

A Pamphlet on Internal Practice By David Deich

Copyright © 2022 TaiChi Arts LLC

**Copyright © 2022 All rights reserved.
Individual Users may make an archival copy of this
publication for personal use only.**

**No part of this publication may be used or
reproduced, stored in a retrieval system, or
transmitted in any forms or by any means,
electronic, mechanical, photocopying, recording or
otherwise, beyond the personal use allowance
stated above without written permission.**

Disclaimer

The beliefs and practices presented in this pamphlet are a result of my years of study in the martial arts and related health and body-mind disciplines. They are presented for educational purposes to a broad audience and are not intended as treatment for any condition. When writing for a broad audience it is impossible to cover all the various adjustments that might need to be made for any one individual.

It is the responsibility of the reader to seek competent medical advice before undertaking any of the training methods presented in this pamphlet.

The writers, illustrators and publishers accept no responsibility for, nor do they make any representation or warranty regarding the appropriateness of any method presented in this book.

Table of Contents

Contents

Disclaimer	2
Table of Contents	3
Foreword	4
Introduction	5
Every-THING is Energy.....	5
Spiritual Core & the Physical Experience	6
Wuwei, Ting and Song.....	6
Wuwei	7
Practicing Wuwei	7
Ting.....	8
Practicing Ting.....	9
Song.....	9
Practicing Song.....	10
Practice Modes	10
Martial Power	11
The Iceberg	11
The Magic	12
Conclusion	12

Foreword

This pamphlet originated as a series of fifteen posts on the TaiChi Arts Facebook page in January of 2022. I have assembled them here as a quick reference on the practice of the Internal Arts. They can serve as a starting point for the new practitioner or a sanity check for those with more experience.

They also serve as an introduction to three of my books.

- *Just Listen.... the Magic of the Internal Arts*
- *The Eight Pieces of Brocade – Ba Duan Jin Qigong (3rd Edition)*
- *Wild Goose Qigong, An Internal Art (2nd Edition)*

These are available at Amazon.com – here's my author's page on Amazon.

<https://www.amazon.com/David-Deich/e/B003W2C2AE>

I hope the information here provides a starting place for your practice. Happy training!

Introduction

Practice Series, Post 1

I see what my teachers can do, and I try to hear their words. I practice and I release those things that cloud my vision. That is the path. The place I sit right now offers an ever-changing view that has a consistent background. It does not matter whether you hear Lao Tzu, Krishna, Buddha, or Jesus – the message is the same – know yourself – know the Creator – be Enlightened.

It seems to me that the reality of the universe is more magical than any science fiction or fantasy creation. I would like to share what I see as the internal arts path to find the magic. I do not exaggerate. It is magic. Would you like to come along?

More posts will follow. This is a teaching and learning experience. If you wish to learn along with me, please participate! Ask a question! Start a discussion!



Every-THING is Energy

Practice Series, Post 2 [1/9/22]

Everything is energy. This is the root of our reality, a critical principle in quantum physics. Every – THING is energy, from the walls that surround you to the air you breathe to the thoughts in your head, it's all energy. YOU can move and control energy. Isn't that amazing! Perhaps the things that you think are fixed and unchangeable are really just "stuck" and if you can access the energy of those things, you can unstuck and change them.

The fact that you can both access and change the energy that makes up the things of your world is the essence of the internal arts. This provides us with a definition of the internal arts. These are the arts of producing change at the most fundamental level.

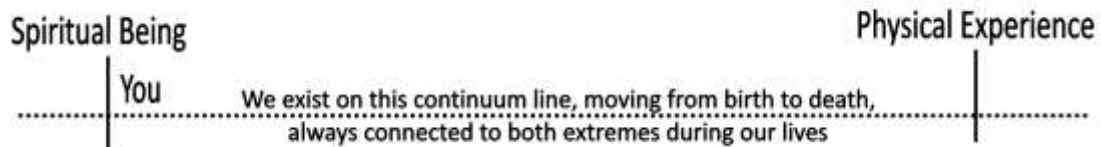
Ask yourself how the "everything is energy" reality effects your emotions and thoughts. What "power" does this concept offer?



