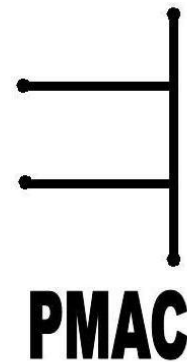


The Science of Esoteric Energy: One Tree Basics



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Samantha Migoshi



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The Warrior Mystical Path of One Tree

Throughout our history, in cultures as diverse as Japan to the Celts there have been legends of warrior healers, practitioners of the arcane lore of what we in the west call magik. Stories speak of great masters who studied stealth, combat, healing, and the occult/ hidden magikal aspects of their cultures. Legends go on to reveal men who walk through walls, climb ladders with rungs of swords and do not get cut, cast spells upon the enemy, and know the miracles of herb lore. These groups have gone by the names shinobi, Shaolin, Kosho Ryu Sohei, Knights Templar, Huna, Native First American Warriors, and the "warrior-bands" of the Fianna; but they are not limited to these. These individuals followed traditions, ryus, disciplines of training specific to their geographic region; they were the warrior, healer, mystic. They exist today in such arts as ninjutsu, dim mak, Hoshin, Kosho, KHY, and One Tree. Due to the esoteric nature of their traditions, today many traditions do not look deep into their 'magikal' aspects- but should that individual do so, they would find a deeper, more expansive degree of study.

Though the traditions One Tree are rich in Eastern and Western mysticism and spirituality, if one looks for the similarity within all they will identify not differences but true parallels with both other traditions of magik, martial, and mainstream religion. What I hope to share with you is my tradition, the tradition of One Tree, a warrior-healer-mystical art in hopes to let others know that a warrior path exists in the mystical circles of today; and that One Tree mysticism is a magik tradition all its own.

Warrior- an individual trained in the skills of warfare. But, unlike a soldier who acts when he is told (no matter what the assignment each link in the chain of command does not think independently of the collective), a warrior is more balanced and thinks independently according to the code he has chosen to live. The warrior monk, the samurai, the Native First American braves are considered warriors-skilled in war, but able to choose peace at a moment's decision.

Healer- A healer is a practitioner of health practices who works with, rather than against, the natural self-healing properties of the body. They bring balance and harmony to the body, the mind, and the spirit. Healers are said to heal because all healing comes from within the body rather from external treatments; and external treatments are used to facilitate harmony within the body. It is said those who can heal may also become deadly combatants; for they understand the body and its function. They then

use that knowledge, applied as wisdom to resolve conflict. If you know how to heal the body it is only logical that there is a brief transition on how to harm the body.

So a Warrior-Healer in this sense is to be complete. He can fight using whatever methods are needed to resolve the conflict on or off the battlefield. He first heals himself and then acts as a conduit for healing to others. He is the ultimate shaman.

Shamanism- The term shaman is derived from the Tungas language of Siberia, it is a generic term for healers and spiritual leaders in tribal societies. Some say it translates to "trickster"(I think of it as 'tricking' the person in healing or combat to obtain my desired result). Shamans (Shamankas in the feminine form) practiced in every known culture, many of which are still active today. Shamanism is said to be over 40,000 years young and is in every aspect of organized modern religion today, though in and of itself it is not a religion, but a spiritual practice. Through a variety of techniques the shaman "tricks" the self into ending conflict, both on the battlefield and inwardly. As a healer he uses herbology, Reiki, massage and so forth to heal. As a warrior he uses deception, energy manipulation, psychology, and theatrics to persevere. As a mystic he travels into the spirit world for knowledge and learns the supernatural aspects to increase energy, change outcomes, in a sense he is a wizard of magik. This is the mystical experience.

It is through the culmination of studies taught over time that a One Tree practitioner melds the Warrior-Healer-Mystic from 3 separate aspects into 1 whole.

A Warrior-Healer understands that life is a simple thought; that we are pure energy. Manipulate the energy and one manipulates the moment.

