

~ CLEAR ~

Week #1 ~ Clear – Wind/Metal Element

The value is Clarity; the method is Circulation

The Element is Wind/Metal; The Wisdom is Equanimity

Monday, July 4th 2022 10:00 AM(PT)

Clarity

“Clarity is more than a specific condition; it has simultaneous multi-dimensional possibilities. It can be a stateless state of 'presence awareness' in stillness and motion. Meditative stillness is the poise of quiescence; in motion, it can be the natural flow of effortless action Wu Wei 無爲. Clarity is also a condition of the heart/mind as openness and focused intent. To be clear is to be in harmony with the Dao.”



Teja Fudo Myoo

Principles and Method




Our 'method' contributes to the health and sustainability of necessary and appropriate Circulation throughout our living human system. The method combines the power of awareness as mindfulness in harmony with the life-affirming teachings and practices of qigongdharma.

What is Circulation in our living human system?







- 🌀 Circulation is coherent movement of elements through a living self-contained system. A system in balance has appropriate, clear circulation. A system in balance and harmony has clear circulation and no stagnation. Without stagnation, there are no conditions for illness.

-  The movement of 'elements' through our living system can be:
 - Fluids such as blood, lymph, gastrointestinal
 - Air or gases
 - Energy such as 'Qi' (subtle system flow)
 - Qi is also considered Bio-electrical animating life-force.
-  Circulation takes place within the self-contained boundaries of our living system. Circulation is conducted through the vessels of our pulmonary system and the unique characteristics of our other life systems, including the lines of energy and information flow of a balanced and functional nervous system. On the subtle body side, through the meridians.

Practice: Connecting with Circulation

-  moving from idea to feeling and into direct experience
-  Standing and feeling breath and heartbeat
-  Subtle system felt-sense awareness with the qualities of:
 - Openness
 - Transparency
 - Spaciousness opening to insight
 - Fluidity

Wind/Metal Element

- **Wind/Metal Element** connect with the Lungs and Breath
 -  Lungs and Metal Element practices
 - Flying Wings Central Channel Pulse Breath
 - Yin Yang Breathing
 -  Whole Body Breathing with Radiant Body Breathing
 - RBB Form #1 (Balancing left/right channels)
 - RBB Form #2 (Up Center Channel)
 -  Dispersal Swings
 -  Gathering Qi in the Hara – grounding – figure 8 and kua folding
 -  Unity Original Qi
 -  Integrating Breath

○ Seated Qigong

- ☯ Yin Yang Dao Yin Sequence
- ☯ Elliptical Pulse Breathing

Wisdom ~ Equanimity

Meditation Practice for CLEAR Week #1:

- **Wisdom ~ of Equanimity**
 - ☯ The dew-drop of peace
 - ☯ Recognition of impermanence
 - ☯ Acceptance of the oscillation of change
- **Quiet Sitting ~ resting in relative stillness, feeling:**
 - ☯ The tides of the breath
 - ☯ Pulsing heart beat
 - ☯ Subtle openness
 - ☯ Stability with Spaciousness
 - ☯ The Equanimity of Deep Witness