

## About Meditation

David Deich 8/24/2023

The goal of traditional internal systems is self-realization (enlightenment). These systems typically use a two-pronged approach of stillness and movement. Both stillness and movement follow the principles of awareness (ting), release (song), and non-doing (wuwei). And both stillness and movement are intended to engage the whole body/mind/spirit system. That said, it is stillness that is most responsible for training the “mind” and opening the door to self-realization, while movement is directed more to preparing the body’s energy systems. After decades of teaching, it is my observation that many students embrace movement and tend to ignore the stillness training of *standing* and *seated meditation*.

Meditation works in two phases. The first phase trains the mind to accept stillness and the second phase explores that stillness. Another way to put this is that first the mind must be trained to cease its stream of thoughts. When thoughts cease, stillness remains, and it is in that stillness that the true self can be found.

The active mind is constantly receiving information from the environment and uses that sensory information to define reality. It is the principle of self-realization that this is a false reality, existing only as memory. Stilling the mind provides the opportunity for this false reality to be released. As this false version of reality is released, a deeper level of energy and information becomes available.

Here is an example of a progression of meditations taken from the Wild Goose (Dayan) Qigong system.

(1) Begin with the Breath Meditation. Close your eyes, adjust the posture, and follow the breath. Following the breath gives the mind a singular focal point in the present moment. As this focal point is maintained, the mind will calm, allowing the experience of stillness.

(2) Next, employ the Wild Goose Five-Phases meditation. Once some level of stillness is reached, intention is used to direct energy flow through the body. Follow the instructions for each of the basic phases of energy movement. Note that *intention* is used, NOT thought. As intention, this is a felt expression coming from the will (heart, spirit, stillness) rather than a stream of logical thought from the mind. This marks the beginning of utilizing a deeper level of energy and information.

(3) Next, employ the Wild Goose Calm Meditation (An Jing Gong), building on the basic circulations of the previous meditations. As before, follow the instructions. Now movement is utilized along with the intention to circulate energy and information through the different energy centers and pathways of the body.

The progression illustrates the method of moving a step at a time through meditation, first stilling the mind, then using the energy and information revealed in stillness in basic and then more complex applications. Movement forms and their energetic alignments both support and are aided by the energy and information gained through meditation. Stillness and movement together will provide a complete practice.

Detailed instructions for these meditations can be found in the book *Wild Goose Qigong, an Internal Art*, available at <https://www.amazon.com/Wild-Goose-Qigong-Internal-Art/dp/B08WK6NDTH/>.