

THE NINE *IN IT* POINTS

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1. Be "*In It*". CH...CH means nothing unless you **U aRe** in it. Then it becomes a very meaningful word-church, the temple of God, the gathering center of worship. Being *In It* means getting yourself involved in it, by taking part in its work as if you are the church. You are responsible and concerned about the success, growth, and fate of the church because you are the church. The fate of you and the church are tied together.

The same is true in learning Tai Chi and joining a Tai Chi club. Unless you are *in it*, it is meaningless and you cannot learn the true Tai Chi. Your Tai Chi will have no depth, be superficial, and have no taste. Your Tai Chi will not grow.

Make a fair comparison. Compare those *in it* practitioners with the not *in it* practitioners. Only fools argue with the factual truth.

Our arms are too short to box with the factual truth. Our mouths are too small to argue with the factual truth.

2. When you are *in it* you naturally treat the Tai Chi class as your **home**, not your **motel**.

3. When you are *in it* you are naturally treated by fellow practitioners with an *in-group* attitude, not an *out-group* attitude.

4. When you are *in it* you naturally feel one or two sessions a week are too few and too short and eagerly look forward to the next Tai Chi session. If you miss a session you feel a kind of guilty conscience.

5. When you are *in it* you are naturally a true **N.P.N.B. - P.H.D.** Tai Chi practitioner.

6. When you are *in it* you naturally grow with the growth of the group and deepen your Tai Chi with individual practice. Group practice and self-practice are the *two wings of the Tai Chi bird*. Without them your Tai Chi will not be as healthy with philosophical depth and yin-yang harmony.

7. When you are *in it* you for a certain long period of time, your body and mind and movement naturally become more relaxed and soft, more yielding and buoyant. Gradually you will develop a kind of water wisdom in contrary to cement head rigid, stiff, stubborn thought. A cement head person cannot fit himself to any situation, nor "make & friends and influence people."

8. When you are in it you naturally develop a personality that is willing to love, to give, to serve, to share, and to live for others; not for yourself alone. You can live a life greater than yourself and in spirit you are able to grow bigger than your self.

9. In nature the ocean energy is much stronger than the river energy. In human society, the group (Cloud Hands West) energy is much stronger than the individual energy. Remember, the small energy can more easily grow if it attaches to a big energy.