[Name]

[Affiliation]

[Address]

[Date]

Dear [Name]

Recently, the medical community has been open to prescribing therapeutic practices that are evidence-based, but outside of what in the past would have been termed "conventional medicine". Physicians and other healthcare professionals are recognizing the important role that practices such as Qigong, Tai Chi, Yoga, Pilates, Meditation, and other mind-body therapies may provide as part of a holistic approach to health and wellness. Top medical schools and clinics such as Harvard Medical School, Mayo Clinic, Vanderbilt Medical School are supporting practices with evidence-based research.

One of the obstacles to progress toward full acceptance by the medical community of these healthful activities is the difficulty caused by years of splintering and lack of consensus on exactly what we mean by terms like Qigong, Tai Chi, Energy Exercises, Mind-Body, etc. I'd like to invite you to take part in a project designed to help our community by seeking agreement and consensus on the use of terminology by professionals and researchers involved in all aspects of mind body practices.

To provide an example of what we mean, the healthful-exercises represented by deep breathing, slow range of motion movements, and mental focus are often called Tai Chi by the press and the public, though they are more accurately called Qigong exercises. Structured forms and series of sel-defense postures are also often called Tai Chi, though they are more accurately called T'ai Chi Ch'uan or Taijiquan (depending upon which method of translation from Chinese to English we use.) If those of us in the field can't agree on what these terms mean, how can a physician or a patient be expected to understand what they need to do in order to achieve the proven health benefits of these practices?

We have created a Wikipedia Project to try and provide a bit more structure to the terms and practices so that they can be more easily utilized in research. Agreement on these terms will enable better use of preventative healthcare therapies as allowed by the new Affordable Care Healthcare Act (<https://en.wikipedia.org/wiki/Wikipedia:WikiProject_Mind-Body>). We would like to get as many opinions and views as possible so that we can achieve a critical mass to tip the scales of medical therapies to include, whenever applicable, evidence-based mind-body practices. **You have been identified as someone with valuable knowledge and skill in this field. Won't you join us?**

Sincerely,

[Your Name]

[Your contact information]