

How to Meditate While Doing Wu Tai Chi

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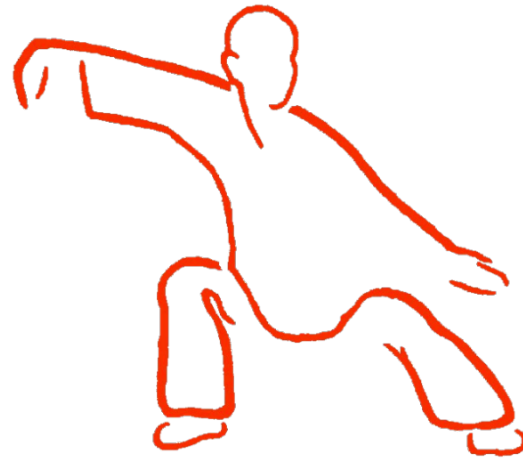
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Compare Meditative Movements: Working with **Attention & Awareness**

Part 1

1. Tai Chi Meditations:
 - A. Commencement
 - i. **Pausing**
incrementally
 - ii. Paying attention?
2. TCC: Separate & Combine
3. Work with partner
 - A. Eyes: In + Out =>
Neutral
 - B. Sung

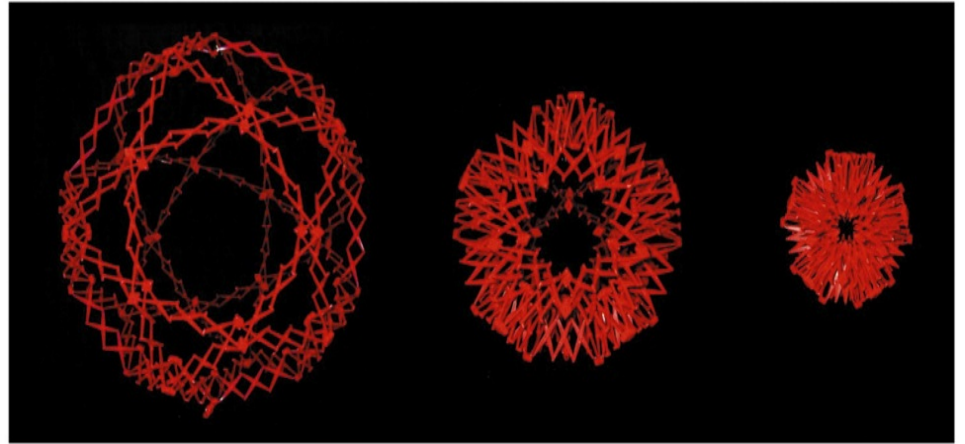


P A U S E

Pulsing: Piercing the shell

1. Open/close to Pulsing

- A. First: Opening & Closing : **one** joint then **two**, finally **all** joints
 - 1) Wrist then Fingers
- B. Paying attention: expansion and compression
- C. All joints = **Pulsing**
 - A. Synergistic effect



Do: Wu Short Form of Tai Chi

I. Follow along

1. What should you attend to?
2. Notice where to put attention
 - A. Transition to Posture: Between
3. Sense of Flow of entire body

II. Process experience by answering 3 questions

1. What happened?
2. Anything similar before?
3. How can I apply this to my life?

Dissolving: Daoist Water Method

Part 2: The 2nd Meditation Method

1. Focus **attention**

- A. **Agenda:** Point or general like anger
- B. As it happens, on an **obstruction**
 - 1) Pain, injury, or obstruction



2. **Dissolving**

- A. Ice to water, water to gas (external)
- B. Ice to water, water to space (internal)



Summary

1. *What you **practice**, you become. Liu Hung Chieh*
2. It's not the destination, it is the **journey**.
3. Shift to **intrinsic** values as you move more internally in your Tai Chi.
4. **Answer:** Who, what, when, where, and how?
5. Develop self-efficacy (confidence) helps with **persistence**.
6. **Everyday** living is a Tai Chi (care for transitions).
7. **Change** is not a problem, but an opportunity.