



SCHOOL RULES BELOW APPLY TO ALL COURSES RUN BY RAINBOW TAI CHI SCHOOL

1. YOU CAN SUCCEED IN ALL THAT YOU WANT TO A-CHI-EVE FOR BETTER HEALTH AND REJUVENATION. WE AIM TO HELP YOU MAKE IT!! Seek Nature's help. Ask the Trees to help you to be more rooted and manifest all you need. **You need to build up your Human Chi with Humbleness to CHI, CHI is intelligent and wise and want to heal your cells with love.** Cooperation with everyone, Openness/ Sincerity to share and Self Discipline grow and balance your human chi, earth chi and heavenly chi. These are attributes of success in learning here at The Rainbow Tai Chi School and are therefore also pre-requisites for being accepted as students of Master Choy. This applies to students coming for weekly classes, weekend workshops, personal retreats, Summer School Courses and FTT Teacher Training.
2. Learn to be an Initiate and keep practising what you have been taught every day. Be responsible for your inner/outer reality and embrace every challenge as a lesson of SELF DISCOVERY. Do your best to be single pointed and focus on applying what is taught during the sessions and diligently complete any tasks given. Do **NOT** read, study or practise other forms of Tai Chi, Yoga or your usual practices during the course. Be single pointed and complete the duration of your course.
3. Verbal Fast is important to enable us to focus on what the lesson(s) is/are for the day. **MEDITATE ON STILLNESS IN MOTION** and speak only when necessary and not use words to fill up the 'void'. Seeing, Feeling, Touching, Speaking and Listening can be ways to chi energise yourself and each other **OR it can be attempts to escape boredom and the Wu Chi or "The Nothingness principle of the Universe"**. Making friends with the Wu Chi and with people around us attract more healing chi to HELP YOU HEAL any illnesses you suffer now or in the future.
4. Should any conflict arise about our lives or with any colleagues or teacher(s), the solution is to SLOW DOWN and learn **"HOW TO BE"** and transform tensions in a creative solution, rather than focusing on, "WHAT DO WE DO" or run away from the stress/yourself. Projecting Anger at your teacher(s) will only mirror what you are doing to yourself. Persistent insulting of the Rainbow Tai Chi Master will also take you down to minus 64 dimensions and one thousand lifetimes of suffering. We can transform the "external problem" into transformation of your "inner selves" mirrored in the situation. We can use the problem as a catalyst to learn to love and chi energise your inner child/mother/father and creative/feminine/ masculine aspects.
5. Take care of your own individual space and respect colleague's spaces and keep the kitchen/rooms/bathroom/toilet tidy, clean, bring order into your spaces and keep it chi energised.
6. Please report any tools that are defective immediately and report any breakages of plates or tools. Every tool and the way we use the tool is a mirror of where we are with ourselves. If a tool is used wisely or unwisely, it mirrors where we are with ourselves. You may be asked to contribute towards the cost of replacing the item. For large machines such as the washing machine, we will of course ask the insurance or repairers to deal with it a.s.a.p.
7. **Smoking cigarettes or drugs and alcohol drinking are not allowed on the school premises or workshop venue. Thank you for respecting the health of your internal organs. You are born to be naturally healthy!**
8. Do your best to complete your homework as a way to work your way 'HOME FOR LIFE' and find BALANCE in your heart, body, mind and spirit. You can choose to let go of past negatives about School homework and see it as a self-enlightening path back to the REAL chi energising you. Be fully present during Chi Service and ENJOY it. You are then energised BY CHI.
9. Completion of payment of your school fees. The School receives no financial support from charities or governmental departments of education and has continued functioning purely due to students' fees. **Please pay on time as your school fees are required to plan your courses and is the primary contribution to ongoing School projects.** We plant 6-9 months ahead of the date of the course, so, thank you for doing your best to pay by deadline because it is a "lifeline" for the school programme.
10. All the above instructions and rules are based on the 15 Ways to a Happier You and 37 Steps to Happiness principles as covered in the books with the same titles.
11. Before leaving, please make sure you have cleaned up your living space with loving chi and paid for Internet, washing machine usage, take care of the compost and rubbish bags.
12. **Consistent failure to comply with the above rules may lead to dismissal by the Director of the Rainbow Tai Chi School and no refund will be issued in such a case. Thank you for doing your best to cooperate with the School Rules.**