

Practical Limits

And legal fine print

To always follow your own body's limits and nature.

Taoist yoga practice offers a simple piece of advice:
Exercise at roughly a 70 percent effort.

Working out under a 50% effort ensures the losing of abilities. The body and mind require at least a 50% level of effort to just sustain itself; anything less translates into losing tone and capabilities. Setting a workout pace harder than 80% effort typically ensures wearing out the body or creates an opportunity for a more serious unhealable accident to occur. Working at a 100% effort quickly results in a 100% chance of breakdown. "Giving it your all" is an unpractical way to live.

A 70% effort is a rule of thumb. It's a hard enough pace to keep a person growing in strength. It's a point where a person can stay slightly on the edge, keeping a feeling of change present. Life is change, so feeling change is a required part of our health. A 70% effort isn't too much to overload a person or to cause injury. It's an exercise load from which a person can back away when a problem does arise, allowing time to correct oneself within the practice. This also allows room to shift gears and to adjust for the unexpected moments of life. This effort level is based upon the conditions of the moment and not past achievements or future expectations.

This simple rule of thumb applies to most areas of life (not just exercise) including love, relationships or trying to govern a population. This is a simple starting point for learning how to live a balanced life.

===== Feeling the Edge =====

Getting hurt is part of living. The human body and mind evolved to handle occasional injuries and rejection (for isn't a rejection in love also an injury?); as a result, never getting hurt in living is also an unhealthy lifestyle¹. Humans have a need to overcome problems, letting the body and mind use their internal healing mechanisms. Experiencing problems is part of the process for healthy human development.

When I first started martial arts and yoga, I couldn't understand why my body actually enjoyed the occasional physical pain it received in the practice. It made sense once I understood that my body and mind actually were rejoicing in the process of healing itself.

This is not a statement that a person should seek injury or problems. Instead it's an acknowledgment that the process of healthy living isn't to be static; it's to change along with the challenges of life. A balance exists between **caution** tempering reckless action for safety and **bold actions** removing fear that hinders our growth. Living is in part permitting the mind and body to accept and then resolve minor problems. In embracing the small mistakes it becomes possible to learn how to safely navigate around larger unhealable mishaps.

1) One example can be found in the German medical studies indicating some allergies might be the result of growing up and living in condition that are too sterile.