

# INTERNAL WUSHU ARTS NEWSLETTER

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## RELAX - SINK - CENTER - LET GO

Wouldn't it be great to be able to do that, anytime and anywhere? Not just physically but emotionally and mentally as well? That's why we need to practice mindfully.

As we practice each posture, as each posture arrives, we relax the excess strength and tension caused by the movement and the effort. all this within the correct framework of the posture or movement. always maintaining the Peng Jin (ward-off energy) and our center.

As our practice continues, the 'i' becomes the most important element of training and practice. We are training mind, body and spirit together, but we must first start with the 'i'. If our mind isn't focused, the body and chi have no direction. The 'i' guides the *chi* and the body follows.

All movement begins with 'i'. Our mind guides the chi and muscles into motion. This is the focus of our training and all our forms.

Think of holding a pebble in your palm. Now think of holding a chain with your finger tips. Now think of grabbing a rope. Each visualization causes a different sensation. Even though we are just thinking about these things they cause our thought to focus and the nerves, muscles, energy, blood all respond to the action we are thinking about. Even if there is no physical movement. The more we relax and center the greater our 'i' can train and guide our body, muscles, nerves and chi. There becomes less friction between mind and body. Excess tension and strength are friction and barriers to our chi flow and accessing our true strength.

One of our goals is to have the body at complete service to our mind. No lag time between thought and action, no friction. If we want or need to move - we are moving without hesitation. When we see the counter to an attack we've already countered. Another example of this lag is being at a loss for words with a good response to something someone said to us. It's usually after they leave we think of the correct or best response.

As our practice gains depth we begin to notice more. We get in touch with deeper levels of relaxation, tension and calmness. Physical, emotional and mental depths. We penetrate deeper levels of our mind and body wisdom. However, this only comes with years of mindful practice.

The relaxation goes deeper, the resting is very calm and soothing. The movements are powerful and connected to finer muscle groups. We're able to root deeper into the ground, as well as ground negative energy directed at us.

First, it's easiest to train and influence our muscles. This is the start when training our minds and spirit. Self-control. Is it possible? Complete self-control. Personally I don't think it's completely possible. We have a certain level of 'self' control that will develop more and more as we continue to practice. This first shows itself in keeping our balance and postures. Is it possible not to get angry anytime we don't want to? Just try not to be sad at a sad moment. all we can do is focus our 'i' in a positive direction or on something else. We learn this from our practice. The next time tension creeps in, such as a traffic jam, think about doing a chi kung or a form, focus on breathing. Relax, sink, center and let go, then proceed. The more we apply and practice these methods the greater each accumulative effect. The greater our skill, not merely in the internal arts but in the art of life, our life.

### NEWS:

**Master Gao-fu visit September**

**Zhang Jie Pa Kua teacher visiting**

**Videos completed:**

**Chen Tai Chi**

**Applications**

**Pa Kua Linking Forms**