How to Meditate While Doing Wu Tai Chi

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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
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.