

November 2007

"I JUST WANTED TO BE WELL"... my experience

In 2002, I began taking a Tai Chi Kung class with Sifu Roosevelt Gainey (Teach) purely out of my desperation to live. I was very ill and felt like I was about to implode. I had recently had endoscopic sinus surgery to improve my breathing and had not recuperated properly. The Taoist Tai Chi Kung presented by Sifu/Teach made an improvement in me immediately and the Chi Kung work continues to transform me.

Within the first 2 hours of this Tai Chi Kung class, I experienced a dramatic decrease in pain, increased strength, improved equilibrium, more energy, greater mobility/flexibility, ability to lengthen and stretch my left side, a sense of well-being, a desire to smile again and a host of other health benefits which have been a factor for my continued participation in classes with Sifu Roosevelt Gainey (Teach). Amongst the many new things that he taught, I learned a few very powerful breathing methods using the hands named Rise and Drill and another one called Crane Breath. I was shown how to wiggle my toes. Also, I learned about and benefited from another very powerful health method named Energy Facilitation.

I had worked in the health care industry for a decade and I had never, ever truly been exposed to any such practice. Like many, I had an extremely busy schedule and participated in healthy practices. I had been drinking plenty of bottled water, power walking, cycling (moving & standing), doing aerobic workouts with the video tape, juicing occasionally, getting colonics, preparing meals at home and other things that I thought was taking care of myself. However, that was not sufficient to prevent the ill health I was experiencing resulting from many factors including stress, sleep deprivation, dehydration, questionable nutrition practices and very importantly, shallow breathing.

Not only did I begin to suddenly age rapidly, my body systems began to malfunction to a point that it was noticeable. My hair had grayed significantly. I had gained a tremendous amount of weight (at times, climbing a flight of stairs was problematic). I could not optimally assimilate the medicines, supplements nor the beverages and food I consumed. I had sleep apnea and slept with a CPAP machine to force oxygen into my body when I did sleep. I had developed chronic migraine headaches which did not respond to the medication, diet nor the bio-

feedback treatment. Vertigo was a regular occurrence with me. My bouts with gas were also a common occurrence and very embarrassing as I had to participate in many meetings and deal with the public. Elimination was also a problem, while many people have the inability to move their bowels; I experienced the other end of the spectrum. I was pretty stressed but had a great way of hiding it from most people, including myself. By then, I had had 5 operations, including one to correct my breathing---the next surgery would have been brain surgery to address the chronic pain I was experiencing. Also, I was seeing a physical therapist to address a nerve issue I experienced after the last surgery. And I was taking many types of meds... a bag full - for a variety of other medical issues.

Prior to the endoscopic surgery, the excruciating and constant pain from the migraines and recurring sinus infections had inspired me to search for integrative health treatments. I thought I was an active participant in my health care... but the fear of having surgery on my brain was enough to scare me into a more accelerated search. My method to finding this class was not typical, yet fruitful.

At Sifu's Tai Chi Kung classes, I learned that healing takes place in a state of deep relaxation and that I simply had to learn to breathe. Not just breathe to exist --- breathe to live and rejuvenate myself. I was safely introduced to slow, continuous movement, proper body alignment, how to properly hydrate the body, food combining, how to sit, walk, sleep, martial arts, yoga, kinesiology, more effective supplements that work for me... it truly is and was a lifestyle change. Within one week, my vision improved tremendously (no need to wear dark sunglasses indoors, nor use reading glasses with a magnifying glass to read), within a month—poor digestion, bloating and constant gas pains began to disappear. Within a couple of months, the migraine, if I experienced it, was infrequent. Within a few months, I no longer needed the CPAP machine. Within one year, I had reduced in size from size 20-22 to size 10-12 with very little sagging. There were many other health benefits, as well.

Now, with more energy, migraine-free, approximately 100 pounds lighter (a size 4-6), much toner and stronger, very little if any bloating. I am taking vitamins/supplements and am more athletic than I had been in what seemed like eons, I know that there is no end to feeling good. I am reversing the aging process and I have a renewed appreciation of life and yes also, how the body functions, the role the mind plays and how emotions and thinking can cause harm.

My personal health care is an ongoing lesson and I am learning to take better care of myself. I now have tools for continuous improvement. Best of all, I get to work with other people who are not well and are searching for personal improvement, power and an integrative health program that works with the medical provider. Based on what I have seen, this system can work with all ages, modalities and can help one to experience an optimum level—whether it is health or martial application. And the best thing about it is that it doesn't require much except listening, consistency, determination and taking action.

There is a place for everything and personally, I had experienced the benefits of utilizing this system in that it vastly improved my ability to better assimilate medications, medical treatment (although I have no need for them or it at the moment—yeah!!!) and helped me to take an active role in partnering with my physician.

The knowledge and wisdom that Sifu shares with his students is vast and can be applied to your everyday life. His student base varies and includes physicians, lawyers, teachers, students, administrators, retirees, civil service workers, entrepreneurs, and so on. He also provides private services: lessons, energy massages and more. Teach has a health chi kung training program. He has a unique ability to teach this to people whereby, they truly benefit. He gives students and clients actual real life tools and actions to take to improve their lives. Finally, he has and continues to touch and improve the lives of generations of people from a variety of ethnic groups.

Knowing what it feels like to feel good is a gift. Another gift is first-hand experience that I can feel better and better and better...and better... and better... evolving... steadily... there is no end. Every day, is beginning anew. I am a work in progress.

I am truly grateful. THANK YOU, Teach!

Sincerely,
Brenda Rainey