

Celebrating

World
Tai Chi Day

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In the beginning...

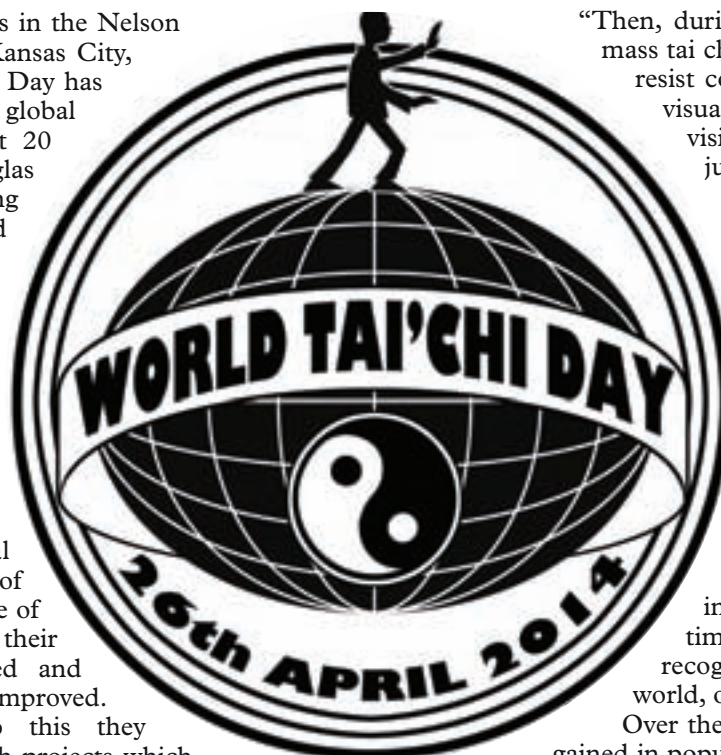
From hopeful beginnings in the Nelson Atkins Art Museum, Kansas City, World Tai Chi and Qigong Day has become a genuinely global phenomenon. For the last 20 years the vision of Bill Douglas and his wife, Angela Wong Douglas, has touched billions of people in more than 80 countries on every continent.

Bill's inspiration to start this worldwide event came from two distinct happenings: he was teaching tai chi and qigong in a number of settings, including situations where medical practitioners from a variety of specialisms took part. Some of the practitioners found that their stress levels were reduced and some physical conditions improved. When they looked into this they discovered medical research projects which tended to back up their personal findings.

Medical research proving the value of tai chi and qigong, amongst other practices such as yoga, is scant, (a sceptic would say there is no drug money to be made from it) but where it does exist there is clear evidence of positive results, albeit often with the proviso that a larger study is needed.

Then Bill's mother died and when the family were tidying up her things, they found a copy of the *Dao De Jing* that Bill had lent her with a note in it saying that she wished she had discovered these relaxation techniques much earlier.

The knowledge that medical research showed that tai chi and qigong could help 100s of millions of people but the media wasn't telling them about it, left Bill feeling he was hitting his head against a wall.



"Then, during a meditation, I saw this mass tai chi event the media could not resist covering because tai chi is so visually spectacular. And in my vision, I knew it was larger than just one event."

He made fliers and posters and booked the Nelson Atkins Art Museum in his home Kansas City. A beautiful space for one day in April. Numbers were slow to begin with but gradually built to around two hundred – much to Bill's relief – when the local news station turned up. The story was then taken up by CNN and attracted enough interest for Bill to invest his time fully in the event, now recognised by the tagline 'one world, one breath'.

Over the last 20 years, the event has gained in popularity to the extent that new data from the Princeton University Engineering and Anomalies Laboratory Global Consciousness Project identifies a spike on World Tai Chi Day. It would appear that we are all connected when we come together in 'coherent consciousness' no matter where we are physically.

And not only do we as individuals benefit. We are increasing coherence in global consciousness when we do. As are the International Day of Yoga, and world meditation events, that came into being following the creation of World Tai Chi and Qigong Day. ☯



Bill Douglas

www.worldtaichiday.org

To find an event near you or to add your event

www.hplconsortium.com/web/wtd/2020



World Tai Chi days gone by

Jane Launchbury

World Tai Chi and Qigong Day sometimes falls on the same day as the spring 'Cuckoo Fair' in our Wiltshire village, which regularly attracts over 20,000 visitors. For many years Longwater Tai Chi has been invited to demonstrate tai chi and qigong.

Our first appearance was at the edge of the fair behind a bouncy castle, watched by a handful of noisy bouncy children. Things improved and for many years we have been in the opening procession and had a 30 minute performance on the main Maypole Green, always well attended, as it's a good place for tired visitors to sit down and rest their legs.

We get to use the Maypole Green PA system, so we can tell the crowd about World Tai Chi and Qigong Day, explain what they are watching and why they might like to try tai chi or qigong. Our students mingle in the crowds before and after in their tai chi tee-shirts and get into conversations and photographs.

At the end of the demos of solo and partner forms, including tai chi sword forms (practice swords and having advised the police and security in advance!), we always invite audience participation in a tai chi qigong set. It's been fun and good promo for tai chi. Plus a great opportunity to socialise with a group of our students.

Longwater Tai Chi and Healing Arts

www.longwatertaiichi.co.uk



Mark Peters

2006

It was a wonderful sunny Saturday for World Tai Chi Day in Cannon Hill Park, Birmingham. We had about 30 or 40 people and our students wore a t-shirt we'd had made locally as it seemed a nice idea. We practised tai chi and qigong together then demonstrated various weapon forms to give people an opportunity to see different aspects of the art.

2008

We held the session at the national climate change festival in Birmingham and over 100 people took part. There is video on youtube at:

www.youtube.be/nP25TZtqOfE

We gave away free t-shirts 'Tai Chi in the Square'. It was funny when people asked for a free t-shirt but didn't know what it was for.

2014

We held the session outside Birmingham Council house by the 'floozy in the jacuzzi', a well known landmark in the city centre. This time the council funded some t-shirts as I had started a 'tai chi in the park' project with them which was really growing and engaging Birmingham residents.

www.taiichijournal.com/?event=tai-chi-qigong-in-the-park-for-world-tai-chi-day



Karen Soo

2019

As I recall there were around 100 attendees that day and some were regular class participants, others were not. I put the event in my monthly email newsletter and created some flyers to give out at my classes.

We did a Zoom event for 2020 and 2021 and will be repeating the event this year, 'live' in front of the Pump Room, Pittville Park, Cheltenham

www.shibashiqigong.com
www.youtube.be/elKUQI_tnrv

"Thank you for making this extraordinary event and health movement possible through your organising and participation each year"

Sincerely,
Bill Douglas & Angela Wong Douglas, co-founders of
World Tai Chi & Qigong Day

Peter Karran

Last April I did a talk for U3A on Zoom: *a Fools Guide*. I delivered it whilst doing qigong and Yang long form. I am planning to give it again to the local WI.