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CULTIVATE YOUR QI

Your houseplants or your lawn or garden will grow more or less by themselves, though they will get gangly or weedy without attention. If you want a premium lawn or prize roses, you need to cultivate, to pay attention to what is needed. You need to make sure that there is the right placement, the right amount of water and sun, the correct fertilizer. If you cultivate your plants or lawn, they will have beautiful qi.

In the same way, you need to cultivate your own qi to have the best health you can. Without special care, you will continue to live, though you may get a little gangly or weedy. If you cultivate your qi a little bit every day, you can have prize qi, and your health will show it.

There are many ways to cultivate qi, and tai chi is one of the best. Exercises of strength, like aerobics, running, weightlifting, and other sports are healthy and fun. While they increase external vitality, they do not necessarily support your internal vital energy.

If you are going to exercise, you might as well use your time well and practice an exercise that supports your vital energy and helps to stop the deterioration of age. Tai chi cultivates your internal qi energy and thus deeply supports your health.

So don't miss even a day of practice. You'll reap the health benefits of cultivating your qi.

Practice an exercise that supports your vital energy and helps to stop aging. Don't miss even a day of practice!

