

### **Energy Conservation**

Concentrating with external senses in outer life disperses energy to outer life (part of general growth of the earth). Concentrating on the 5 internal senses (pain, joint, muscle-state, pressure and heat sensors) within the body conserves and gathers that energy. Then it can be drawn up to the higher levels of ourselves.

Practising the Taiji Form accumulates energy in the body in this way, but when people practise the pushing-hands there is a tendency to shift back to a quite superficial level – then energy is lost from that state out through the 5 senses. Only at a much later stage, when the deep concentration of the Taiji Form becomes semi-natural, can the practice of the pushing-hands also gather energy.

### **Join Mind and Body**

First connect mind to body with awareness – listen through deep body sensors.

Then with intention – attempt some subtle process within the subtle body changes.

Then as a result of the above 2, connection into body intelligence will begin.

Body's mind connects more to lower-body when managing movement while superficial consciousness connects more to the head and hands. Practically speaking – first unify the body movements under the control of the centre and bring the centre under the control of the mind. Then listen to developing pressures and forces between foot and centre before you move to begin to connect with the body's intelligence.

### **Waves of Sensation**

Setting the waist moving before the rest of the body, then adjusting the timing of the mind as it listens to the sensations produced, allows us to find the more subtle elements of the wave as it moves through the body.

Moving the mind ahead of the movement begins the separation of intention from awareness. Then moving intention outside the body fully separates intention from awareness. Intelligence develops through the conscious interaction of awareness and intention.

Moving ahead in space effectively moves ahead in time in the process which is developing at that place. You can only go as far ahead with the mind as the subtlety of perception allows. When you move too far ahead you cannot detect any early elements of the process and a disconnection of mind from the internal process will occur.

We use 3 timings – with the body movement, ½ phase ahead, or a full phase ahead.

These 3 result in ending, either in the pressure in the foot, the pressure and fullness in the waist, or in the sphere which surrounds the body and includes the fullness in the hands, top of head and feet.

### **Speed of Mind.**

Superficial – slow

Body intelligence – fast – instinctive responses much faster than the response to thoughts

Emotional intelligence – faster – dream events seeming to take hours may last only minutes in physical time

Deep intelligence – fastest – appearing at times of impending danger, then normal life seems in slow motion

**Deepen Mind** – by concentrating on a deepening sequence of the internal sensors.

Pain sensors – barely used except to become aware of gross mistakes in alignment or movement.

Joint position – sensors activated by training accurate positions.

Muscle-change sensors – activated by initially training wave of movement followed by wave of release.

Pressure sensors – train external pressure in feet and hands then later the internal pressures within the body.

Muscle-change sensors – on a deeper level are then trained by regulating elastic stretching and un-stretching.

Finally the heat sensors – activated by listening to how the heat field of the body changes as the mind moves through the body (this begins the connection into the body's energy field).

### 3 Types of Force

There are 3 types of trained force – not counting gross external strength where the arms and upper body contract and push out (with only instinctive support from the lower-body)

Type 1 force – hydraulic force, where the whole body contracts and pushes against the ground to expand forward and upward, possibly with a spiral movement and possibly accompanied by a strong, directed, intention.

Type 2 force – contraction of the leg pushing the foot into the ground is converted to a wave of compression and stretch in the upper body to combine elastically with the partners force.

Type 3 force – the whole body is pressed into the ground – mostly by the partners force – while the elastic pressure passes into the partner and causes their body to react.

Type 1 force is typical of good Karate, average Fujian White Crane and mediocre Taiji

Type 2 force may be seen in the very best White Crane (Karate or Wing Chun) and practically efficient Taiji

Type 3 force arises out of the gradual refinement of type 2 force and is seldom truly seen

### Inside First

First find the subtle elements within yourself (during the Loosening Exercises and Taiji Form) then attempt to find them in the process of your partner. Then use intention to connect into your partner while listening to the influence this connection has on their internal changes – this will develop intelligence on that level. Whatever level of subtlety you find in the Loosening Exercises, the process will be rougher in the Taiji Form and rougher again in the Pushing Hands.

In meditation first understand and develop yourself on each of the etheric, astral and celestial levels, before attempting to act in the wider 'external' worlds of each of these levels.

### Inner Growth

The results of inner growth gradually appear in your outer life. Moments of remembrance of the deep-body sensations, and later the deep-emotional energies should occur more often. Also the increasing down-flow from the Deep Mind Intelligence will enhance the intelligence on the deep-body, deep-emotional and deep-mental levels, assisting in the management of otherwise difficult situations, especially within the deep-emotional.