



Bewegen in Vrijheid



Everyday Journey Chi Kung for Everlasting Life



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Introduction

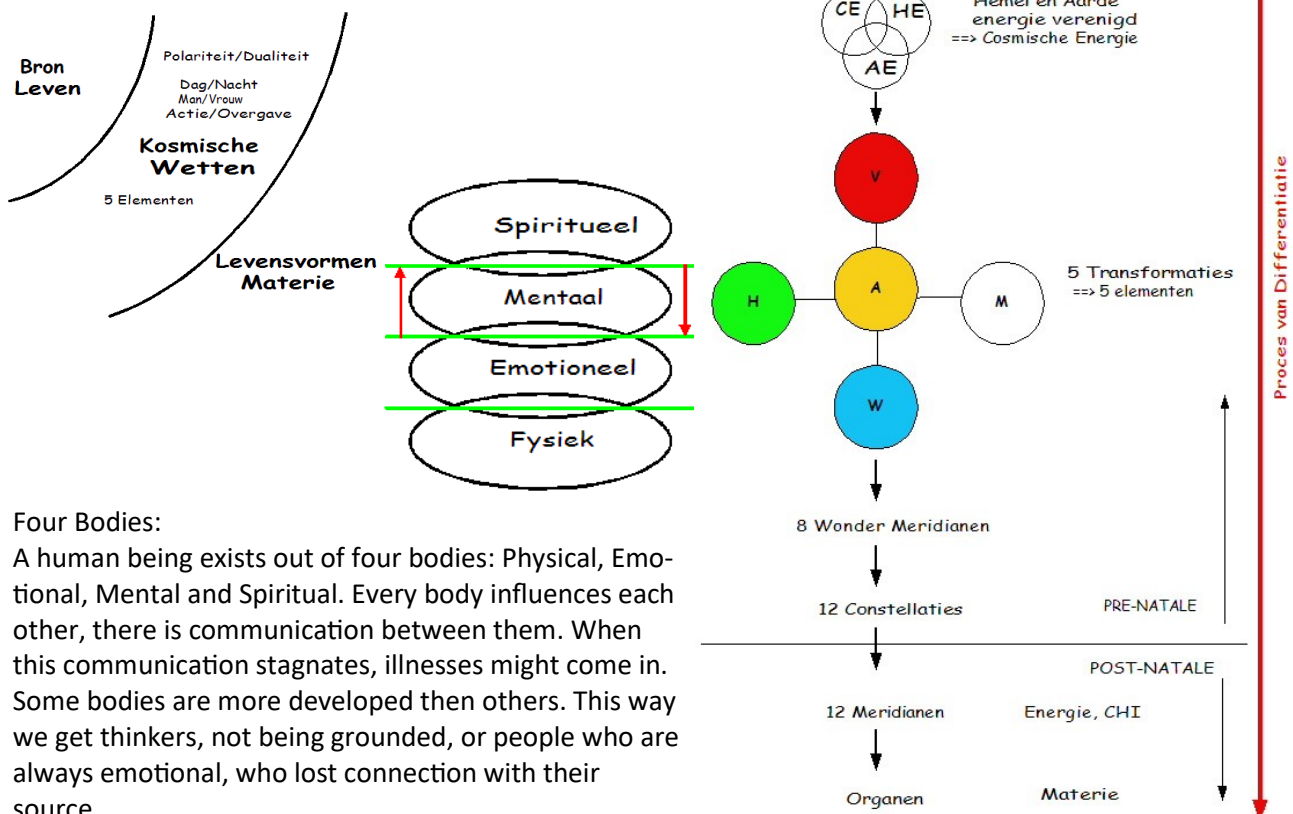
This Chi Kung form is born from my own Chi Kung experience. Many different teachers inspired me moving from deep in my belly, my lower Tan Tien.

This form is comprised with different simple movements, which everybody can easily perform. It can be practiced as well standing as sitting. In fact, this form describes how we came to the Earth, Living between Heaven and Earth, Living as a Human Being.

