

## *Master Mantak Chia - Annabella Chan*

*Mantak Chia has harnessed media (internationally published books and articles, videos and CDs and Internet Website usage), employing it as a vital force for the transformation of anyone anywhere anytime seeking to achieve inner and outer peace through his interpretation of ancient Chinese practices. His writings awaken individual consciousness to the untapped resources within each one to achieve an effective paradigm shift and is within the reach of rich or poor, the educated or unschooled alike in uplifting the quality of their lives. His tireless publication of research and the interpretation of 10,600 year old Tao practices remains unceasing for the common good and ease of use of contemporary man, regardless of race, culture or belief system. Tao philosophy and practitioners oversaw the well being of ancient Chinese communities by instilling in the individual that wellness can be achieved through the discipline of meditative practices. Mantak Chia has dedicated his life to the single-minded mission of promoting global understanding and exposure to the richness of Asian heritage throughout the world through writings, interviews and media appearances. As a teacher mostly through print, his work enriches the understanding of complex Chinese philosophy by couching the messages in every day language, utilizing his superior intellect in translating seemingly mysterious practices.*

*Reasoned Justification of the Claim: Mantak Chia's greatness of spirit is shown in the empowerment and enrichment of thousands of his students to quantifiably higher vitality and consciousness. He teaches how this self-determined choice can free people from fears of all sorts from the lack of physical, emotional and spiritual stability, in private study or as part of a group. The practice of his teachings consistently and quantifiably results in holistic benefits, achieving the optimal development of the latent powers that is within each human being. Because of their reasonable pricing, his printed work are accessible, regardless of financial ability, as to the specific steps in attaining quality in life through inner work, something so many people need today amidst the challenges of tumultuous times. The impact of his printed message has reached millions of people, leading to impressive numbers of students in many countries and best demonstrated by over 2,000 trained instructors/ practitioners in all land continents of the world. For the past 4 decades, Mantak Chia's work has transformed countless lives notable also in the number of established groups and people who attribute the enhancement of their lives to his influence. Mantak Chia has been in the forefront of the present view of health as self-responsibility. His body of writings focuses on the dynamic potential of individuals in their own spiritual growth combined with preventative health practices. His intellectual courage continues to persuade Western medical practitioners that optimum health can be achieved through natural practices of regimen and meditative practices that tap into the primal energy as opposed to allopathic medicine with prescription drugs and other invasive means. For many years, he has openly submitted himself and his students whose physical health have had dramatic improvements to scientific research. He has links with several research and health institutes whose interest is understanding and implementing the benefits resulting from the simple meditative practices he teaches. More detailed information can be provided if needed. The greatest proof of Master Mantak Chia's rare influence as an Asian embodying a positive force with global impact is the fact that his 22 books and numerous publications have been translated into 37 languages with dozens of articles published about him in many countries. Because of their content and affordability, they have sold tens of thousands of copies throughout the world, a world that is hungry to find answers that make sense and are based on individual responses in these confusing times. His pioneering Enlightenment Darkness Retreats and documentation are attracting medical and scientific attention from all over for developing human potential to its limits. By replicating the ancient practice of gurus taking students into darkened caves for long periods in order to achieve understanding, students from 16 countries, many into the healing professions, are learning how to achieve the same in less time through a studied approach combining Eastern and Western strengths. Surely, such a man is in keeping with the legacy of the great Ramon Magsaysay who believed in providing for the welfare of everyone and in leaders imbued with missionary zeal is a fitting description of Mantak Chia.*