

INTERNAL WUSHU ARTS NEWSLETTER

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ONE POINT MEDITATION

Within the system of Tai Chi Chuan we have many different meditation techniques and methods. Basically we have: seated, standing, and moving. Some of these include focusing on imagery, breathing, postures, or physical movements.

Each meditation method develops a different awareness or skill. After you've been exposed to some go with your inclination as to which one to practice. There are so many it's easy to get confused as to which one to practice. It's important to stay with one and be consistent, bouncing from one to another won't get you passed the surface. If there is one that is more appealing than another this will increase the likelihood of your continual practice.

TANTIEN MEDITATION

Seated or standing, focus your thoughts on your Tantiem area. Imagine the smallest point you can in this area, the head of a pin for example. From here visualize this spot expanding like ripples in a pond. Let these ripples increase until you feel this sphere is your body. Continue this visualization of expansion until it becomes the world, then keep it going, larger and larger, until you reach the ends of the universe.

Your mind at some point will begin to interfere with this thought process. You may come to a point where you can't imagine anything larger, your concentration will break. At this point reverse the process. Start with your last memory and focus on this sphere getting smaller and smaller, again becoming the spot in the Tantiem. Let this spot become even smaller until you can't imagine anything smaller and your mind breaks the thought. Start over again.

The real meditation happens between your last memory, of the largest or smallest sphere, just before your mind breaks in with another thought. THIS IS THE MEDITATION As you practice over a period of time this gap will increase. The visualization leads you to this area of awareness, alertness, oneness. A place where there is no separation of all energy, yourself, surrounding or anything else. You are one with the universe. The

more you practice, the sooner this awareness is entered. This type of meditation will also help develop a sense of centering and rooting within your forms (life!).

Here are some variations of the above:

This one can help you develop a moving center.

As you are walking or practicing, keep the visualization of your Tantiem as a point radiating out energy in all directions. Imagine your energy shining like a star. Your physical movement define your circle of strength with the Tantiem as its hub. Feel yourself moving and turning like a globe revolving.

Here is yet an easier method to begin with:

As you are walking or practicing, image your pelvis as a bowl of water filled to the brim. Now, as you move think of the weight of the water and be sure your movements don't spill the water.

Another simple method is to imagine pushing or moving a table with your Tantiem (hips) as you move forward in your forms, or moving something with your lower back when you shift backward. Wherever you shift, think of pushing something semi-heavy.

When practicing Taiji your thoughts must be sincere, heart quiet, breath coinciding with your movements.

Feel, Sink, soften and loosen up.

Release all tension in your mind and body.

Listen with your mind and finely tune your nervous system.