Spiritual Core & the Physical Experience

Practice Series, Post 3

You are composed of two parts. A spiritual core of entangled energy that is eternal in this universe, and a physical container with a limited lifespan in 4-dimensional space-time. I do not present this as a religious concept – it is simply my experience which as nearly as I can tell agrees with the “rules” of quantum physics. In my experience, understanding this reality is central to the reverse engineering methods of Taoist practice.



Wuwei, Ting and Song

Practice Series, Post 4

There are three practice principles in the internal arts. These are wuwei (non-doing), ting (deep awareness) and song (release). Wuwei establishes the practice environment where ting and song take place. Everything that you do during practice is governed by these principles. Practice is the door opener to life. These principles flow from practice and into day-to-day life. This is the way of following the Tao path – practice flowing into life and making an ever-clearer connection to the Creator.



Wuwei

Practice Series, Post 5

The principle of wuwei. Wuwei means non-doing, a single English word for wuwei would be quietism. Holding to the principle of wuwei during practice, means to establish a calm environment in the mind. We are to calm the frenetic logical mind to allow the intuitive mind, which is connected to the spirit and the Creator, to come through. Practically speaking, this means dissolving the ego wall that blocks access to the intuitive. The ego – that acquired barrier of experience, acts as a filter to what we perceive as correct and true. The ego hides the truth from us while the intuitive and the spirit reveal it.

Establishing wuwei assists the merging of the electric intuitive mind with the magnetic fluid energy of the fascia. This merging provides the link between the will – intention and the practical use of jin energy. This merged environment provides the fertile ground for ting and song to further advance body-mind-spirit integration.



Practicing Wuwei

Practice Series, Post 5b

At this point I've covered some foundational principles. Now it's time to talk about how to practice. We'll take Wuwei, Ting and Song one-at-a-time. We're starting with the most overlooked principle – Wuwei.

The practical side of Wuwei practice is that it links the energy of the quiet mind to the energies of the body. This linking occurs between the heart space and the fascia. The first task is to quiet the mind. Only the quiet mind can make the necessary connection to heart space. Ting (deep awareness) and Song (release) play a role here too – more about them in the upcoming posts.

A good starting place to quiet the mind is the breath meditation. You can find a video on the TaiChi Arts site and the Breath Meditation is described in all three of my current books. Check any of these for specifics and if you are not using the breath meditation, now is a great time to start.

Using the breath as the focal object for meditation brings your awareness into the present moment. Being in the moment is critical. Being in the present moment means you are not regretting the past or worrying about the future. Keeping the mind in the present is the first part of releasing stress that is encapsulated in the body. And this stress is what inhibits the body-mind connection. Makes sense, right? If the mind is off on some tangent, then it cannot be aware of what's going on in the body.

Also, when the mind is quiet, the intuitive connection to spirit will be more prominent. This connection to the intuitive mind is what allows the connection to heart space and controls the Qi and Jin movement in healing and martial application.

Give the Breath Meditation a try and please ask questions.

Ting

Practice Series, Post 6

The principles of ting. Ting is a deep awareness that is all inclusive. Our typical level of awareness is limited to external stimulus and often not much of that. Ting taps into the connections of the intuitive mind, working down to the cellular level and beyond. This naturally happens a piece at a time – each new level of awareness revealing more levels and possibilities.

Ting is the glue that binds the internal practice together. The development of a constant level of ting enables the internal principles as a “life practice”.



Practicing Ting

Practice Series, Post 6b

Practicing Ting is about improving the quality of your listening. (Hence the title of the “Just Listen” book!) Ting is the glue that holds all the internal work together, i.e., this is super important.

A good exercise here is to begin by sitting in a quiet place and extending your senses outward to take in all the sights, sounds, sensations, and smells that are swirling around you. Take this information in as an observer. Just “listen”. Do this for a few minutes. Now – turn your awareness inward and observe what goes on inside you. Practice this whenever you can and try to bring Ting into your life as a new skill.

Song

Practice Series, Post 7

The principles of song. Song is release - as in long hair hanging naturally or the boughs of a pine tree. In internal work it means to release physical, mental, and emotional stress and blockages. Imagine holding a plastic water bottle in your hand. Just let go of the bottle and it falls away. That is song, just letting go.

