



About Wuwei,

The Tao never “acts”
Yet nothing is left undone.

From the “Tao Te Ching”, Chapter 37, translation by John R. Mabry

There are three principles from the Taoist foundations of the internal arts; Ting ((聽) [awareness], Song (鬆) loosen or Fang Song ((放鬆) / loosen and release and Wuwei (無爲) non-doing. Wuwei is the most elusive of these. Wuwei translates as non-doing which flies in the face of our logical method of “doing” to accomplish any typical task.

“Doing” typically means that a series of actions is formulated in the logical mind. Thinking becomes the cause and doing is the effect. The mind orders life for us in a cause / effect cycle, encompassing not just daily living tasks but also the emotional and societal input that shape what we call “me”. Taoist principles say that this “me” (aka ego) created by the mind is a false self and there is a deeper something that is our true self. Seeing the true self is a result not of the logical mind and doing, but rather “being” and resting in the greater reality that is responsible for the entirety of Creation.

When the 27th Generation Wild Goose Lineage holder Yang Meijun tells us that wuwei is a core principle of Wild Goose Qigong and that we are to “practice in void”, she is telling us to rest in the Tao, being, not doing.

Wuwei is not a matter of physical effort. Rather it represents letting go of the false self and operating from a deeper level of the true self. It is not about acquiring something new or additional but recognizing what is already your source. It is being, not doing.

Sit quietly and notice what is present. There is an innate being that remains still and undisturbed, even as it notices everything that appears on the screen of the mind.