We are not ostentatious. We are not saints. We swear on occasion, and we also have our moments of sin. But we strive to live a good life in and out of the grove. Making our choices for as Higher Good; working on our own lessons in life; learning as we go. We strive to continuously learn and to be humble in our approach. Yes, if you see a gathering of One Tree students you may not be able to tell a seasoned master from a new student by simply looking, for they do not stress ostentatiously or act egotistically. How you will tell is by the proficiency of their skill. Respect is given to all regardless of rank or title; for a belt or fancy title to make one feel important is feeding the ego and in One Tree, the ranking system is set so as to minimize this. Instead our practice is to treat all people with respect, for we each are deserving. We do not need a colored belt or fancy title to identify people. That should be done on merit alone. And so it is.

We are all POWER FULL. Not powerful, but power full. Students of One Tree study healing, martial application, spirituality, shamanism, herbology, concepts, philosophy, history, art,

magik, and more. We are more than hitters, grapplers or kickers. We do not fight for sport, but serve as a positive addition to our society. You will not be able to tell us apart out on the street. But when compared to other systems of martial training you will see a significant difference. We are a complete art. We strive for a holistic approach to being. We are One Tree.

So the short definition of One Tree: A Western-born eclectic martial art blending martial arts based on natural movement, shamanism, magik, and healing into one unique system. It is martial. It is a healing system (yes, even the forms are created with healing, spiritual and/ or martial applications; all dependent on the intent of the practitioner). We are a magik system that incorporates the blending of eastern thought with western magikal practice. It is a philosophy and an art of study. It is a way of life. It is not easy, but yet most things in life worth doing well are not either.

So in conclusion

One Tree is an art, a system of study, which blends martial arts, healing arts, and mystical arts; it is “The Path of Knowledge”. It is for people who follow a path of the Ancient Ones. The warrior path is not for all, but it has held its place in history, and One Tree is one route along that path for some to take. Today many associate warrior with soldier, which as we stated earlier misidentifies both. To be a mystical warrior one must sustain his uppermost standards and morals, whereas a soldier is

compelled follow orders regardless of thought or morals. Walking the warrior path translates to being with honor at all times, doing the right thing physically, emotionally, spiritually and magikally. If you are looking for a warrior, healer, mystics path begin by looking into your own traditions first. I am sure if you dig you may find that branch of your tree. Find a tradition and a teacher to walk your path with. And with that the blending of magik and martial will emerge. But if you cannot find that, if it has been lost from your tradition as an actual systemized approach- then One Tree may be your next step.

What is Chi (chee)?

In Traditional Chinese Medicine there are what is called the “Three Treasures”; Jing, Chi, and Shen. And although this text will deal mainly with chi it is important to have a brief understanding of the three.

Jing energy, also called "essence", is the primordial power exclusive to an individual that is passed to them at the time of their conception. Jing is obtained from one's parents; Jing has no "material form", it is essence. Jing governs the developmental growth processes in the body and the rate and degree of resolve of the body. Traditional Chinese Medicine teaches that Jing can be strengthened through diet, life-style and herbal treatments. Jing is considered the source of life. Jing is accountable for, teeth, hair, mental development, sexual maturity, and bone growth in children. After puberty, Jing stimulates reproductive function as well as fertility. Jing moves us through the organic stages that define our lives such as birth, childhood, puberty, child-bearing, young adult to senior. Jing can also be thought of as our energetic foundation, like DNA related to the physical body. Weakening of Jing can be accelerated by prolonged illness or trauma, stress, fatigue, excessive sexual activity, as well as poor nutrition. Indication of Jing decline is the thinning

and graying of the hair, the decrease of moisture throughout the body, loss of both sensory and mental acuity, and the weakening of the bones, teeth, and connective tissue. Deterioration can be hastened by improved nutrition and better dietary practices, sufficient rest, qigong (chi kung), yoga, or tai chi practices and acupuncture.

Chi is the most active energy of the body. Chi results from the interrelationship of yin and yang. It has been called "energy", "vital energy", "primal energy" and "life force energy". The Japanese refer to it as Ki. Chi moves around the body, in and out of the body, up and down within the body. Chi, when balanced, brings about an implication of complete harmony and wellness. Chi's functioning is likened to an electric current which enlivens our very being. Our meridians as well as our organs are like the wires and transformers through which the electrical current (chi) travels; and like the circuitry within a building it gets amped, stored, and routed/rerouted. Every living being has Chi. We can cultivate and store Chi with qigong. Traditional Chinese Medicine notes that such practices can transform Chi into Shen or Jing.

