

Basic Process

Bend the legs and concentrate in the soles of the feet.

Lifting – Push feet against the ground – breathe in deeply – body lifts smoothly – mind rises through the body to top of head.

Releasing & Sinking – Release mind and body, breathe out, body falls, mind sinks deeper as it descends through the body to the soles of the feet, with a final awareness of the whole body pressed onto the ground.

Refine in 4 stages (each repeated 3 times) by taking the mind deeper and advancing the timing of the mind ahead of the body.

1. Releasing

Lifting – mind follows the wave of contraction and movement, up through the legs, chest and neck, to the top of the head.

Releasing & Sinking – mind listens to muscles releasing in the face, neck, chest, waist, buttocks, thighs, calves and feet.

2. Aligning

Lifting – mind rises to the knees, then body lifts as mind rises on to the top of the head, listening for contraction and movement.

Releasing & Sinking – body loosens and floats, align the spine by dropping the sacrum slightly to open the lower-back, the chest, and the back of the neck, then lead the mind down through the falling sacrum to the feet, with a final small movement down the straightened spine to rotate the pelvis, open the hip joints (Qua) and increase the pressure in the feet.

3. Pressure & stretch

Lifting – mind rises to the waist, centre pressure increases, then body lifts.

Releasing – move the mind down through the body to the sacrum while listening in the background to the body loosen, float and align, the mind moves on down to the light pressure in the feet as the centre begins to fall.

Sinking – as the body continues to fall the mind rises through the legs to listen deeply in and around the centre for pressure and fullness, with a final rotation of the centre as it presses deeply into the ground, increasing the pressure throughout the body. Then gently loosen the legs and return the mind to the feet, the body drops slightly to reconnect to the ground..

4. Energy field

Visualise a cloud of light deep in the ground.

Lifting – breathe in, with a strong intention draw light up through the soles of the feet to fill the rising body to top of the head.

Releasing – intention withdraws, mind releases its hold on the body which floats slightly upwards, loosens and aligns.

Sinking – mind sinks deeper, body falls freely and is then forgotten as the light intensifies inside the body.

Emptying – mind and light spread strongly to fill the sphere out to arm's length in all directions. Then become aware in the background of the body pressing onto the ground within a field of light, warmth and elastic pressure that surrounds the body.

Repeat twice, then return the body to its normal height to rest quietly in the field of light, warmth and awareness that extends to arm's length in all directions. Concentration within this personal energy field may be strengthened by, while breathing in, mentally pulling in on all points of the sphere, condensing it about 10cm towards the centre of the chest (listen for pressure and fullness), then allowing the sphere to re-expand when breathing out (listen for increased warmth and light within the sphere).

Lifting & Sinking introduces the internal methods that are progressively practised in the Taiji Form and meditation. The mind is drawn inwards to a deeper level by first closing down the superficial mind (which perceives the external world through 5 external senses), then concentrating in a deepening sequence, through the 5 internal body sensors (joint, pressure, heat, muscle-state, pain not used), to reach a connection first into the body's energy field, then on to the deep-emotional, deep-mental and beyond.