We start with standing, Human Being compared to Human Doing, not that easy in this stress and fast society. Grounding and rooting are very important in this form. Always stay very present within our body, our temple. Intention is always being present deep in our belly, out physical center, the place where everything started for us. Often the shape of a Torus is used. It's like the magnetic field of the Earth, like a big donut. It is a powerful symbol with which we connect during the form. Open the body and we bring balance between male and female consciousness, between future and past, in our bodies. This cosmic law of polarity or duality influence us a lot. Heaven can't exist without Earth, light can't exist without darkness, ... While incarnating, we also pass the law of the 5 Elements. One needs to respect the virtues, these phases of life, these energies. A human body has grown between Heaven and Earth, mankind is born from the divine lovemaking of Heaven and Earth. All taboo about sexual energy of man, Fire, and woman, Water, slowly melts away, as snow for the sun by the inner sexual alchemy. The Sun and the Moon help us get rid of our old patters and clear out ancestral issues. From this state of being, deep within our selves, in connection with our heart, and with the help of our thinking, we can really show who we are. Connect with your family, your friends, people in your neighborhood, all the animals, your environment, the Earth, the Sun, the Moon, the planets, the Polestar, the Big Dipper, the Southern Cross, ... the Universe.

Start of Life:

There is a Source, Life, God, WU Chi. From this, an intelligence descends passing the Cosmic Laws (the polarity and the 5 Elements) and lifeforms materialize. The body grows in the mother, the Earth principle. This is initiated by the father, the Heaven principle.



Four Bodies:

A human being exists out of four bodies: Physical, Emotional, Mental and Spiritual. Every body influences each other, there is communication between them. When this communication stagnates, illnesses might come in. Some bodies are more developed then others. This way we get thinkers, not being grounded, or people who are always emotional, who lost connection with their source.

WU CHI and TAI YI posture

Wu Chi: Stand shoulder width, feet placed parallel, do nothing, not even feel, just be. Let go completely, surrender completely to the life force. This is “Human Being” against “Human Doing”. The Wu Chi is described as: The nothingness, The unknowable, The Grand Ultimate, the TAO, the Source, ... In fact, when you name it, it is already wrong. From this state, everything is started, from the void.

Tai Yi:

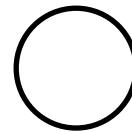
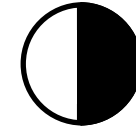
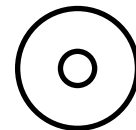
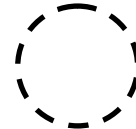
Bring attention deep in your belly, below the navel, your Tan Tien, your physical center. There is some stimulus that gently makes us moving. It is like a fish in a pool that comes to have a quick look. Certain moment, movement commences. At this moment, the “Supreme Tipping Point”, the polarity is born. Tai Yin (feeding, embracing), Tai Yang (expanding) and Tai chi (neutral) are born.



Wu Chi

Tai Yi

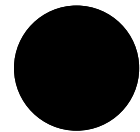
Huang Ji: Supreme Tipping Point



Tai Yang



Tai Chi

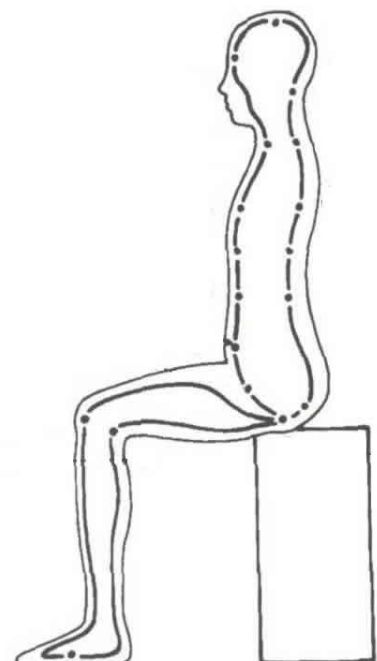


Tai Yin

Feeling Earth, Grounding

Collect energy from the Earth. While breathing in, the arms are rising while the chest is sinking and sit in your heels. Breathing out, the arms go down. Your attention is deep in your belly, in your core, your physical center. While breathing out, imaging getting roots as a tree and connect you belly, your earth, with Mother Earth. The base is as a steady rock, the body is supple and springy.

