



Return to Stillness: Twenty Years with a Tai Chi Master

Trevor Carolan

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Return to Stillness: Twenty Years with a Tai Chi Master Trevor Carolan

Trevor Carolan studied tai chi, meditation, and traditional Chinese healing for twenty-three years under the guidance of the late Master Ng Ching-Por in Vancouver's Chinatown. Over his many years of practicing tai chi and learning from Ng Ching-Por, Carolan absorbed the wisdom that comes from studying so closely with a master teacher. Now he offers what the Japanese call "palm of the hand" tales: thirty brief chapters that explore the essential motivations that inspired him to adopt the path of tai chi and persevere in its practice. Among the subjects he addresses are the dynamics of Asian teacher-student relationships, contending with the competitive urges of oneself and others, the student's frustration at making little apparent progress, the humor and embarrassment often involved in cross-cultural learning exchanges, as well as more practical subjects, including the mechanics of breathing and Taoist and Buddhist meditation techniques. Carolan's easy mix of anecdote, insight, drawings, and teachings will appeal to novice and advanced tai chi enthusiasts alike.

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