

Turning the Mind towards the Self

Superficial-mind looks outwards through the 5 external senses. All knowledge gained in this way is of little use in finding your deeper Self. A lifetime of studying art, psychology or science – even Taiji or Yoga practiced externally with the quiet, calm mind watching the body move through space – may bring you no closer to your Self.

The universal first step towards your True Self is to turn the mind towards your inner world, initially, through the 5 internal sensors – joint, muscle state, pain, pressure and temperature. These 5 sensors reveal information about your internal condition, while revealing almost nothing about the external world.

3 Levels of Waves – training within the body and the body's energy field

- 1.1 internal body movements – waves of movement (3 types of wave)
- 1.2 movement of pressures and forces – waves of pressure and stretch
- 1.3 movement within body's energy field – waves of mind and energy

Waves of movement are perceived by the joint-sensors and the muscle-state-sensors (contract and relax)

Waves of pressure are perceived by the pressure-sensors and the muscle-state-sensors (stretch and un-stretch)

Waves of energy are perceived by the pressure-sensors (as 'fullness') and the heat-sensors ('internal warmth')

Centre Movement – produces 3 types of waves

- transverse waves, like 'bamboo bending' generated by the advancing and retreating of the centre
- twisting waves generated by the turning of the centre
- longitudinal pressure waves generated by the slight lifting and sinking of the centre

The centre never stops – advancing, retreating, lifting, sinking, rotating horizontally or vertically – generating smooth waves with all large and small joints continuously changing in response. Neither allow the joints to stop nor move the joints randomly and wriggle about, as both disrupt the flow of elastic energy in the body.

To ensure these waves pass smoothly through the shoulder-girdle into the arms – after lifting arms, release muscles around shoulder-blade to drop shoulders before releasing muscles in shoulder to drop elbows.

Aligning to Create Pressure – “Centre-Pressure-Form” evolves to “Rising Pressure Wave Form”

When retreating loosen pelvic-girdle, open lower-back, open hip-joint, knee out slightly, then find foot pressure.

While advancing chest opens, back of neck straightens and head adjusts then listen for pressure in centre

After pressure gathers in the centre – drop centre, extend intention, advance hip joint, then listen for pressure increase in hands while wave of expansion rises through the chest (dropping shoulders) to move the hands

Rising Pressure in Pushing-hands

In 7-pushes, sit back, pressure gathers in foot – foot 'flattens', 'fills', becomes warm.

When that is clear, then train pressure rising from foot to centre – listen for 'fullness' and 'warmth'.

When that is clear, then train pressure rising from centre to point of contact – listen to pressure in partner's body.

When pushing

- increase pressure till partner begins to lift (you may see foot move) – then drop centre to issue pressure wave.
- later increase pressure till partner stops – then drop centre to issue.
- later still increase pressure till partner is about to stop (signs of body “jamming”) – then drop centre to issue.