



Alonzo “Zochi” Young: MU-i Taiji - Hidden Treasures Within



Zochi is founder of Tenesu, and a certified teacher/facilitator in Trauma & Healing informed methodologies, Corporate and Community Wellness, Conflict Resolution, Non-Violent Communications, Leadership Embodiment, and Executive/Personal Defense. He is a master teacher with extensive experience in various martial arts, using holistic and evidence-based modalities that create a transformative container for an enriched learning experience. Discover MU-i and try it yourself!

TOP EMBODIMENT TIP: Learn to listen and have empathy for your (practising) partner and for yourself. If we don't listen to ourselves, we're going to regret it. We have this innate ability to be embodied, so we need to embrace it.

MU-i: Tool for Transformation and Social Change

- Developed from original 108 Yang style Taiji movements
- Zochi added affirmations to each movement. **“What is your intention?”** Inclusive of oneself, and larger than oneself.
- **MU-i is a Japanese word, which means “Fearless”.**

Self-exploration:

- **MU-i is not about thinking but following, in the process opening the inner door to intuitiveness.** There's a freedom in the unfolding moment, while doing the practise.
- After years or even just months of doing the practise, you can find this state of mind and body in most difficult situations.
- **Bring fearless moving embodied meditation to your life**, moving through challenges even if they look impossible.
- Changing the way we face the world, we face it fearlessly without aggression, stand in our own power, surrender, and let go of those things that no longer serve us.

Somatic Tapping: Releasing Tension from the Body

- Somatic tapping is based on the idea of animals in the wild shaking off their stress.
- Allowing our voice to open activates our throat chakra.
- Perhaps making you laugh can help - it releases endorphins in the body.
- A soft “ha” can be used before difficult decision making.

Resources

- ❖ **Books:** The Alchemy of Change and the Transformative Power of Intention
- ❖ **Website:** www.zochi.life
- ❖ **Social:** Facebook: [Zochi Young](#), [TaijiEthiopia](#)
- ❖ **References:** Stephen Kow Roshi



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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