

# *THE OPEN MIND Edition #2*



## *Small Accumulates*

### *Hexagram 9 of the I Ching*

*It says, in the explanation of hexagram 9: "Accumulate the small to accomplish the great." I think that's a hard idea for most Americans to swallow because of the conditioning we've been subjected to. **BIG IS BETTER** thinking can create a lot of suffering. When I was wrestling with the music business many years ago, I knew songwriters who were making quite a good living at their craft but were never satisfied because they didn't have "Bigger" names. And sadder still, when I was working in stroke recovery, I found that many survivors found it impossible to celebrate small improvements in physical function, wanting "all or nothing". It was an attitude that made it nearly impossible for them to keep working at it steadily over time, thereby undermining the recovery process.*

*If we adopt this kind of thinking to our own physical wellbeing, we can get into trouble, too. We may delude ourselves into believing that only Big Bouts of exercise have significant payoff – a five mile run for instance, or 90 minutes at the gym. So, we rationalize that anything less than that is useless. Then, some folks decide they don't have enough time to devote to the Big so they exercise only rarely, and others may do those Big Bouts regularly, but after the intense workout feel like they can sit on their tushes all day without moving around much.*

*But research has shown that small increments of exercise do indeed add up, even when they are just in the form of basic everyday chores & activities (walking across the room or yard, sweeping, lifting a garbage can, etc.). In fact, according to Dr. Joan Vernikos, former Director of Life Sciences at NASA, those bits of movement are as important, and maybe even more so, than the Big Stuff. She maintains, in her book "Sitting Kills, Moving Heals", that each time we stand up from a seated position, it "jumpstarts" the body, or in more modern terms, "reboots" all the systems. It gets all the signals firing & juices circulating, keeping*

*the flow of energy moving along as nature intended. Gravity, she says, is our best friend, in relation to health. Remaining sedentary most of the day, therefore – even when you schedule in exercise periods – takes a huge toll on health. I read in another article a while back that after sitting for a 90 minute period, the body goes into something like the sleep mode on a computer. And the prolonged sitting also compacts the spine. Think of what it must do to the internal organs. Being sedentary, in fact, has now been declared more dangerous to health than smoking. Ponder that one, when examining your own habits! (I often get immersed in reading or writing for hours at a time.)*

*Solution: Get up at least every hour and move around. Even just standing, bouncing on the balls of the feet, or a quick set of qi gong, simple calisthenics, stretching exercises, air boxing & kicking, a walk around the block – all these small bits of exercise ensure that we're doing what we were designed to do, which is MOVE! (For suggestions on easy qi gong quickie routines, just email me.)*

*Then, as the I Ching so wisely counsels, The Small Accumulates.*

---



## *ONGOING QI GONG CLASSES*

*Mondays, 10:45 am, Los Osos Fitness, 1078 Los Osos Valley Rd., Los Osos. Non-member drop-ins allowed, \$10 paid directly to teacher.*

*Tuesdays, 12 noon, FitnessWorks, 500 Quintana Road, Morro Bay. Non-member punch cards available, just call (805) 772-7466 for details.*

*Fridays, 10:30 am, Tidelands Park, Morro Bay (field by the restrooms) BEST PLACE TO DO QI GONG! \$10. Contact me before attending, please!*

**CALL (805) 709-2227 for info or to sign up.**

**COMING UP IN FEBRUARY...**

***INNER ENERGETICS -- Qi Gong Fundamental Practices***

***Los Osos Fitness, 1078 Los Osos Valley Road***

***DATE: Saturday, February 9, 2:30 – 5 pm. COST: \$25***



*Qi Gong is a powerful health & spiritual development system with roots dating back thousands of years. It is an integral part of Chinese medicine. In this workshop you will learn fundamental qi gong meditations and exercises that will help you sense and work skillfully with internal life force energy for health & healing.*

*Qi Gong is a powerful health & spiritual development system with roots dating back thousands of years. It is an integral part of Chinese medicine. In this workshop you will learn fundamental qi gong meditations and exercises that will help you sense and work skillfully with internal life force energy for health & healing.*

***Practices include:***

***\*The Microcosmic Orbit***

***\*The Inner Smile (“befriending” the body at a deep cellular level)***

***\*The Dissolving Meditation (for physical & emotional pain)***

***Instructor:***

*Devin Wallace was certified to teach by Qi Gong Master Lee Holden and has done additional training with several other western and eastern masters. Devin is a certified clinical/medical hypnotherapist & a teacher of applied meditation. He is the former director of a neurological wellness center. Devin teaches at hospitals, clinics, yoga centers, gyms and rehabilitation centers.*

***For details and/or to register: (805) 709-2227 or [devinwalla@gmail.com](mailto:devinwalla@gmail.com)***

***For more info or to register, call Devin at (805) 709-2227 or email [devinwalla@gmail.com](mailto:devinwalla@gmail.com).***