

**Cloud Hands**  
The Gentle Mind-Body Arts of T'ai Chi Ch'uan and Chi Kung

**Taoism, Nature Mysticism, Alchemy, and  
Chinese Philosophy  
Related to Tai Chi Chuan and Qigong**

By

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*Cloud Hands - Yun Shou*

# Taoism, Nature Mysticism, Alchemy

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# Quotations

Taoism, Alchemy, Tai Chi Chuan

"T'ai Chi Ch'uan bases itself exclusively on gentleness, softness, naturalness and bringing you back to your original nature. Daily training makes the muscles and bones become softer and more pliable, and it especially causes the breath to become natural. These are the results of disciplining and refining the ching, ch'i, and shen to the end of your days. How then can you consider dispensing with your kung or wish to suffer bitterly."

- Chen Yen-lin, 1932, *Cultivating the Ch'i*, Translated by Stuart Alve Olson,  
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**String Figures and Tricks**

**Religion and Gardening**

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**Tai Chi Chuan, Taijiquan, T'ai Chi Ch'uan, Tai Chi, Tai Ji Quan, Taiji, Tai Ji Chuan,  
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**Chi Kung, Qi Gong, Qigong, Chee Gung, Qi, Chi, Tu Na, Dao Yin, Yi, Neigong,  
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**Witchcraft, Neopaganism, Totems, Nature Magic, Occult, Esoteric, Herbs, Plant Lore,  
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