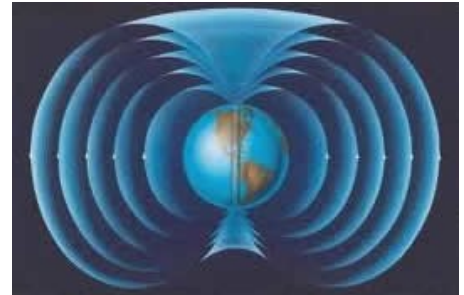
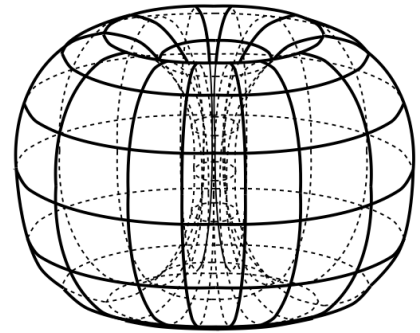
Energy flows through the heavenly orbit, up through the spine, down through the front, are the other way around, as feels best for you.



Open for the Universe

Open your body completely. Invite Earth energy flowing upwards through your body, your central channel. Connect with Heaven Energy and let it flow down over your whole body. The hands make a shape of a Torus, a big donut, the magnetic field of the Earth. Each creature, each cell, every heavenly body, has this energetic shape. The head is the north pole, the sacrum is the south pole.

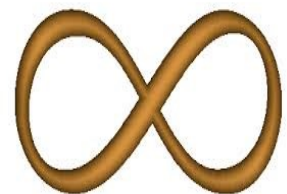
While the hands are rising, open your heart and open the front of the spine. The crown is always connected to the Heaven, the tailbone is connected to Earth.



Connecting

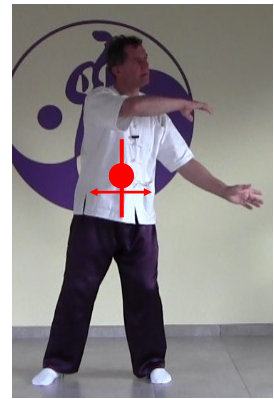
Alternating one hand goes up in the central line of your body and goes down to the side of your body. The fingers of the rising hand are pointing down to stretch triple warmer meridian. The finger of the falling hand point up to stretch heart governor meridian. Mind the shoulders stay low. The hands describe the form of a figure 8, a lemniscate. Intention is moving the pelvic left and right with the hand movement. You also make a lemniscate with your tailbone.

You connect the right side of your body with the left side of your body, in connection with the cosmos. Energetic you connect to the whole cosmos. The rising hand goes to Heaven to go sideward down to sink in the Earth.



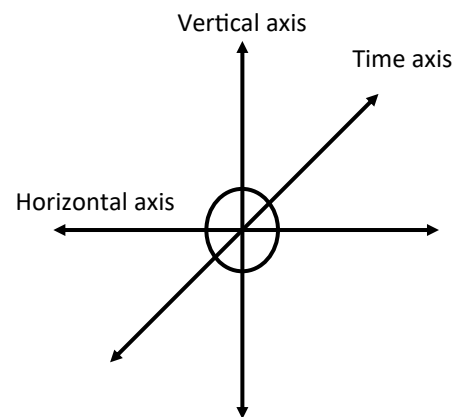
God playing with the clouds

A top hand shifts the energetic cloud from one side of the body to the other side while the bottom hand pushes the cloud. This movement starts deep in the belly, in the very center. It stretches the fascia. You shift a ball of energy from left to right and vice versa stretching the fascia. In this movement, we also connect the right and left side of the body. The tailbone is also following the shape of a lemniscate.



