

Work/Life Balance, the Nature's Way

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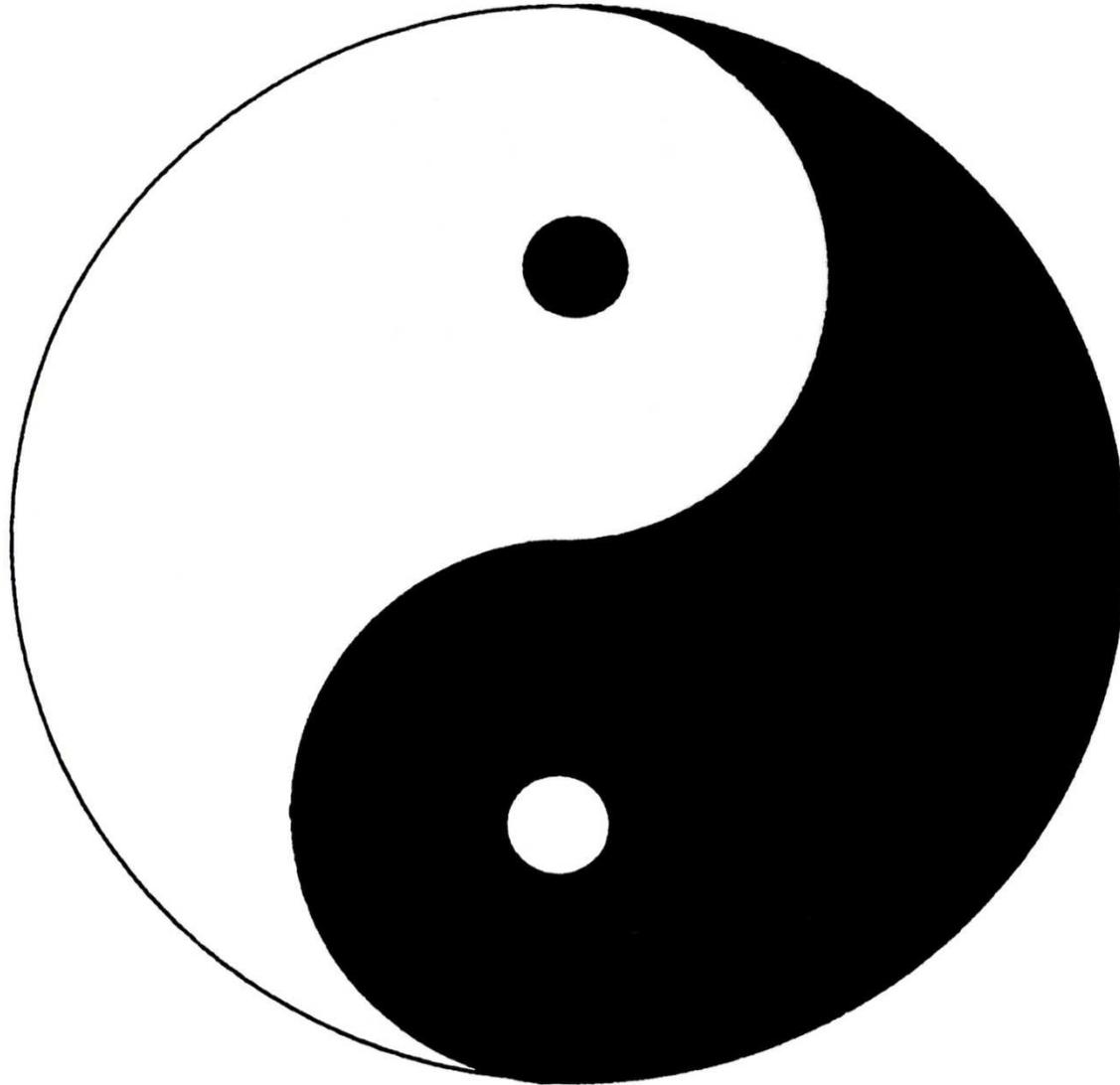
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Aim And Objectives of the Paper

The paper seeks to explain the ancient Chinese way of following nature which is the foundation of Taoism. The paper also resorts to the use of various examples and analogies as well as highlight the simple lessons drawn from nature. Where appropriately, Chinese visor or perspective is added in the discussions. An interesting outshoot is a discussion on living simply; the nature's way can help one to achieve a healthy and balanced lifestyle in this modern age and time.

This paper also complements the other paper presented in the e-Leader CASA Zagreb paper (Low, 2011).