When the Chi flow is interrupted, we incur illness and disease- we are out of energetic balance. Qigong, as well as diet, exercise, etc. can assist in the cultivating of Chi. Qigong cultivates the chi and Tai Chi then moves that Chi around the subtle body bringing balance and harmony

back to the areas of dis-ease- restoring health. Simultaneously Chi cultivation can be aid Jing and Shen as required.

Shen is known as the "psyche", "mind" or "spirit". Shen is said to be the driving energy behind activities that take place in the mental, spiritual and creative realities. Reasonably weak Shen often manifests itself as anxiety, mild depression or chronic restlessness. Extremely weak Shen is possibly related to a deeper psychological problem. Shen can be strengthened through meditation, physical exercises such as tai chi and qigong, as well as the use of specific herbal remedies. Characterized by the color blue, history has promoted Shen as a spiritual awareness and awakening in many paintings of Buddhas or Hindu Gods being that color blue. In Traditional Chinese Medicine the signs for the attributes of the Shen are discovered in the eyes first and foremost. When the Shen is "cheery", we emit that emotion and our eyes sparkle; the eyes are the mirror to the soul. In the instance of serious mental illness, there is practically always Shen imbalance. If the eyes are the gait to the soul they represent how we view the world and that can be seen in the eyes.

Shen is not automatically a major part of everyone as is Jing and Chi. It is achieved and amplified in the higher levels of meditation, tai chi and qigong practice as well as the a lifestyle that is integral to these spiritual practices. Shen is pure spirit and it is everywhere. It comes to us when we reach a higher level in our practices but only

after much practice and determination. Once we develop Shen, we own it- we meld with it- we become pure Spirit.

Understanding Chi

The ancient Taoists, through shamanic meditation, discovered and mapped the chi flow of the body, known as the meridians. This is estimated to have happened as long as 5000 years ago. The Auruvedic system of India, possibly older, has its chakra system. Traditional Chinese Medicine has its meridian system and New Agers the aura. What they have in common are systems that maps out chi flow used in their particular healing and martial approaches.

Sensing chi is actually quite simple. The ‘energy ball’ is a method of becoming more aware of the esoteric energy field. Begin rubbing your palms together and slowly separating them up to a foot or so apart, then bringing them slowly toward each other, until you feel a slight resistance between them (depending on your interpretation this may feel like cold, heat, tingliness, or polar opposites of magnets against one another). You will feel ‘pressure’ between your palms. Continue to feel this energy with your hands, feeling the shape of the ball of energy you have now gathered. For many this ball will begin by being baseball-sized, as for others it will be as large as a beach ball. This will take some practice to feel. *Note: some people do*

not sense energy this way at all and in turn cannot sense their own energy in this fashion.



Chi Anatomy

There are many websites and books out there on meridians, chakras, and the aura. So here we will only discuss basics, enough to get you a fundamental understanding of the systems involved.

Meridian system

This unseen system of the body is involved with the flow of energy or life force. There are connections with the “Universe” from outside in, and internal channels like tiny rivers along which the energy flows; meridians. Based on Traditional Chinese Medicine, these meridians transport the bio-magnetic electrical energy (chi) throughout the body. Though there are hundreds of these channels in the body- some lesser and some greater, modern practitioners note 14 primary meridians.

