

GOOD HEALTH AND WELL-BEING

United Nations Sustainable Development Goal 3



World Living Heritage, Promoting Healthy Lifestyles, Eradicating Diseases

Technology, Advocacy, Outcome

Life Wave Inc. USA, accredited by the World Intangible Cultural Heritage Protection and Development Foundation, recommends the "United Nations Sustainable Development Goal 3" project to all 193 member states of the United Nations.

"Promoting Health through World Living Heritage" implements Sustainable Development Goal 3 through a "non-invasive," "non-pharmaceutical," and "non-medical" approach to healthy living.

The United Nations advocates: "Countries need to make greater efforts to eradicate a range of diseases and address various stubborn and emerging health issues."

Project Theme: World Living Heritage (Technology), Promoting Healthy Lifestyles (Advocacy), Eradicating Diseases (Outcome)

1. Living Heritage: Taiyi Boxing, originating from Taiyi culture, Taiyi consciousness, and Taiyi formations. Taiyi Boxing originates from the concept of "interchange between Yin and Yang," where Yin creates Yang, and Yang creates Yin, perpetuating life endlessly. It is a national art of mutual creation between humans and nature.

- Taiyi Boxing is a combination exercise that integrates the body, mind, and soul. Its characteristics include "relaxation, stillness, emptiness, slowness, softness, and roundness," where rigidity incorporates softness, softness incorporates rigidity, and they transition seamlessly, complementing each other. It is a fusion of the dialectical philosophical thinking of the Chinese nation and the martial arts and arts.

- Taiyi Boxing, also known as Natural Boxing, was formerly known as Medical Boxing. "Taiyi" refers to the Great Physician. It integrates "Zen, Tao, Martial Arts, Medicine, and Skills" into one. The three states of movement, stillness, and reception in boxing embody the harmonious unity between humans and nature.
- Taiyi Boxing has its unique inheritance system, divided into nine stages: Each stage represents a progression towards enlightenment and mastery, allowing for both individual practice and interconnected movements with mutual control.

2. Life Pavilion: Taiyi Longevity advocates for the interaction of energy between humans and nature, seeking to achieve self-energy balance through physical, mental, and spiritual cultivation, aiming to achieve the goals of disease prevention and strengthening, cultivating tranquility and wisdom, and achieving rebirth.

- Taiyi Longevity originates from Taiyi culture and is practiced through Taiyi Boxing. Taiyi culture is profound, encompassing the three roots of life: virtue, wisdom, and spirituality. Practicing Taiyi Boxing interacts with life, utilizing "psychological suggestion, physiological magnetic adjustment, and ethical empowerment" to effectively mobilize and coordinate the three roots of human life, enabling their simultaneous development, mutual dependence, self-restraint of Yin and Yang, and anti-aging and longevity.
- The essence of everything in the world is composed of energy, and the entire universe is a vast combination of energy fields. The universe has created everything, and energy pervades the void, covering the entire realm, infinite and inexhaustible, omnipresent.
- Taiyi Longevity follows the natural way, establishing channels for the exchange of energy between the human body's magnetic field and external magnetic fields by regulating one's own state. It maintains constant energy exchange with the universe, relying on the brain and the five viscera to transmit and extract information, allowing for a continuous cycle of virtual and real. Giving and taking occur

simultaneously, with death and rebirth synchronized. Breaking through the limitations of life achieves rebirth.

- Human instincts progress from experiencing illness to seeking disease prevention, then to health preservation, longevity, and finally, anti-aging life pavilion.

3. Exercise Prescription:

What are the differences between the three types of exercise prescriptions?

1) Dynamic Prescription: Energy Exercise

It involves mobilizing all cells, including skin, muscles, bones, and internal organs, to achieve comprehensive "physical life through movement." It aims to repair specific injuries and weaknesses in the physiological structure sequence.

2) Static Prescription: True Qi Method

It involves calming down all emotions, such as joy, anger, thoughts, sadness, and fear, to achieve comprehensive "mental life through tranquility." It aims to repair certain injuries and weaknesses in the psychological function sequence.

3) Meditative Prescription: Eight Dhyana and Twelve Samadhi

It involves entering a state of meditation for all conscious activities, thoughts, and intentions, to achieve comprehensive "spiritual life through serenity." It aims to repair certain injuries and weaknesses in the sequence of metaphysical functions.

4. Five Element House:

Gold, wood, water, fire, and earth represent the essence of Eastern philosophy. The Five Element House is a three-dimensional space created by Taiyi based on philosophical principles, offering the general public intimate contact with the five elements of nature.

Five Elements - Five Dimensions of Health:

Generative and Restrictive Relationships

Five Sounds, Five Tastes, Five Colors, Five Meridians, Five Organs, Five Senses, Five Plants, Five Intentions.

The generative and restrictive relationships of the Five Elements are inseparable. Without generation, there would be no occurrence or growth of things. Without restriction, there would be no coordinated stability and development of changes. Only within generation lies restriction, and within restriction lies generation. Contrary forces complement each other, and through dynamic balance and coordination, things can continuously evolve and ascend.

The Normal Program of Life's Sublimation:

Health Preservation precedes Longevity,
Longevity requires Tonification of Vitality,
Tonification of Vitality begins with Embracing Pain,
Embracing Pain can dispel illness.

The practice of the Five Elements in Taiyi contributes to physiological cultivation.

Physiological cultivation includes:

- Five Plants (Testes, Ovaries, Uterus, Penis, Cavity)
- Five Organs (Heart, Liver, Spleen, Lung, Kidney)
- Five Senses (Eyes, Ears, Nose, Tongue, Skin)

The esoteric method of Taiyi cultivation:

- Five Plants promote Five Organs,
- Five Organs promote Five Senses,
- Five Senses promote Five Elements,
- Five Elements connect to the far-reaching...

Life Wave Inc., USA
Implementing Organization of United Nations Sustainable Development
Goal 3 Project