



# Le tao du Tai-chi

## The tao of Tai-chi 1

### Energy Discovery

Let's not go four ways...  
The city is noisy, but the silence  
is in the background.

Contact your nature and observe  
it.  
Your path, the tao, will be shorter.

Start relaxing because that's the  
key.  
Sit down and take a deep breath.

Allow me to share with you what  
paved the way for me to discover  
the so-called internal sensations  
in the Chinese or other body  
disciplines.

Here are exercises to discover the  
energies.  
First, you need to know how to  
feel jin (or jing, chin).

### Jin Consciousness (pronounced djin)

Exercise: the primordial snake

Lie on your back and relax from  
head to toe. Yes... from head to  
toe, and not from foot to head,  
because the brain and the body  
relax better as well because we  
live on earth with the force of  
gravity: everything that rises  
awakens and everything that  
descends relaxes. In parentheses:  
the method of relaxation from

bottom to top is rather to precede  
mental visualization exercises  
such as shamanic travel  
accompanied by the drum.  
To relax, visit every part of your  
body as a scanner would. When  
you are fully relaxed, inhale  
powerfully, quickly and  
thoroughly. At the same time,  
creates the impression of a flow  
of energy rising towards the head.  
Exhale causing a breath through  
to the hands and feet. Creating the  
sensation of a current is essential,  
but, you can help yourself by  
imagining a light in your body.  
After several weeks, you will feel  
a magnetic current and then,  
perhaps, the jin coming to bristle  
your hair. In a few months, with  
assiduous training, I managed to  
provoke at will shivers in the  
execution of my Tai-chi sequence.  
Today, I direct shivers in any part  
of the body: right, left, in the  
head, legs, front, back... You will  
then be able to create a dazzling  
thrill triggering the fa-jing or  
nerve force explosion contracting  
a muscle chain or another... Do  
not confuse fa-jing with fa-li. The  
latter is triggered at the muscular  
level only... without shivering.  
From the outside, they look alike,  
but, the fa-jin is more natural,  
faster and powerful. An  
acupuncturist told me that  
shivering must be a loss of jin  
from the kidneys. In any case, it  
is here the mastery of a capacity  
of the parasympathetic nervous  
system, among other things,  
which, according to the doctors,  
is not possible! The will does not  
normally have access to them.

Only external causes could trigger  
them, such as the cold.

The way seems clear at our feet,  
blurred at a few feet...  
Take the time to live the present...  
everything in its time.  
Keep the goal in mind while  
focusing on the step you are  
climbing.

### Chi Consciousness

Now, discover the chi,  
(Pronounced «tchi»); what we  
call, here, magnetism or energy,  
breath (ki in japan, prana in india,  
pneuma in the Greeks...).

#### 1st exercise: the Do in and the Magic Ball

With your hands, rub your body  
at the level of the heart, follow  
the path to the right shoulder,  
follow the inside of the arm and  
then go up on the outside of it to  
the ear. Do the same on the other  
side. Warm your face and scratch  
your scalp. Rubs on the sides of  
the spine and continues behind  
the legs. Moves up to the inside  
of the legs and back to the heart.  
Now relax your arms and  
especially your hands. Become  
aware of the sensations. If you  
feel tingling, it's the effect of  
greater blood circulation in your  
capillaries.  
Now look at the hollow of your  
palms for two minutes.  
Then put your palms face-to-face  
3 or 4 centimeters apart. Relax  
your shoulders. Stay like this for

2 or 3 minutes without moving, with stiff fingers pointing to the sides at an angle of about  $10^\circ$ . The hands form a U without the wrists touching each other. Be careful, do not move a hair. If you scratch, you have to start from scratch... Breathe while creating the sensation of a breath that accumulates between your hands. Now, put your hands in fan by spreading your fingers. Palms should be parallel in a vertical plane (Photo 1). Exhale bringing palms together as close as possible without touching fingers. Inhale with hands a few inches apart. Repeat this for about 1 minute.



Photo 1

Reproduce the same protocol with the hands as a spoon, all fingers in close contact and always pointing to the sky or even to the outside (Photo 2).



photo 2

The wrists are 1 or 2 cm apart for 2 to 3 minutes. Breathe by moving your hands farther and farther away, gradually as the gesture is repeated, up to a metre if you want. What do you feel? Nothing? Start again tomorrow and the day after... You feel heat, your hands are red... it is the blood and chi that, attracted by your mind focused on your hands, have come to accumulate in these. You feel like foam or magnets attracting or repelling each other: in very small movements, it may be an interpretation that the brain makes when the wrists move by micro jerks. On the other hand, in large gestures, this feeling of magnets corresponds completely to chi!

There is a position of the hands where they repel each other with a feeling of resistance and the other where they attract each other... Could it be the yin and yang positions of the hands?

