

# tim<sup>o</sup> studio

of TAO道IN THE BODY

## THROUGH THE POSTURAL BONE

In deepening into our Tai Chi and Meditation practice there really is no substitute for developing awareness in the body by gentle, gradual experience; as we soften to it, so it will happen in us.

Sometimes too, a visual or external practical aid may assist us, as a kind of prompt.

The diagram shows on the **left** how the postural bone may be holding itself tightly into its mid-point, often producing discomfort (lumbar back-ache, for example) and a self-limiting range of movement as a result. This 'holding' tends simply to come about habitually, even culturally; it is not in itself 'wrong', but it does, in many cases, lead to our feeling disconnected from our ground, our breath, our holistic body.

To the **right**, the vertebral alignment (together with the surrounding and interpenetrating soft connective tissue) is finding its way to a more naturally 'correct' and 'released' form, where up and down-ness, both in actual and subtle energy or movement, do not get stuck but flow freely through us, as equally to Heaven as to Earth. This is the Golden Thread of Tai Chi Forms, and of standing and seated Chi Kung/Tao Yin and Meditation postures generally.

It should be noted: that as much as the self-holding posture to the **L** has come about gradually, perhaps over many years, so too the self-releasing to the **R** will take time. The arrows indicate *happening* therefore, rather than *doing*. In particular, the seat-coming-underneath should never be forced or tucked (resulting in a different kind of held-ness), but allowed and encouraged through practise, and with guidance, to let go.

A certain amount of trust, even discipline, develops by experience of this process. Its source unknown, it is a trust in the virtuous and ancient tradition of these Ways, and in the something-magical transformation that may, as a result, appear.