Song requires ting. You must be aware of something before you can release it. And song and ting are most effective when the environment of wuwei has been established.



Practicing Song

Practice Series, Post 7b

We can begin to practice Song by using the standing posture. Stand with your feet a shoulder's width apart, structure aligned. Suspend the crown of the head and release the joints. Check each joint, beginning at the ankles and working your way up the body. Think of each joint as opening. When the joint opens, any stored tension flows through to the earth.

The body tissue hangs from the bones. Scan the body and wherever you find any tension, release it, be Song. Continue this for a few minutes. Practice this when you can, perhaps while you are waiting in a line.

The previous posts 2 through 7 are the essence of internal practice. Always return to these principles to understand as well as implement your practice. Hold to these principles and take them into your life and you will find the magic.

The posts that follow will elaborate more on these principles and on internal practice.

Practice Modes

Practice Series, Post 8

How should you practice? It should go without saying but I'll say it anyway. Practice means you must do some work. Thinking that you intellectually understand the process is valuable, but it is only the actual practice that will reveal the truth of the principles.

There are two modes of practice, stillness, and movement. And the third leg of the stool – take your practice skills into your life. It is worth reading that sentence again. It's pretty easy to say "oh yeah, I do that" without REALLY doing it.

Stillness can be standing or seated meditation.

Movement can be as simple as walking or a more complex movement form.

I recommend the Wild Goose system.

- Seated meditation can begin with the breath and then awareness.
- Standing meditation can begin with the Water and Fire meditation.
- Open the Points is a good place to begin working with postures.

Check out Wild Goose Qigong – An Internal Art for more direction.

<https://www.amazon.com/Wild-Goose-Qigong-Internal-Art/dp/B08WK6NDTH/>

Martial Power

Practice Series, Post 9

Martial power. Since many of those reading this will have a martial background, let's talk about power. Looking at the totality of internal practice, the martial aspects are actually a very small part. However, martial methods offer unique opportunities for engaging wuwei, ting, and song – this is the nature of partner work. As Grand Master Chen Chuan Gang has stated – healing and martial work together. Martial methods are not the main object nor the only way. The main object is enlightenment. Achieving this end will involve releasing any reliance on excess physical power. Said another way – the internal arts offer the possibility of fighting without fighting. Energy control supplants physical power.



For someone who has spent many years studying physical martial methods (as I have) this can be a bit of a conundrum. It can be very difficult to let go of a dependence on physical methods to find something that lies beyond. All I can tell you is that what lies beyond is real and I have experienced some of it. My teachers have shown me many of the possibilities. To understand how this could be possible you must return to Taoist cosmology and gain a deeper understanding of “every-thing is energy”.

Practice the principles and this will become clearer.

The Iceberg

Practice Series, Post 10

There is a caveat that most all internal practitioners must come to grips with. You only see the tip of the iceberg. Seeing the tip, it seems to represent the whole – it does not. The tip that we see is represented by our previous physical experiences. The difficulty lies in understanding that our physical experience is not all of us – it is only the temporary impermanent part.



The energetic, intuitive, spiritual part is the working ground of the internal arts. The internal arts do not ignore the physical experience, but they do come at things from a different perspective. To make internal progress, you must give up the old perspective.

The Magic

Practice Series, Post 11

The very first post in this series mentioned “magic”. So, what is the magic?

The magic is the skill of utilizing energy. Energy carries information, its strength, and the information it carries determine its effect. Its effect is the change it can cause or what it can create. When you can link the electric energy of the intuitive mind together with the magnetic energy of the body, you are able to direct change and create. The result of this skill of change and creation is the magic.

This is your potential.



Conclusion

Practice Series, Post 12

Everything I have written in this series of posts has been validated in some way through my own experience. Use what I have posted here, written in books, and taught in classes as a springboard. Practice, research and validate for yourself.

Check out the information at my web site - <https://taichiarts.us/>. You'll find book references and some helpful video there. (That's where this pamphlet lives.)

Happy Training.
And please, ask questions.