### 2nd exercises: iron hands

Standing, makes large circles of the arms from the shoulder. The arms are extended. After a few laps, pause to feel your hands swollen with blood (photo 3).



photo 3

After that, contract your fists several times very hard while inhaling. You can squeeze on a cylinder like a broomstick or put your thumb inside your palm.

The hands parallel to the floor and at thigh height, inhale while moving them aside on the sides and return the arms along the body while exhaling, as if they were slipping on the smooth surface of a table. 2-3 minutes will suffice (Photo 4).



Photo 4

Now stop the movement and keep the arms along the body, with flat hands parallel to the floor and concentrate on the palm cavity for



several minutes. How does it feel?

Start breathing slowly again. Inhale while ascending the palms at the height of the ribs and exhale while pressing towards the ground the fingers always raised.

### 3rd exercise: concentration on the nose

Now that you've felt in your hands, you can develop your sensitivity by focusing on the tip of your nose. Suspicious to observe it by making both sides aware simultaneously (this also makes it possible to work the 2 eyes and cerebral hemispheres). Breathe slowly while imagining a breath passing through the flesh and bone of the nose on the way back. Do this often for a few minutes until you feel vibrations at the forehead.

### 4th exercise: the vision of the eagle

Stand in front of a black or very dark wall or fabric. Hold the fingertips of both hands as if to form a flat roof (photo 6)..



Photo 6

Leaves 2 or 3 cm of distance between the ends of the major 2. Look relaxed, if possible, without blinking, and still for a few

minutes. Now, move your hands in the vertical axis a few centimeters in one direction and then in the other, like crossover elevators. Your eyes are staring at the space in the middle of the line connecting the fingers of your hands. If you see duplicates of your hands frozen in the place where they were during the few minutes of immobility, it's a phosphene... An impregnation in your retina. If you see a vaporous net accompanying the movement of the hands, it is the chi, or the energy, which passes from one hand to the other. You can, if you want to see more, watch someone put in front of a dark or white background. There are exercises from Tai Chi or Chi Kung to develop this a little more.

### Yi awareness

To discover the strength of yi, which some translate by intention, you must isolate it from the gesture. When you think about making a quick move, slow it down. Thus, you will feel a power build up because the energies put in place in the body are not fully used. Yi is the mental intention: you want something and it is done or not... This intention projects chi and sends a nerve impulse into the parts of the body that would be in function to actualize it. If the energy created is not used, it accumulates. It is an energetic as well as martial secret to think an explosive gesture while it is carried out slowly... To my knowledge, only ancient Tai-chi chuan Yang, I chuan (yi quan), Da cheng chuan, Taiki ken and other similar martial arts working in immobility and/or slowness with yi may have transmitted this secret. A martial art that fully integrates it is recognized by the slowness or immobility interspersed with explosive movements serving as a valve to the energy accumulating more and more. This work I teach

through the ancient form of Tai-chi chuan of Yang Luchan. When I practice it, the nervous and energetic power accumulates and, at a few key moments, it is externalized by explosive movements (fa-jing or fa-chi, etc.) in order to bring down the pressure a little. It is a game of yin-yang energy in stages.



«Penetrating punch (explosive) of the ancient Yang shape»

If the yi is strong enough, the energy «tambourine», that is to say that the body trembles passing in rapid alternation from the restraint to the initiation of the explosive movement. The first condition for these tremors or tremors related to jin or higher energies is, I specify, the control of soung-li. Soung (song) is a deep relaxation. Li is the muscular aspect. Soung-li is a trigger that brings the skeletal structure to the edge of the collapse. The muscular chains, solicited either by fatigue, or by the will, pass alternately from one position to another. The body remains standing by reflex jerks. Be careful, do not try to make your body tremble or shake in an artificial and controlled way. It would be meaningless and probably ridiculous to an outside observer. It is not the same thing as provoking by will the natural

phenomena of which I speak. After mastering soung-li, you can work on soung-jin(g) and soung-chi thanks to yi.

### Exercise 1: Tight Rope

Choose a few simple chained gestures like a short sequence of tai-chi chuan for example... In practice, you have to perform the gestures very slowly and in a relaxed way while thinking that you are held back by an invisible force. It is a contradiction in your mind as well as in your body. You must want to go fast while wanting to stay slow. When the arm pulls the bow rope backwards, it stretches out. And the more it is, the greater the strain on the arm increases until it is shaken.

In an explosive gesture, the brain and energy system send powerful impulses into the nerves, muscles and acupuncture meridians. If two conflicting thoughts coexist, two opposing impulses create a tension of intensity equivalent to the expressed will.

Your breathing must be powerful, deep. If you feel that your gesture is held back: the bow rope is tight! It is also like the pressure cooker: the fire is the intention to go fast, the lid is the reverse will and, inside, the pressure increases.

### Exercise 2: The Waking Dream

Sit back and relax. Wait a few minutes. Sleepy a bit... Now, imagine you're fighting or doing quick actions you choose. If your body moved at the same time as the images, then thought or intention caused it without the intermediary of bodily consciousness.

