



The Athena Wellness Podcast  
Episode 118 – The Practice of Not Doing with Sifu Rubia  
March 2, 2022

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**[00:00:05] Kathy Robinson:** Welcome to The Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Hello and welcome to Episode 118. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by Tai Chi and Qigong teacher, Sifu Rubia. During this discussion, Sifu touches on the spiritual side of the practices and the benefits of not doing.

And now onto the show. I hope you enjoy the conversation.

**[00:01:01] Kathy:** Once again, I'm joined by Tai Chi and Qigong teacher, Sifu Rubia. Welcome back.

**[00:01:08] Sifu Rubia:** Thank you again for having me back.

**[00:01:11] Kathy:** We talked a bit about alchemy and spirituality in some of the practices that you were sharing with us last time we chatted. Can you talk a little bit about the spiritual elements of your practices?

**[00:01:26] Sifu:** Well, spirituality is a very personal journey. So, wherever you are in your spiritual journey is where you're supposed to be. At any given moment, at any



point in time, always respect and honor where you are with that development and continue to grow.

Tai Chi and Qigong have been one of my main pathways to developing my spirit and letting go of the ego, which is a big part of spirituality. And letting go of who we think we are and who we think we know to tap into our true nature of interconnectedness with the higher source, God, Allah, however you resonate with that vibration. So, that's been my experience.

It's just being present wherever you are with your own spiritual journey. Be present in it, be okay with where you are, be willing to expand your heart and your knowledge. Whatever the spiritual journey is for you, it's good and it's perfect just the way it is.

**[00:02:46] Kathy:** I love this idea of to honor where you are in your development because I think what happens sometimes is we may have an intention of wanting to connect a little bit more deeply from a spiritual perspective and don't realize that we're already on that path.

I wonder, and without getting too personal into your own journey, but maybe some guideposts that our listeners can be aware of as they're traveling down this road that says to pay attention, that it's actually happening. It's not something that you're seeking, it's something that you're present to.

**[00:03:27] Sifu:** Mmmhmmm. Well, in yogic philosophy, there are what we call the Yamas and Niyamas. Those are the ethical practices for a yogic tradition, the Yamas being the restraints and Niyamas being observances. They're very simple. We're talking about nonviolence and not going against yourself or others, and truthfulness, and being honest with who you are and where you are, and being honest with others and non-stealing, non-excess, non-possessiveness. Those are the five Yamas.



So, if you even dig into just one of these everyday mindfully and develop a mindful practice. I think when we're in mindfulness and presence, then we're authentic. We can be authentically ourselves when we're in the moment, whether that's you're in sadness, in grief, in anger, in love and joy, all the emotions, the whole spectrum. If they're honored for what they are, then they're recognized and they can be released.

When we're talking about negative emotions, we see them as negative, but they're always the catalyst to the other side, to positivity. Go through the sadness, go through the grief and the light of joy and love and everything else on the other side will manifest, but you have to go through it.

**[00:05:09] Kathy:** It seems whether we call them Yamas or Commandments or whatever the practice might be, it really comes down to "Doing Unto Others," doesn't it? [laughter]

**[00:05:20] Sifu:** Yes, absolutely.

**[00:05:21] Kathy:** It always comes down to that. There's a reason why it's called The Golden Rule. If we just do unto others as we would want them to do unto us, that seems to solve a lot of things. Maybe I'm just thinking about it too simplistically, I don't know.

**[00:05:35] Sifu:** No. That's the best way to think about it. Boil things down to its simplest form, then you'll find that everything is connected and everything is simple. There's nothing that complicated. I love what you said earlier, just realize where you are and be okay with where you are.

**[00:05:57] Kathy:** I think sometimes we don't give ourselves credit. We think we need to be doing. And I find this in wellness, too. Sometimes we just have to stop doing things that are detracting.



**[00:06:07] Sifu:** A lot of the Eastern philosophies are built around non-doing, non-action. My website is Wei Wu. That's non-doing. That's the translation.

When you're not doing is when you find, that's where you find everything. It's giving yourself permission to allow for the waves to settle so you can see the truth, so you can see the beauty.

But we're overwhelmed by-- we live in a chaotic world. It's our responsibility to put energy into creating and co-creating a new world and a different world. It's up to us to do it.

**[00:06:59] Kathy:** We can create by undoing. Isn't that lovely?

**[00:07:03] Sifu:** Right.

**[00:07:04] Kathy:** I think we might have hit on the secret here today. [laughter] The secret is in not doing.

**[00:07:12] Sifu:** Not doing, yeah.

**[00:07:14] Kathy:** I love it. I love it. What a wonderful practice.

**[00:07:17] Sifu:** For me, it's all about healing. If you dig into healing and nurturing yourself, everything else will be okay and everything else around you will be okay. For me, the most important part is really taking your healing into your own hands.

**[00:07:35] Kathy:** I think that's a perfect place to tie a bow on this. Thank you so much again for your time. I really appreciate it.

**[00:07:42] Sifu:** You're welcome. I'm so happy I was here to share this moment with you. I really am. Thank you.



**[00:07:50] Kathy:** Thank you so much for joining me today. I know there are many ways you can spend your time, thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!

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**[00:08:52] [END OF AUDIO]**