

4-day residential seminar, Greisinghof near Pregarten in Upper Austria

Fri 9th – Tue 13th of August, 2013

Main focus:

How to bring the pressure up from the ground (day 1) into the waist (day 2) and into the hands (day 3)

The pressure gets more and more subtle as it rises which requires a deepening of the mind as it cycles thru the phases:

- mind concentrates when contracting/movement begins in phase 1,
- closes down when releasing/in phase 2,
- sinks deeper again when stretching and compressing in phase 3,
- aim for deepest level in phase 4 when producing an intention and simultaneously using awareness to deeply listen to the response in your body

Saturday:

- Mind rises to top of head with wave of contraction & movement
- Mind quietly to back foot, lower body releases & aligns, connects back & down to foot
- Mind deepens and gently rises to the center as upper body releases & aligns
- Mind extends – back foot pressure increases – hip-joint opens – center, chest & hand expand

Sunday:

- Mind lifts through the body, then body lifts
- Mind quietly to back foot, body loosens, aligns and falls – light pressure in back foot
- Mind listens deeply in & around the center as upper body falls onto lower body
- Intention extends – hip-joint opens – center pressure increases – then wave of expansion

Monday:

- Strong intention rises, pressure increases in waist, then body moves
- Mind quietly to back foot, body floats, loosens, aligns, falls & connects
- Mind deepens and rises with pressure to fill center while upper body aligns down
- Intention extends – drop & rotate center – pressure increases – shoulder blades down – hands fill,
Intention intensifies – center advances – chest opens – hand pressure intensifies – hands extend

*These processes require that **smooth waves of movement** are well established from previous years of training!*

When the part of the wave above the center (trunk, shoulder girdle, very often in the arms) is interrupted, no internal force is available in the hands. If not practiced meticulously in the loosening exercises, the wave will not be established well enough in the form and will be forgotten in the pushing hands.

Also, the wave of release is what creates the emptiness which will draw the partner in/onto the rising pressure.

Pushing hands – 3 different training situations:

1. When practicing with someone better trained than yourself: mainly follow and listen
 - understand the way your partner moves, don't resist or block her moves
 - learn from your partner controlling your base what a connection feels like
2. When practicing with someone less trained than yourself: practice leading by
 - using your best (= a deep) state of mind – it will help your partner to go quiet;
 - connecting into your partner very gently, but precisely – the more subtle the connection, the more difficult it is to sense for your partner → better training for both;
 - precise timing of waves in the body;
 - moving the center first;
 - moving mind ahead, use deep intention
3. When practicing with someone about your own level & in general in all training situations:
 - keep the deep state acquired in the form
 - touch gently, listen deeply, practice sensitivity but also use intention
 - cave!: superficial intention will produce rough movements
 - When yielding, use a subtle pulling force generated by the correct wave of movement, connecting into your partner's front foot
 - When advancing, connect into your partner's back foot
 - don't block or resist your partner's movements
 - don't wait passively to be pushed; make your best attempt to yield, neutralize, sink and (if you know how) intelligently return the force ("counter")
 - When connecting into your partner, listen deeply to the response – build intelligence by understanding the response from your partner, adapt to response by small changes
 - When partner resists, follow, merge & build pressure and bring a wave

Mainly two situations arise when you attempt to push your partner:

1. Timing nr 2 – connect into partner's front foot while retreating, increase internal pressure and follow partner thru
2. Timing nr 1 – connection into partner builds later – while partner retreats, you follow and build connection into her back foot – partner stabilizes, DON'T push thru, use 2nd circle – bring a wave
This somewhat slower timing is also your second chance to continue the push, in case your first attempt – originally aiming for more advanced timing nr. 2 – didn't work!

Push and pull/hips or shoulders

Build up exercise by beginning with the more simple process and then refine it, go deeper as you are applying more and more subtle training methods. At the end of the exercise use your most advanced process which you practice in the form, including extending (spreading) the mind; i.e. returning force/mind/energy back into & around your partner.

Fixed patterns

- Yield clearly externally: Sit back, don't resist your partner, give emptiness, don't connect early into your own back foot: that produces a resisting force (which makes it easy for the partner to control your base)
- connect late (3/4 of the way back) into the back foot – yielding internally (neutralizing your partners force)

Use deep intention – listen with deep awareness – deep intelligence will grow

You will learn from the differential between what you intend to do and what your body actually does. It requires deep listening to see what the body truly does, only then you can begin to change it. Change depends on the level of depth you operate on.

Meditation/Daily dying:

From a deep state (after harmonizing the etheric energies by doing the 8 paths or similar exercise), with the energy sphere spread out 1 arm's length around the body and centered in the middle dan tien (roughly from the solar plexus to the base of the throat):

1. Review past difficult experiences, understanding true or hidden motives of yourself and others
2. Review dreams
There are various types of dreams, not all of them equally relevant with respect to internal development. It's not easy to bring the memory of the dream back into the consciousness, the superficial layers will filter. So it is better to use the deepest state possible to understand the dream.
When deep emotions are being expressed and experienced in a dream, they often come in a complex psychological plot. Not necessarily the person appearing in the dream is important, but the emotion it represents.
Also, your guide or higher parts of yourself sometimes try to bring messages from the deep mental to your attention via dreams (esp. if you are receptive to it) – the superficial mind truly is quiet then, the body passive, so no interference. This is less likely if you never attempt to remember any of your dreams.
Guidance: When you have put a strong effort into achieving something particular in your taiji training, sometimes that particular skill – far beyond your present level – can be experienced in the dreams.
3. Look ahead, understand where your life is going and refine your life intentions

Tentative date for 2014: Fri 8th – Wed 13th of August (5 days)