

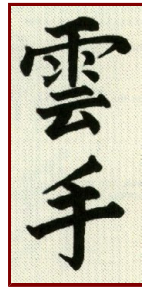
Cloud Hands
The Gentle Mind-Body Arts of T'ai Chi Ch'uan and Chi Kung

**Taoism, Nature Mysticism, Alchemy, and
Chinese Philosophy
Related to Tai Chi Chuan and Qigong**

By

Michael P. Garofalo

February 6, 2004



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Taoism, Nature Mysticism, Alchemy

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Quotations

Taoism, Alchemy, Tai Chi Chuan

"T'ai Chi Ch'uan bases itself exclusively on gentleness, softness, naturalness and bringing you back to your original nature. Daily training makes the muscles and bones become softer and more pliable, and it especially causes the breath to become natural. These are the results of disciplining and refining the ching, ch'i, and shen to the end of your days. How then can you consider dispensing with your kung or wish to suffer bitterly."

- Chen Yen-lin, 1932, *Cultivating the Ch'i*, Translated by Stuart Alve Olson,
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Cloud Hands - Yun shou

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Valley Spirit Taijiquan Journal

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**Tai Chi Chuan, Taijiquan, T'ai Chi Ch'uan, Tai Chi, Tai Ji Quan, Taiji, Tai Ji Chuan,
Tie Jee Chewan**

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GongFu**

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Michael R Garofalo was born on month day 1919, at birth place, Illinois, to Gaetano Garafalo and Adele Garafalo (born Manoni). Gaetano was born on May 5 1886, in Triggiano, Bari, Apulia, Italy. Adele was born circa 1894, in Ancona, Provincia di Ancona, Marche, Italy. Update information for Michael Garofalo ». Quick Links. Biography. How much of Michael Garofalo's work have you seen? User Polls. Documentary TV Series. Michael P. Garofalo - Fitness Instructor Qualifications. Michael P. Garofalo - Green Way Research. Michael P. Garofalo - Home in Red Bluff, California. Michael P. Garofalo - Hypertext Notebooks Subject Index. Michael P. Garofalo - Internal Martial Arts Qualifications. Michael P. Garofalo - Concrete Poetry and Text Art. Michael P. Garofalo - Poetry. Michael P. Garofalo - Private Lessons in Mind-Body Arts. Michael P. Garofalo - Resume. Michael P. Garofalo - T'ai Chi Ch'uan and Qigong Practice. Publications by authors named "Michael Garofalo". 23Publications. NRG Oncology Radiation Therapy Oncology Group 0822: A Phase 2 Study of Preoperative Chemoradiation Therapy Using Intensity Modulated Radiation Therapy in Combination With Capecitabine and Oxaliplatin for Patients With Locally Advanced Rectal Cancer.