then I remembered that the TMW sequence was designed to take someone from a place of collapsed separation and lead them to a place of connectedness. "Well, I designed it" I thought, "Guess I had better see if it really works then."

What happened was a miracle! I felt the healing shapes gradually weave me back together and from there I

played a really engaged Tai Chi Form which gathered me enough so that I could give the class.

Think about the shapes of the body creating something like a weather system around the body. A collapsed body shape creates a kind of 'shroud' of energy. This in turn influences how we feel and what we think, which also contribute to the weather system which pulls on the body. Can you see how these two, whether they begin on the outside or the inside, can have a powerful effect on how we go about our day?

Think about the kind of shapes that modern life puts us through. Think of sitting at desks, or in cars. or in front of screens or TVs. What kind of weather system is that going to create? What kind of thinking, what kind of view is that weather system going to create in your mind?

There is a verse that came out of a retreat I went to a long time ago with one of my teachers, Ram Dass. "I am a spirit in a spacesuit, only God in disguise, if you look really closely you will see me in my eyes".

*If we can be generous enough to allow it to touch us, transformation is assured in some measure.*



*As the weather cleared, I could emerge, I woke up, I became free again.*



Most of us are so shrouded, so full of heavy weather systems, that the light, the spirit that we are, is completely hidden.

Fortunately there are other shapes which reflect or resonate with this inner spirit. As I was moving through "Open to the Day", and "Flex the Sky", "Here am I" and the "Five Elements", I could feel the moves opening the weave of the shroud of pain. I could feel them like the morning sun burning and clearing the early mist, like a fresh breeze carrying away smoke. Not for the first time and yet...for the first time, I really felt the healing power of the shapes that we use in RDTC and Soul Moves. As the weather cleared, I could emerge, I woke up, I became free. Not that the problem had gone away, it was all still there, but my spirit had returned and I was able not just to survive the class, but live it.

This experience confirmed for me the effectiveness of what we do. Here, once again, here is the essence of the path of RDTC. A path which heals so that my essence can shine. With it I can live rather than survive my life. As I am living, almost by very definition I am hearted, I am bringing the heart of me to life. A path with heart.

When I pondered on why these shapes worked, of course the very shapes themselves helped - but it was not just that. I needed to be

present to them for them to touch me. I also needed to be receptive enough so that I could receive that touch. There is a triangle made up of the shapes, a sense of presence, and a softness that creates a powerful force of healing. Guaranteed in fact.

So what shapes or moves do you rely on in your life? What shapes do you want to rely on in your life? If we can just be present enough to give ourselves the gift of a healing shape, the day is different. If we can be generous enough to allow that awakening shape to touch us, transformation is assured in some measure. Does it have to be complicated or long? No. It takes just a moment because all we want is to feel that essence and then bring it into what we are doing next. To bring the heart of us to the life we are living right now.

For those of you who are meditators or who are Tai Chi players, there is a sense, arising out of the tradition, that this takes a long time, that it needs a long time. Well whilst the technique may require this, the essence of you does not!

I was listening to a radio programme recently where a man was being interviewed who had spent his whole life studying the sea and the oceans. The interviewer asked him what, in all of his experience, was the most important thing he had learned from the ocean. He said

that when we give the life that is in the oceans just a small chance, the ocean instantly repays it a hundred fold. And so it is with us. If you can just give yourself an awakening movement, that which is awake responds immediately.

So whether you are playing your Tai Chi Form, or whether you are using Shibashi, TMW or Soul Moves, be present to the shapes, allow them to touch you as they will, and then let

that awakening into your life as you live it.

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**RDTC News**



## SOUL FOOD – RDTC Summer Gathering 2011

### **A review by Vince Millband RDTC Swansea**

July began with attending the Summer Gathering at Poulstone as a co-Facilitator with Andrea, Helene and Catriona alongside Richard. This was a truly informative experience with valuable lessons in preparing and delivering individual sessions, and also having the opportunity to closely observe (and discuss) how Richard developed a theme throughout the weekend. I know that I learnt a lot being part of the teaching team that weekend and it has had a big impact

on my own development as a Facilitator.

The Summer Gathering was attended by about 20 people (including a couple of my students from Swansea) with a range of experience including some who had been playing Tai Chi for many years as well as people who had recently come into contact with RDTC through Soul Moves. With such a broad range, it might have proved difficult to engage and include the various strands. But, with a blend of daily talks by Richard, focussing on the themes of Rooting, Releasing and Rejuvenating, the commonality of Rising Dragon Tai Chi and Soul Moves became much clearer. This was further enhanced with opportunities to play Shibashi together, both outside and in the Barn. And finally, Richard gradually developed the thread of offering everyone an opportunity to begin to learn Push Hands in such a way that, for those that had never experienced Push Hands before it was very accessible and non-threatening, and for the experienced it was presented in an entertaining and informative way that gave new insights.