Solving the three mysteries: **Live in Love Know**

We are living between Heaven and Earth, the axis of life and death, the vertical axis. Life is about bringing to expression the intelligence we received in this vertical axis. This action we do between are male and female consciousness, the horizontal axis. And this we live between the future (our front side) and the past (our back side), in the KNOW, on the time axis. We live in the know, in balance between man and women, between Heaven and Earth.



The mystery of Male and Female, the horizontal axis

Make two horizontal circles right and left in front of you. The circles overlap. The movement comes to you in your center line. You suck energy towards you. You describe two spirals, one spiral on the left side, male, and one spiral on the right side, female. In your center, your central channel, the spirals overlap in the neutral space between male and female. The spirals are like in the Pangu Mystical Qi Gong. In each body resides as well male consciousness (rational) as female consciousness (feeling, intuition). By this movement, we balance the male and female consciousness. The coccyx describes a lemniscate.



The mystery of the future and the past

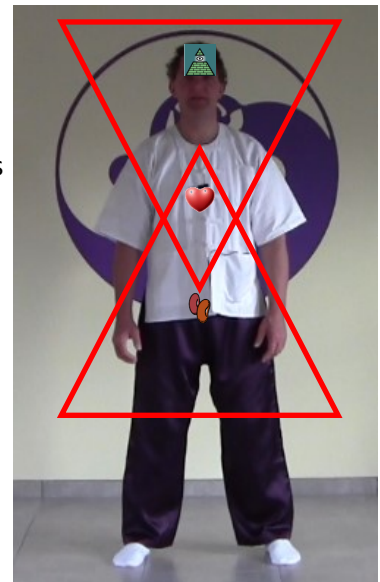
In this step, we make two horizontal circles, one in front of our body and one behind our body. In the center, in your central channel, these circles overlap. You bring the future from the front through the navel to the NOW. You bring the past from behind through the Ming Men, the gate of life opposite the navel on the back, in the NOW. In the central channel, on the vertical axis, resides the neutral NU. The pelvic describes again a lemniscat.



The mystery of Heaven and Earth and the duality or polarity

This movement describes the vertical axis, the axis of Life and Death, the axis of incarnation and exarnation. Your hand go down together deep into earth. Once there, you open for Earth. Next the hands rise and meet above the heart. The hands go together above to heaven. Open for Heaven. Hands sink and meet below the heart. You describe two triangles. The heaven triangle is Yang, male, the intelligence, your mental center in your head, your upper Tan Tien. The earth triangle is Yin, female, your feeling, your center of feeling, your lower Tan Tien. The two triangles overlap at the height of the heart, your emotional center, your middle Tan Tien.

This movement also describes the cosmic law of polarity, the law of Yin and Yang, Tai Chi. Light cannot exist without dark, no warm without cold, no hard without soft, no Heaven without Earth, Listen to your polarity. When being Yin, act as Yin and don't do a very active job and visa versa.

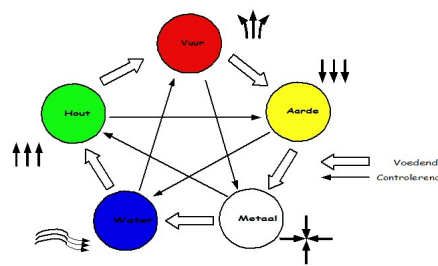
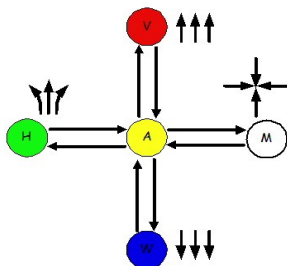


The 5 Elements

We move through the energies of the 5 elements. Wood is a strong expanding energy to all directions. Spread your arms sideways, reach out, don't lift the shoulders. We feel the rising force of Fire by bringing the arms straight up. Next the arms sink till we feel the support from Earth, into the silence. Feel the contracting power of Metal by bringing the arms together. As pressure gets higher Metal goes to the Water and we show this by bringing the arms down.

The five elements or five energy phases are coupled to phases in our lives. One needs to respect these energies. If a energy phase is not lived good, this will show in a next phase of life.

