

Meditation and Movement

Meditation

Meditation typically has two phases – doing and being. The first phase of doing stills the mind. Until the mind is stilled the connection to Consciousness (God, Creator, energy of the universe...choose your term) will be constrained. A typical doing phase would be performing the Breath Meditation. Follow the breath using the Meditation Cycle and the mind will be stilled to some degree. This is building a skill, a pattern.

The second phase is being, where the stilled mind recognizes and actively connects with Consciousness. Once the connection to Consciousness is made, the Will can create an Intention. The Intention is dependent on what result is desired – this is where the magic happens. The second phase depends on the first. The frenetic cycling ego mind (Monkey Mind) cannot connect sufficiently with the stillness of Consciousness, rather it blocks such a connection, so first the mind must be taught to be still.

Movement

People begin internal work with an established movement method. That is, they move in their qigong forms in the same way that they move in their normal life. This is incorrect. If “normal” movement was correct for qigong, then you would not need to do qigong! Your “normal” movement would have already cleared and corrected any structural imbalances. The point of internal practice is to build an enlightened creature – the Taiji creature. The way you move must change or there will be no enlightened creature. The purpose of correct movement is to align and balance the structure and the body’s energy systems. This in turn improves the connection to the energy of Consciousness.

~~~~~

Both Meditation and Movement require that the principles of Wuwei (non-doing), Ting (deep awareness) and Song (release) be in place and working together. Both Meditation and Movement are cyclical processes where a little improvement leads to more improvement – hence the reason for consistent practice.

The caveat to Internal work is that Meditation often gets stuck in a lot of “doing” in phase one and then moves no further. Likewise, Movement is often undertaken using the normal learned way of moving and again, progress is stymied. The Meditation and Movement that permeate the Internal Arts can be complex in the implementation of energetic flows and energetic connections. Before these complex aspects can work with complete effectiveness, the critical principle of Wuwei must exist to some degree. In my experience, this is the single most missed aspect of successful Internal practice.

Success in Internal work is aided by being aware of the sticking points and avoiding them by always holding the perspective of the three principles of Wuwei, Ting, and Song. For more on the “How” of the Internal Arts check out the articles, books and videos at <https://taichiarts.us/>.