



Phoenix T'ai Chi Centre

Interesting Reading Series

DAN TIEN

Centering is important, not only when playing T'ai Chi, but in daily life.

Feeling a centre in our bodies, and in our lives, gives us balance; it enables us to shift quickly and easily if we have to.

Our bodies have this natural centre of gravity in the Dan Tien. By focusing our attention in that area and feeling our energy move out from there, we can experience being centered in a physical way, which is an inner model for being centered in psychological ways. T'ai Chi trains a person to sense this physical and psychological centeredness

The body is also an instrument of attunement to the world around you, and T'ai Chi helps you to become more sensitive to the attunement. When your senses are clear and open, you can connect with your world more fully through them. You are more of a participant- more of a wave- and less isolated in your particularity.

This attunement extends into your subtle areas as well. Have you ever been with someone who is depressed or have you ever entered a place that has recently seen conflict? Even without knowing anything of the history of that person or place, you can often feel the disharmony in your body. Parts of you will tighten up or feel stressed. Alternatively you can be with a joyous, loving person or walk into a place of calmness and quiet, and you can feel your body relaxing and becoming energized.

EXERCISES:

Do opening movement of T'ai Chi without centering first.

- Then do it with centering first. Notice the difference.

Do Single Whip without centering first, then do it centering first.

Bring mind to Dan Tien and Chi follows, now circle it outward to periphery of abdominal area with your hand 36 times, then 24 times reverse back to Dan Tien.

- Then circle Chi with the mind from Dan Tien out to periphery of abdominal area and circle it back.
- Then do it with abdominal muscles.

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