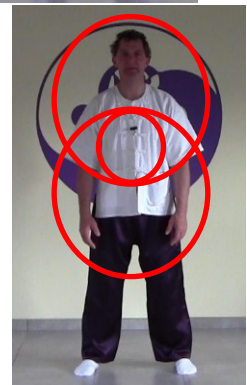
Hout	Expanderend	de Morgen	Lente	peuters en kleuters	groen
Vuur	Stijgend	De Middag	zomer	pubers, jong volwassenen	rood
Aarde	Stilte	de Siësta	nazomer	moment dat we ons een huisje zoeken	geel
Metaal	Condenserend	de Avond	herfst	pensioenleeftijd	Wit
Water	Dalend	de Nacht	winter	net voor de dood	Blauw, Zwart



Heaven, Earth and Man

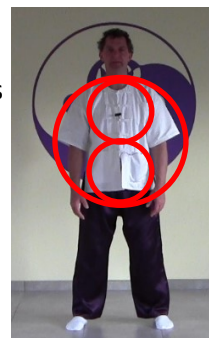
Mankind is born from the divine love of Heaven and Earth. The Earth is a circle round our physical center, our center of feeling behind the navel. From this circle continue with a small circle round the heart, mankind. Next, make a big circle round our mental center, the Heaven circle. The Heaven gives us the intelligence, thousands of things. The Earth give us our body, our temple, one.

We connect Heaven with Earth with Mankind, "the three-unity".



Fire and Water

The hands reside at the top side of the circle of mankind, above the heart. One hand goes down in a circular movement connecting to the Water, the top hand connect to the Fire. Both hand exchange position following the big circle of the Tai Chi symbol. Next they try to meet each other following the S of the Tai Chi symbol. They don't meet but a attracting force between the Fire and Water, male and female, builds up. Finally they meet in the physical center, the lower Tan Tien, palms of the hands facing each other. Fire and Water are meeting in the neutral force, the violet steam solving issues connected to the sexuality.



Sun and Moon

Bring the energy from the physical center to the solar plexus. Scoop energy from the Sun in the front through the third eye. Bring the Sun to your heart. Scoop energy from the moon from behind through the sacrum. Bring the moon through your spine to the heart. Bring the hands together in front of the solar plexus and down to the physical center. This movement serve for solving ancestral issues.

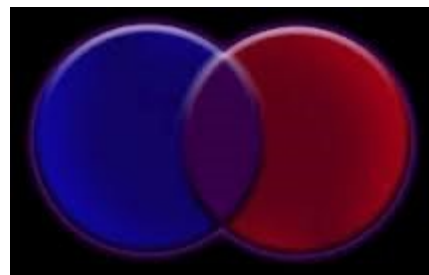


Center of the Sun and center off the Earth

Bring the energy from your solar plexus to the heart. Invite energy from the center of the Sun coming to your heart. Scoop energy from the center of the Sun, a cool blue sun, through your crown to the heart. Invite energy of the center of the Earth coming to your heart. Scoop energy from the center of the Earth, the hot Magma, through your perineum to your heart. Repeat this process alternating left and right. After some repetitions, bring the energy down to your lower Tan Tien.

Strengthen your Tan Tien

Imagine having a blue energy pearl at your back side, at the Ming Men. By breathing in expand and fill this ball, open the Ming Men. At the front side sits a red energy pearl. On the out breath, bring the attention to the front, in the red pearl. The blue pearl is water energy, the red pearl is Fire energy. By breathing consciously more energy goes to the pearls. To strengthen this, the elbows spread and hands come together by the inbreath, at the outbreath the elbows come together to the body and the hand spread. These pearls overlap, deep in your physical center. Deep in here resides the information who you are. This spot your life started. The sperm and the egg came together here. And with the love of your parents, the orgasmic energy, the Shuman resonance of the earth and the intelligence van de TAO, this beautiful creature has been growing and can really live.



Open your heart

From deep within your physical core, your lower Tan Tien, you show who you are. The hands move from your center to the solar plexus, to the heart. Open your arms in front of your heart and connect with everything surrounding you, your family, your friends, nature, the animals, the earth, the moon, the sun, the planets, ... the universe. You always stay connected to your own value, who you are, deep within your belly, connected to the source.