Tai Chi Diagram 太極圖



Living the Nature's Way To Maintain Good Health



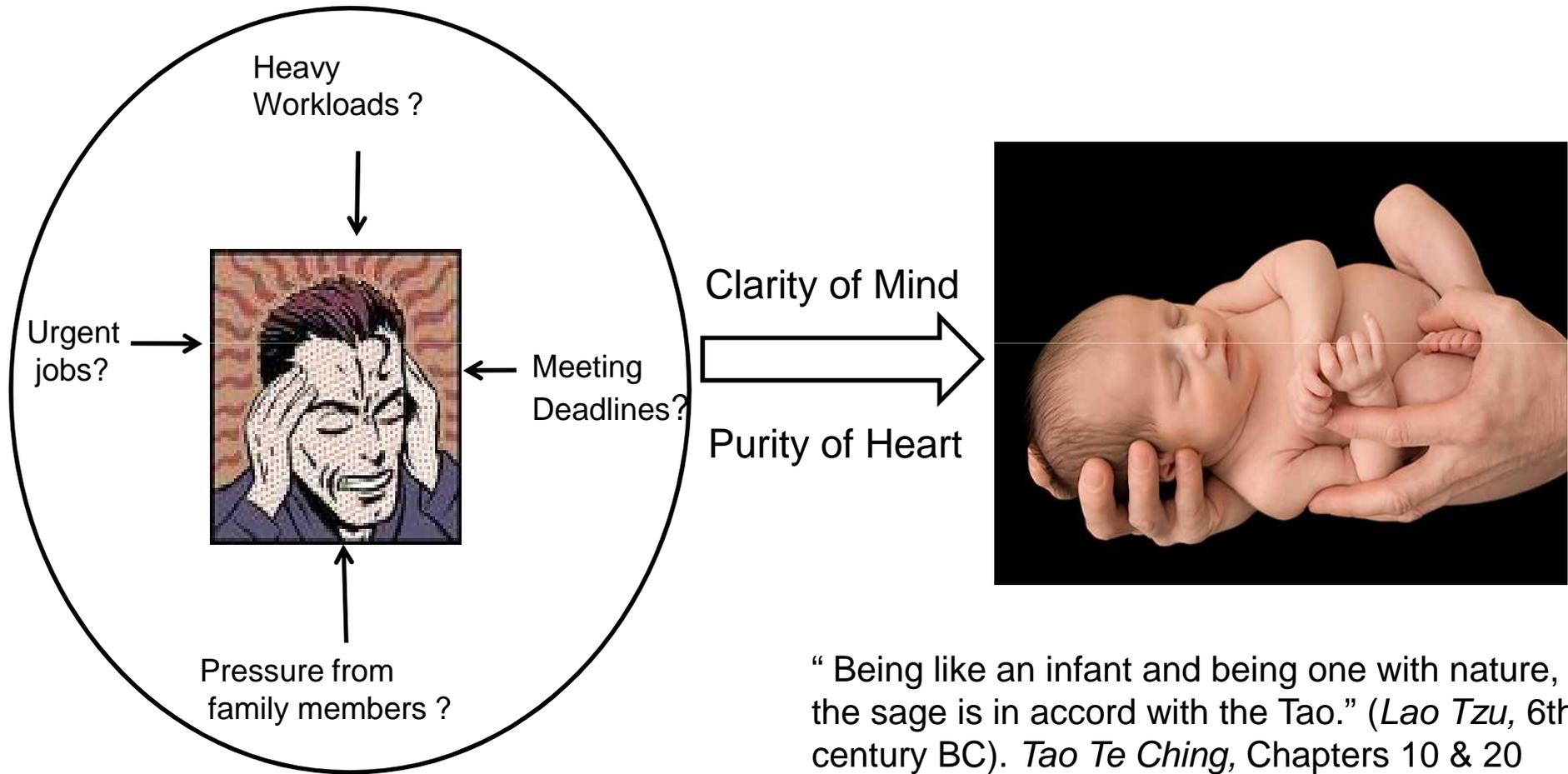
Yes, we should be living, the nature's way, in order to achieve or maintain good health.

