



KI-WAYS

Tai Chi • Shiatsu • Energy • Healing with Nature

Hi,

If you have received this newsletter then I have you on my mailing list. If you would prefer to not be then please just drop me a line with "Unsubscribe" in the subject header and I will take you off the list. Conversely, if you know of anybody who would be interested in receiving the newsletter, please forward it to them and perhaps copy me in so that I can put them on to my list.

Have you ever worked for a long time at something and then been given a nudge in the right direction and everything has dropped into place? Afterwards you may think to yourself "Why didn't anybody tell me that before?" Then if you **really** reflect on it – you realise that you had been given the piece of the puzzle that allowed you to see the whole picture – but did not realise that you had it.

When we learn things that go beyond basics this is a common occurrence. In my experience as a learner and teacher there are usually two main factors coming into play:-

1. The "Eureka moment" can only happen when you are ready. Sometimes it takes time for all of the pieces to fall into place.
2. Perhaps you were given the information in a way that did not work for you? For example, I always considered myself to have a weakness in mathematics until a tutor realised that I was over complicating things. He taught me how to get through this and I ended out helping my student colleagues with the mathematical part of my Engineering degree.

The first part takes time and work. Usually if something has value, it takes time and effort to learn. True, you may be a natural for it but even Mozart needed to learn how to refine his art. If learning is about "inspiration and perspiration", this is the perspiration part!

It is the "inspiration" part that instructors need to help with. If you are inspired to work in a way that draws your mind, body and spirit in the same direction you will be truly connected to whatever it is that you are trying to learn. Getting this bit right means that there is less of the "perspiration" and anyway – it does not feel like work because you are enjoying it!

It is the duty of the coach or instructor to get the inspiration bit right. It is not simple because we are all so different.

If you decide to come to the Tai chi Upgrade course on Sunday 11th March, I will show you how to do this for your Tai Chi practice. Even if you are not already a Tai chi player, it could be worthwhile taking part because when you have learned how to align your Energies with what you are doing in one thing it is easier to do it with others. I have attached a brief resume of the course. Please contact me if you would like to find out more.

Here is the latest information with regard to the courses:-



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- **The Tai Chi Upgrade Course – Number 2.** Full details for this course are attached. The guarantee that if you do not feel that your Tai chi has been “upgraded”, you can ask for a refund. I also have an instructors offer. For each of your students that you bring along I will offer you a 15% discount. If you bring your whole class – I could end out paying you!

- **Microcosmic Orbit Meditation** – this is a powerful and useful Taoist technique for increasing your Energy and health that has been taught as a vital piece of knowledge for hundreds of years. In the old days, it was kept as a secret for adepts only. My opinion is that it is far too useful to mankind to be kept as a secret and I will teach you the technique in either one full day of training or split over a maximum of three sessions. The next training day for the microcosmic orbit is on Monday 27th Feb. There are 2-3 places left so contact me quickly if you want to give it a try. If you want to participate in the course but that day is not good for you, please contact me and we will try to arrange something.

- **The Key to Ki course.** I have decided to restructure the course so that if you take part, you will have a clear idea of what you will be getting out of it so that you can develop the training program that is right for YOU. There will be a series of ten to twelve steps that will allow you to develop your Energy skills in a way that is right for you. When you have mastered the basic, this means that you will be able to pick the parts that you want to learn and come back to other parts when or if you are ready. This training will be ready in March or April.

Please note that you will be given a comprehensive information booklet for all of the Ki-Ways courses.

Let me know if you have any thoughts, ideas or requests.

I would be happy to try and accommodate you with anything that you may need.

Until we need next time,

HAVE FUN!

Kind regards

Ray Pawlett

Kind Regards

Ray

www.ki-ways.com



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The Tai Chi Upgrade Course Number 2 – Personalise your Practice

This will be held on Sunday 11th March from 10:00 am until 4:00 pm at the Angel Hotel in Bourne. The cost for the whole day is £70.00 or if you just want to come for the morning the cost is £40.00

If you want to come for just the morning, that is OK but you will need to come for the morning session if you want to join the fun for the afternoon. Concessions are available for senior citizens. Please ask for details.

The concept behind the Tai Chi upgrade courses is that they will form a stream of sessions that deliver a specific idea, concept and way of working that will help you to upgrade your Tai Chi. Each of the courses can stand on its own. **It does not matter if you did not come to the last upgrade course.** The course is open to beginner or master. Martial artists from other styles could also gain much from the course.

The Ki-Ways niche is a high understanding of Chi or Energy. This will flavour the whole of the training day and will be coupled with theoretical and practical clarifications for everything that you do. By the end of the session you will understand more about your own Energy and thus how to get more out of your training. We are all busy people. We need to “train smart” to get the most benefit of our work. The Tai chi upgrade course will teach you how to do this.

In the morning we will focus on the basics. You will learn how to use the ten essences as a self-improvement tool for your own work, how to “feel inside” the essences and how to connect to the Yin and Yang polarities of the Universe in your practice.

In the afternoon we will continue the mornings work but move more into using Chi with your movement. The focus then shifts to YOU. You will learn how to understand your own Energy and how to use Tai Chi to supplement it. We will use techniques from Taoism, Shiatsu, Shamanism, Tantra and Tai Chi to align your practice to your own personal path. Once you are on your OWN path rather than that of a teacher or master – nothing can stop you. Your practice becomes its own inspiration and way of life.

The venue for the course is in the centre of Bourne, Lincolnshire. The manager of the hotel has kindly offered a discount to any course participants who want to stay for the night. Food will be available on the day at extra cost - please let me know if you need food ordering. The website for the Angel Hotel is <http://www.theangelhotelbourne.com/>

During the day, there will also be the opportunity to ask any questions that you want about Tai Chi.