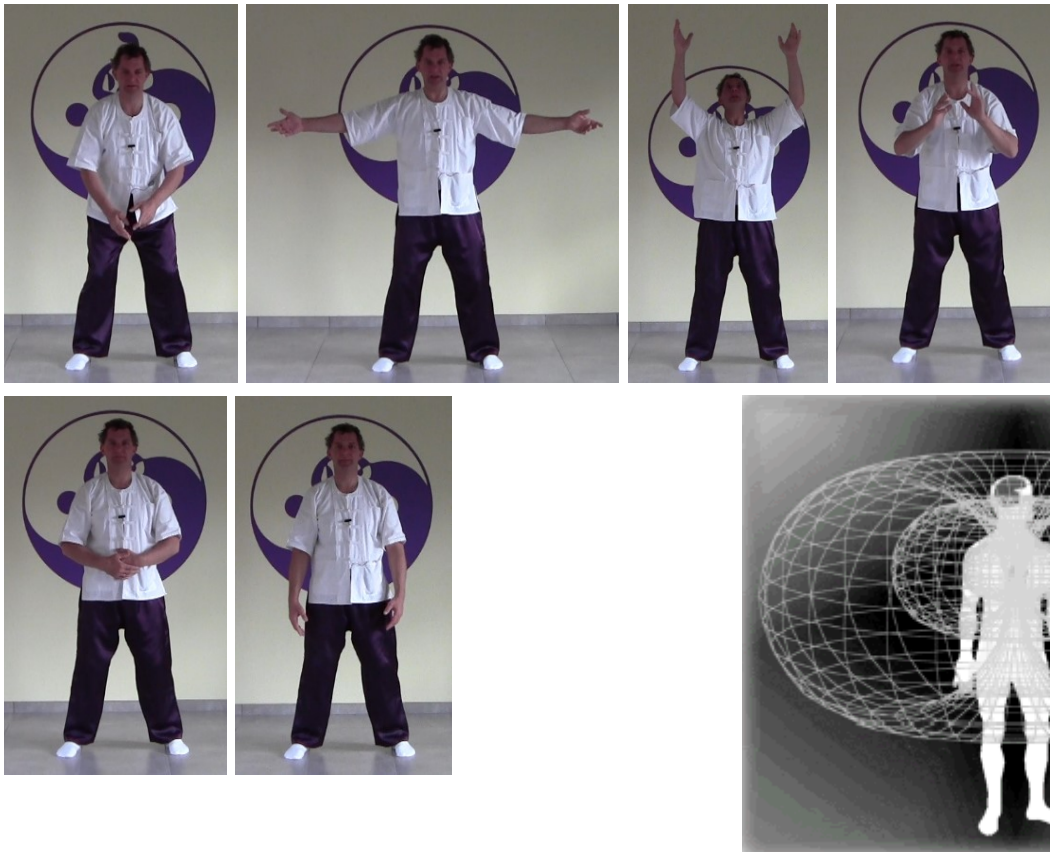


Ending, Collecting

This is an ending movement. Your hands move sideways up while inviting earth energy to join. Connect to heaven energy when hands are above your head. Invite heaven energy going through your central channel to your core while hands are going down. Your hand move in the shape of a Torus. The Heaven is the big father, which give the intelligence. The earth is the big mother which gives us our body.

Collect deep in your boy, your core, your physical center.

Go back to the Wu Chi posture and surrender to the life force. Let go of everything.



Ending

These movements give me a lot of peace. The form describes how we are standing here on earth, how we are living our life. It helps us solving problems. It is a form to perform every day again, a beautiful start of a new day.

Everyday Journey.

It is just enjoying Life.

These movement have been out following disciplines:

- Iron Shirt Chi Kung
- Fusion
- Meridian Chi Kung
- Initiation in consciousness
- ...

A lot of thanks to all my teachers, guides, examples, ...