Energy follows intent. So, pay attention to your thoughts...

### Awareness of the shen

Experience in centering-off-centre:

It is sometimes important to experience the opposite of what needs to be integrated. (Vast subject that could be developed elsewhere).

You must do this experiment, under the supervision of a third person positioned on your side because it can trigger some inconvenience, although here I limit the decentralization to the horizontal plane... which is without risk a priori (very sensitive people still abstain). Therefore, do not try it in the vertical axis, unless you are framed by two or three people 50 cm behind and on the sides, ready to catch up if you are dizzy and forced to sit (1% of people had this effect during the vertical shift). The author of these lines as well as the editor are not responsible for any discomfort or accident following this experience.

Stand with feet together, knees, ankles in contact. Back and head straight in the vertical axis. You must feel like a peg in fragile balance on purpose for the exercise.

The experience consists in moving the shen (spirit, yuan shen) thanks to the yi. You are going to have to move the shen from your heart which is in your central vertical axis at the center of the hearth or tan tien, below the chest (shen xian). What is the shen? To give you a concrete feeling, it is when you take for example awareness of one part of your body then of another and again of another... What is moving? It's not an idea. It is something that moves in space as the light of a spot illuminating one place and another. When you «become aware of», you put the mind or the consciousness in... First, gradually move your mind in the horizontal axis to the right. Feel your shoulder and then your clothing on it. Move your concentration a few centimeters

outside. Stay there about ten seconds. Now slowly move your shen to a distance of about 50 cm. What happens? For your body? For your state of being? For your energies?

After this listening, put the mind back into your heart and repeat the same thing to the left, the front and the back. Always put your mind back in the lower part of your chest before moving it in the next direction.

Compare, as you go, the sensations when your mind moves through space.

Decentralisation is to have the mind in a limited space outside the heart, while the centering consists in having it in it (tan tien median).

After this exercise, also observe the shift in your daily life.

The shift is linked to the unbalanced emotions and thoughts according to the direction in which it is done: forward it is aggression, backward... fear, etc.

### Awareness of Tai Chi

Here is how to do it if you want the energies to circulate at best and the alchymia to develop:

#### 1. Radiant centering



**Photo 7**

As you sit or stand with your back

straight, legs and arms down, concentrate on the lower chest (Photo 7).

Simultaneously dilate your mind up and down. Become aware of the top of the skull and the underside of your feet. Think you're right where you are, head to heaven and feet to earth. Also dilates the mind on the sides as in the trays of a scale. Finally, distributed well in front and behind.

In the end, you must be aware of your three main axes.

The further away you are from the body, the more careful you must be to remain conscious of the body's internality.

A more precise centering can be done by becoming aware of the three planes of space or, better still, of the vertical axis to which we add the four dimensions of bio-mechanics and the present time. A centering of each body part is also possible.

## **2. The reception of energies**



Photo 8

Sit in a chair with your back straight, arms to the sides. You will also be able to do this in the tree pose (photo 8) and/or Wu-chi of your Tai-chi sequence, etc. The rule is to be the vertical back and the legs spread out at the maximum width of the shoulders, feet parallel.

a. Do the radiating centering.

b. After this, feel an opening at the top of the skull and shoulders. Think of the chi of heaven emitted by all its suns that descends into your body. Relax from head to toe.

Mentally open under your feet and perineum. Send your mind to the center of the Earth. Think of the "ball" it forms and its energies.

Stay a few minutes listening to the harmony between heaven and earth.

c. Hosting Tai Chi:

Tai-chi (Taiji; pronounced täidji) is not a philosophical concept. It is an energy felt or not. If it is not, then it is seen as a mystery, a belief or an intellectual invention. While remaining connected to heaven and earth, think of our universe. Welcome its life energy as long as you want. This includes the great yin and the great yang. The first is information. The second is action. There is no yang without yin. So you can think only of the great yang of the universe, the great yin will be implicitly there!



One of the main symbols of Tai Chi is two semicolons. It is dynamic and rotates from the fine to the round part. Clockwise, the symbol brings energy. In the other sense, he gets it, unless there are other beneficial forms attached to it.

Here the first stage ends.

She made you go through different experiences in order to make you understand the energies we talk about in courses, internships or books of chi kung and Tai-chi chuan. Of course, these energies are also more or less evoked in other disciplines such as Hsing I, Pakua chang, Aikido, ... for the most famous. Remember, only practice can convince you of the existence of something. Science has already proven the energies, but the resulting applications are rare and not at all popularized. In any case, to know the taste of lychee, even if its reality is proven, it must be chewed consciously.

Remember to focus as much as possible. All you have to do is put your mind at the level of your heart, whatever you do: cycling, walking, washing dishes, shopping in stores, ... Centering protects you while allowing you to be more present.

Next time, I'll explain the science of bio-mechanical waves or yin-yang waves to answer the question: what is the essence of Tai-chi chuan?

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