Alongside this, Andrea, Helene, Catriona and I were offered opportunities to each lead sessions focussing on Rooting/ Releasing to both Tai Chi and Soul Moves groups. When not leading one of those sessions, we had the chance to observe and assist a fellow Facilitator. My thanks go to all three of them for the helpful and genuine comments and feedback they gave me.

So, as you've probably picked up on by now, I would wholeheartedly encourage you all to take the chance, whenever it may arise, to work alongside Richard. With love - Vince

### **A review by Andrea Bailey - RDTC Senior Teacher**

It's the morning after. Having spent a

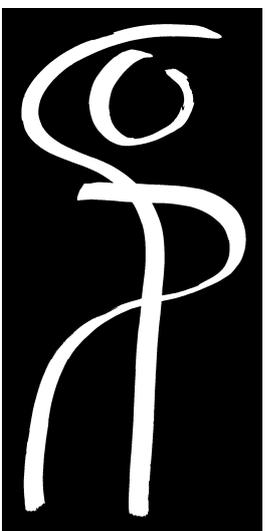


*He said that when we give the life that is in the oceans just a small chance, the ocean repays it a hundred fold instantly.*





*I received lots of comments on how well I look or am asked if I've been on holiday. It's an 'RDTc Soul Food Glow' that they can see!*



glorious 4 days on the Summer Gathering, I'm straight into my daughter's end of year festival at school. Despite my sleep deprivation, I receive lots of comments on how well I look or am asked if I've been on holiday. It's an 'RDTc Soul Food Glow' that they can see!

An RDTc Soul Food Summer Gathering weekend is to be with a wonderful group of people who really engage with the invitation of the work. The journey began with settling in – letting the beauty and peace of Poulstone Court work its wonders. The focus of the first day was to bring people into their bodies through movement, meditation, talks and touch. Here the transformation begins as a deeper knowing is uncovered. By the second day, with a focus on releasing it's like watching flowers coming into bloom, each with their own colour and scent. By the closing circle we were a gathering of magnificent beings – all of whom had found their version of presence, release and rejuvenation.

I personally set out on this journey with some trepidation – I'd agreed to be part of the teaching team, and welcomed the opportunity to stand up in my knowing – but at the same time there was self-doubt pulling at my sleeve: Wouldn't it be nourishing to hang out eating cake and walking to the river? So I took myself gently by the hand and felt into my spine. Here lies the trust that I am good enough as I am and all I have to do is to relax into being me. The beauty of stepping up into teaching is that you have the power of the principles to support you – all I have to do is 'walk my talk'; become present, relax, be kind and let everything roll from there.

I learnt so much, but most significantly that the more simple the session, the greater impact it will have. There is a temptation to try and do too much, in an effort to get the message across. But a clear invitation coupled with an embodied delivery is all that is required. Then just hold the space and

let 'it' do its thing. I realised that it was less about 'teaching' and more about getting out of the way to let the Principles just flow.

So thank you all for the inspiration to carry on sharing this powerful work, and I hope to see you all next year.

Love Andrea

## COMINGS & GOINGS

### Sid Revill

This summer sees the departure of Sid Revill from RDTc. He now feels it important that he follows and develops his own School "Oak Horse Tai Chi". We wish him and his students well. Sid has been a faithful servant of RDTc and we shall miss his sense of mischief! Sid wishes to remain an RDTc student which is wonderful as it means "Fare thee well" but not "Goodbye".

## NEWS OF UP & COMING IMPORTANT OPPORTUNITIES

### The New Deepening IV 2012 - 2013

Deepening III is now coming up to the end of their fourth meeting. All 20 participants have not only stayed the course but many have made significant shifts in living their life rather than just surviving it. The last meeting will be in September, which, as it potentially evolves into The Next Step, will make way for a new Deepening IV.

For those of you who would like to take your RDTc and Soul Moves experience to the next level of understanding - this is for you.

What is it? It is a chance to explore the Essential Principles of RDTc and apply them to living your life in the company of a group of people with

similar aims. It is a truly wonderful course. A gentle but powerful invitation to bring the RDTTC Principles deeper not only in your practice but also in your life in what ever way you feel is appropriate.

In addition, the Deepening can be a powerful holding place during the powerful transition through 2012 and onwards. We live in a time of change and turmoil and it helps everything if we can stay connected to something real. The tendency is to harden, tense and get reactive but with support, these big movements can lead to something really rich and different for us and our world.

There are four meetings, beginning 9th - 12th March 2012, continuing in September 2012, then the following March and finishing in September 2013. If you would like more details, look out for the flyer which will be coming soon. If you know of a current Deepener then do ask them about it. Alternatively you can contact us for more details. *Please note the next Deepening after this will not start until 2014!*

### **A SOUL MOVES DAY** Moves to Heal & Awaken **Hereford 20th November 2011**

To be eligible for the New Deepening IV you must have attended a class or day with RDTTC. This Soul Moves day will qualify you to join this extraordinary ongoing course whether you do Tai Chi or not. A perfect opportunity for you, your family or friends to join the RDTTC journey.

