

# TAI YI

## A JOURNEY TO YOUR HEALING

- **WHAT IS TAI YI?**

Tai Yi (pronounced “tie yee”) is the four thousand year old Chinese hands-on healing practice that facilitates your self-empowerment in the healing process. Tai Yi uses more than 4000 unique treatments to assist in healing the physical, emotional, mental and spiritual levels of the body. Tai Yi works with past, present and future experiences allowing even and balanced **LIFE** to flow throughout the different levels of the body. **LIFE** is an acronym for **Life Is Flowing Energy®** Jonah Life Institute LLC. Tai Yi is effective alone or in conjunction with medical treatments.

- **HOW IS TAI YI PERFORMED?**

Tai Yi is performed through the precise placement of fingers or hands on the body’s grid and meridian points applying soft pressure or transmitting energy for a prescribed period of time. This allows the meridians in the body to open and close like valves that move blood back and forth. By opening these meridians and sending Universal Life Force Energy, stagnant energies are released to create movement throughout the human energy system. Your intent in the healing process is critical to the outcome.

- **WHAT ARE THE BENEFITS OF TAI YI?**

The benefits of Tai Yi are to enable healing by working with the physical, mental, emotional and spiritual levels. It allows you to discover your own healing abilities after Universal Life Force Energy has been precisely delivered by a skilled, trained practitioner. Pain, illness or stress creates DisEase. When the stagnant energies are dissipated or removed, your health can be restored, you will feel freedom from DisEase, enhanced well-being, and a more relaxed state of being.

- **WHAT ARE SOME OF THE TAI YI TREATMENTS?**

Anger & Fear  
Anxiety  
Enhancing the Immune System  
Cerebellum  
Circulation  
Depression

Arthritis  
Grief  
Guilt  
Liver and other major organs  
Perception of Pain  
Post Traumatic Stress Syndrome

- **SOME TAI YI TREATMENT DESCRIPTIONS**

**ANXIETY:** assists in healing the effects of a singular event, depression, and when nerves are on edge. This works with shallow breath, large intestine, spleen, pancreas, constipation, and the lower part of the lung where anxiety is held.

**ENCHANCING THE IMMUNE SYSTEM:** first the lymphatic system is used cleansing the blood, pores, lungs and absorbing toxins from the tissues. A long period of stress is greatly assisted. The thymus, adrenals, spine, bone marrow, blood, brain, liver, spleen and pancreas can then be worked with to aid the immune system and depression.

**CIRCULATION:** this increases the circulation and blood flow by clearing the energy up, around and through the body.

**DEPRESSION:** this works with the emotions of depression from genetic inheritance, past lives, injuries, and disease. Some physical signs are female problems, arthritis, high blood pressure, deterioration of ligament and muscle tissue and brain atrophy. This assists everyone with physical, emotional or mental pain and is very helpful to those with MS and Parkinson's.

**GRIEF:** this can create cancer, high cholesterol and many other illnesses more than any other emotion. It assists depression and dissolving the mucous webbing in the heart and lungs.

**GUILT:** it affects the muscular system, circulation, deadens feelings and it coats the nerves which are covered over by polluted energy from the brain. This prevents life force energy from moving to completion and circulating within the body.

**ANGER AND FEAR:** this treatment not only works on anger and fear, but also abandonment, self commitment and self sabotage. It helps the physical organs kidney, bladder and affects the liver, blood, and bile.

**CEREBELLUM:** this treatment is to be used when and if stress or tension is in the organ of the brain. Also helps to increase blood circulation to the brain. This is an excellent treatment to do on STROKE patients.

**LIVER AND OTHER MAJOR ORGANS:** there are specific treatments for liver and other major organs. The treatments assist in unlocking healthy emotions.

For the liver treatment it will assist in breaking down fats. A polluted liver can create mood swings and PMS in females. It helps control restriction in the ligament and tendons.

The major organs being: heart, small and large intestines, gall bladder, stomach, lungs, kidneys, bladder, and second heart.

**PERCEPTION OF PAIN:** this treatment assists in letting go of emotional baggage. Perception is what magnifies the pain. Is it physical, emotional, or mental pain? Perception is more painful than pain itself. Psychological pain is the most difficult.

**POST TRAUMATIC STRESS SYNDROME:** this exercise helps in releasing stress from the body and resistance one may have about letting go of stress. The energy of P.T.S. works with the mental, emotional, past lives, and current life cycle. Look to see what day, month stress seems to be enhanced.

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