Living The Nature's Way By "Being Empty"

There are ten ways of "Being Empty", and they are as follows:

- 1 De-Stressing Oneself By Emptying One's Mind
- 2 De-Stressing Oneself By Emptying One's Feelings
- 3 Living Healthily By Emptying One's Sadness and Dissatisfaction

1 De-Stressing Oneself By Emptying One's Mind



3 Living Healthily When Emptying One's Bowels, the Squatting Way

Sitting



Figure 2. Sitting versus Squatting

Squatting

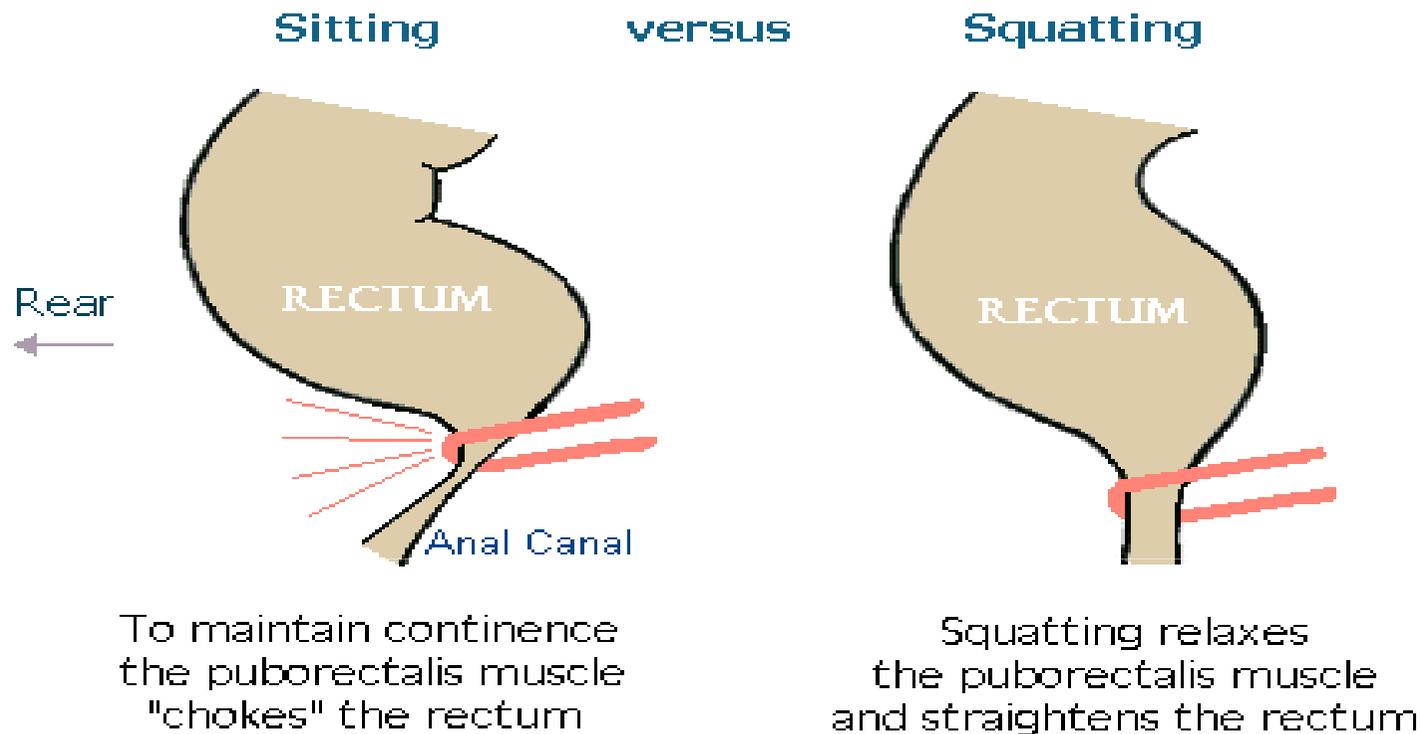


How To Use The Squatting Toilet

The squatting toilet can not be sat on. Stand over the toilet stool facing the side with the hood. Then squat over it and conveniently place yourself close but not to the point of contact with the stool. For beginners, this might be an awkward position but as the body does not get in contact with the stool it is sanitary.

A special slipper for the toilet is provided. Be sure to change to this slipper upon entering the toilet.

3 Living Healthily When Emptying One's Bowels, the Squatting Way (Contd.)



The anal canal is not **straight** when seated. Bowel evacuation when seated results frequently in **obstructive constipation**.

When one adopts a **relaxed, full squat posture**, the anal canal becomes straight and the **bowel evacuation** would be **smooth and complete**.

http://www.relife.com/toilet_seat_constipation.html

Figure 3. Sitting versus Squatting (Explanation)

Living The Nature's Way By "Being Empty"

- 4 Living Healthily By Emptying One's Categorizations
- 5 Living Healthily When Emptying One's Bowels, the Squatting Way
- 6 Living Healthily By Emptying One's Stomach
- 7 Living Healthily By Emptying the Seat
- 8 Living Healthily By Emptying the Kitchen or the Storeroom
- 9 Living Healthily By Emptying the Room
- 10 Living Healthily By Emptying the Office

Q & A Session