This year there will be a Soul Moves day in Hereford instead of a Winter Gathering day, but this Soul Moves day will offer the same retreat feel.

What is it? A day of introducing the RDTTC Principles to those who would like to explore living life rather than just surviving it. A day to feel into the stillness that lies behind the busyness,

to learn how to access this easily in everyday life.

Participants will learn a simple sequence of moves that embody the very essence of the awakening moves of RDTTC, which can then be used at home **Look out for the flyer!**

### **WEB MEDITATIONS**

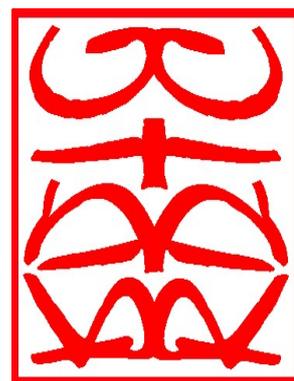
For some time I have been thinking about offering meditations online via a sound or video link. In the old days a community such as ours would gather in our village and sit or move together. However now we that are spread out all over the country, and in some cases in different countries altogether, I would like to use modern technology to bring back this sense of a gathering of a like-minded community.

I am looking for 5 or 10 people, beginning sometime in October, for a once a week or once a month 20 to 30 minute session, over say 5 sessions to begin with. It would include a time of brief introductions, a led meditation, and then time to share or ask questions.

We will need to explore what works, what are the best times etc and then away we go. This facility will eventually be incorporated into the new RDTTC website which is currently under way. If you feel you might be interested in exploring this, please email me with your Yahoo, Hotmail or Skype address. If you can do this by 11th October at the latest, we can then begin the process.

### **BURSARY DONATIONS**

From time to time, RDTTC students make donations to the Bursary Fund as a way of supporting others who are not as financially fortunate as themselves to benefit from courses. If you would like to make a donation, please send a cheque payable to 'RDTTC', marked 'Bursary Fund' on the back of the cheque. Help is always appreciated.



*To be eligible  
for the New  
Deepening IV  
you must have  
attended a  
class or day  
with RDTTC*





## Cause and effect

Following the article in the front of this newsletter about the 'weather systems' that surround us and influence us, here is a clue as to how they get created.

On our recent holiday we observed two very different scenarios concerning a mother and a child of about 8. The first mother was very controlling and fearful, she repeatedly grabbed the child by the hand and led him to where she wanted him to get to, usually slightly dragging him. She sat him down and arranged him, "Sit this way not that way". She gave him time limits to play in the sea, not more than 5 minutes. "Don't get too sandy" (on a beach!) I think you get the picture.



The child was often either reluctant or defiant and when he was occasionally left alone, didn't quite know what to do with himself and then began pestering his mum for attention, which she, of course, was cross about.

This is quite a weather system! It doesn't take a lot of imagination to see what kind of world is being created here and the problems that this weather system is going to create for both people concerned.

The second interaction happened in a taverna which was on the edge of a cliff. The cliff was bounded by an iron railing about 4ft high and the beach was about 100ft below. As I looked to my right there was a boy on the other side of the railings, leaning out just holding on to the rail with both hands.



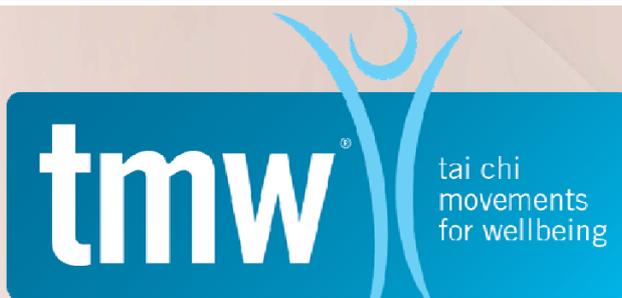
I observed his mother walk towards him, speaking in a very relaxed, almost casual way. There was nothing in her body, her movement or tone of voice which gave the impression that she was stressed, worried or frightened, some of which she must have been. She was speaking in Greek, which I couldn't understand, but it sounded to me like she was saying this was not a great idea and to come down.

As she approached, the child pretended to pull out further. However she simply offered him support to climb back whilst holding his arm very firmly. They then went back to their table and she continued to show no stress.

This interaction is giving a very different weather system to both people concerned. It is creating a very different set of permissions and messages which will have an effect in the future.

Now it is easy to think of this as happening out there and only belonging to them, but think of that outer relationship as an inner relationship between you and you. How do you talk to yourself and what weather system does that dialogue create?

It would also be easy to be judgmental, but each person is getting exactly what they need for their journey of healing and knowing. For all I know, one of those boys will end up in your class learning moves which heal and awaken him to his essential nature which has been obscured, just like yours and just like mine!



Here is the news on RDTc's latest project - TMW Training.

#### WHAT IS TMW?

I have distilled the experience of 35 years of teaching Rising Dragon Tai Chi into a simple sequence called Tai Chi Movements for Wellbeing (TMW). I wanted to help people who have a need of Tai Chi movement, but who do not have the time or even the inclination to study the intricacies of Tai Chi over a long period of time - in other words making accessible the amazing gift of Tai Chi movement to those who would not normally get a chance to experience it.

Not only is TMW an amazingly simple and powerful sequence to do, but we are also teaching you and others to offer it to your local communities - whether this is just with a few friends, in a local hall, in a School, in a Care Home - there are many possibilities. No experience of Tai Chi is required. All that is needed is a wish to help, TMW does the rest.

#### WHO HAS BEEN TRAINED IN IT TO DATE?

Our first NHS training finished successfully in April with 13 clinical staff in the Hereford NHS Primary Care Trust being accredited to lead their patients in TMW.

They cover the following patient groups:

- Brain Injury, Falls Prevention, Cardiac Rehabilitation, ME, MS, Mental Health, Occupational Therapy, and Physiotherapy.

Of the RDTc students, teachers and facilitators, I am pleased to say that thus far:

- Andrea Bailey
- Jackie Wright
- Vince Millband
- Linda Edwards
- Jackie Hume-Richardson and

- Liz Palfreman  
have all been accredited. Well done!

#### WOULD YOU LIKE TO BE A TMW TRAINER?

The training consists of 4 modules over a period of 10 weeks - 3 modules of two days each, with the final 4th module being one day.

#### WHEN IS THE NEXT AVAILABLE TMW TRAINING?

The next opportunity - TMW Open3 Professional Training - begins on:

**28th & 29th April 2012**

The dates for all four modules are overleaf. If you would like to take this training, please get in touch and we will send you details of fees, course times, venue etc. You can also register online - web address below.

I do hope you will take this up as not only is it an amazing opportunity and a wonderful way to help those who need it, it is an extraordinary way to deepen your knowing of RDTc - and it will pay for itself as soon as you begin to share it with others!

#### DO YOU HAVE ANY CONTACTS WHO WOULD BE INTERESTED IN TMW TRAINING?

Do you know any NHS professionals. Or do you have contacts in the NHS, Schools or Care Homes, organisations etc who might like to train in TMW? Do you know of other Tai Chi students or people who might be interested in taking the TMW Training? If so please let us know and we will send them an information pack.

The TMW Training website is now online at:

**[www.tmwtraining.com](http://www.tmwtraining.com)**

Take a look and see for yourself!

#### OTHER NEWS

We are exploring a number of avenues at the moment - residential care organisations for the elderly including BUPA, along with some Teaching Hospitals in the Midlands, all of which would be perfect venues for TMW.

## Some important dates

Most, if not every, participant who comes to one of these courses, walks away with something that adds to their understanding of the meaning of their life. This is because of the richness that, as RDTC students, you bring and because of where you listen from. Please look at the options open to you and if you want to come, book your place straight away, as space is usually limited. We look forward to seeing you!

Embodied



Learning

## Open Courses

### Soul Moves Day in Herefordshire - Moves to Heal & Awaken

contact the office on 01989 740 590 or email [richard@soulmoves.co.uk](mailto:richard@soulmoves.co.uk)

- 20th November 2011 Upton Bishop Millennium Hall 10am to 5pm

## Ongoing Residential Courses

### New Deepening IV Series

Poulstone Court

- Meet 1 9th - 12th March 2012
- Meet 2 7th - 10th September 2012
- Meet 3 8th - 11th March 2013
- Meet 4 6th - 9th September 2013



### New Deepening Series III 2010/2011 Poulstone Court

- Meet 4 9th - 12th September 2011

### Next Step Series Group 1

Poulstone Court

- Meet 4 25th - 28th November 2011

### Next Step Series Group 2

Poulstone Court

- Meet 4 2nd - 5th December 2011



## Training Courses

### RDTC Facilitators' Training

- Meet 6 15th - 16th October 2011
- Meet 7 7th - 8th January 2012
- Meet 8 14th - 15th April 2012



### TMW Training

See - [www.tmwtraining.com](http://www.tmwtraining.com) for details

- **TMW Open 2 Professional**  
**Fully booked**



- **TMW Open 3 Professional Training**  
**Now booking**

Module 1 28th - 29th April 2012  
Module 2 19th - 20th May 2012  
Module 3 30th June - 1st July 2012  
Module 4 21st July 2012



RDTC Living