Governing Vessel

Conception Vessel

Lung Meridian

Pericardium Meridian

Heart Meridian

Large Intestine Meridian

Triple Burner (Heater/Warmer) Meridian

Small Intestine Meridian

Stomach Meridian

Gallbladder Meridian

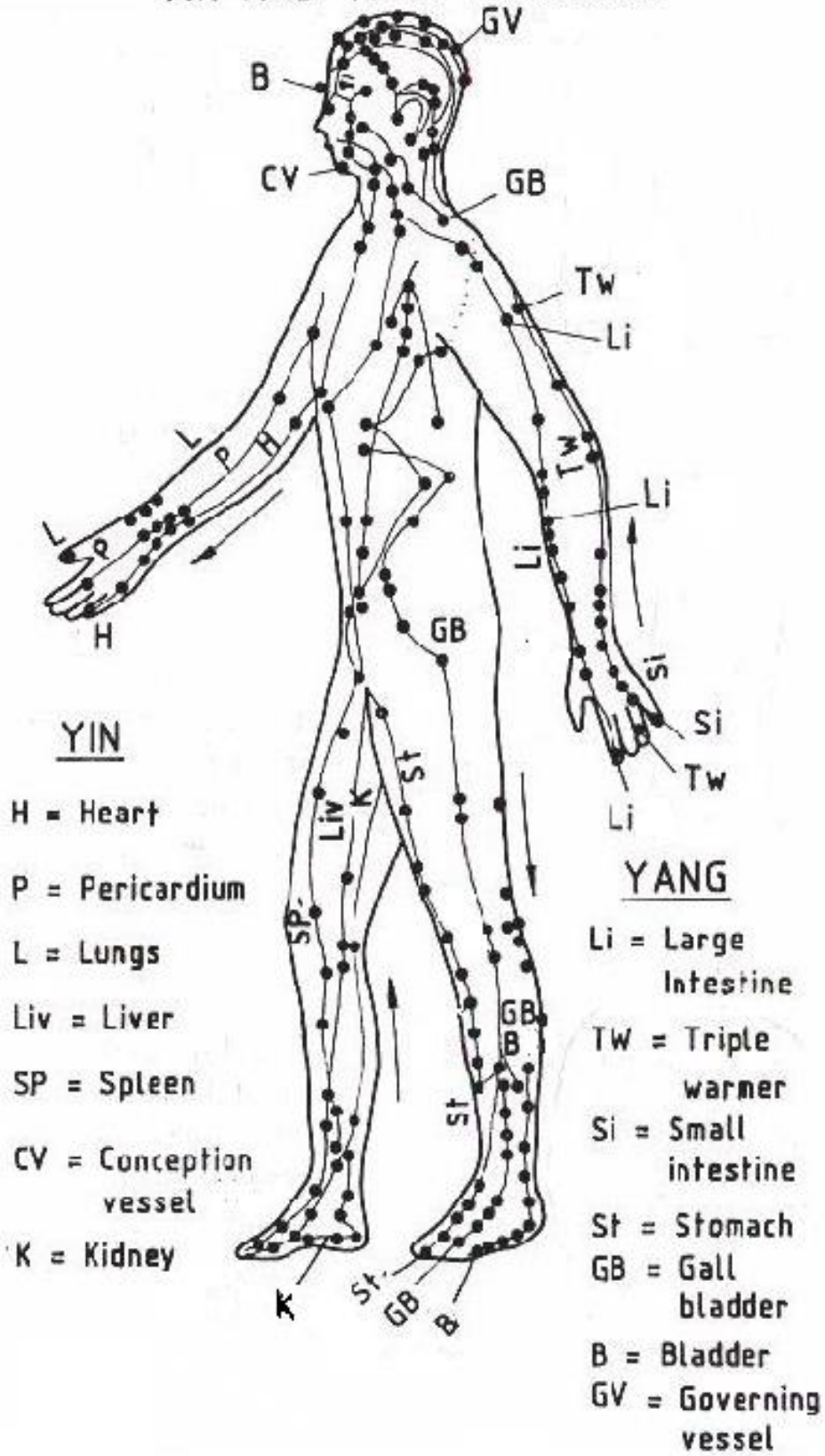
Bladder Meridian

Liver Meridian

Spleen Meridian

Kidney Meridian

YIN AND YANG MERIDIANS



Chakra system

The Chakra system is typically associated with yoga and India. A chakra is a spinning vortex of energy. A transformer if it were. Traditionally chakra systems taught today note seven chakras. Starting at the groin and working midline upward, they are numbered 1-7. Each associated with a color- identical to the color of the spectrum or rainbow, Roy G. Biv (red, orange, yellow, green, blue, indigo, and violet). Chakras are associated with specific organs, hormonal glands, and emotions.

1-Root

2-Belly or Sacral

3-Solar Plexus

4-Heart

5-Throat

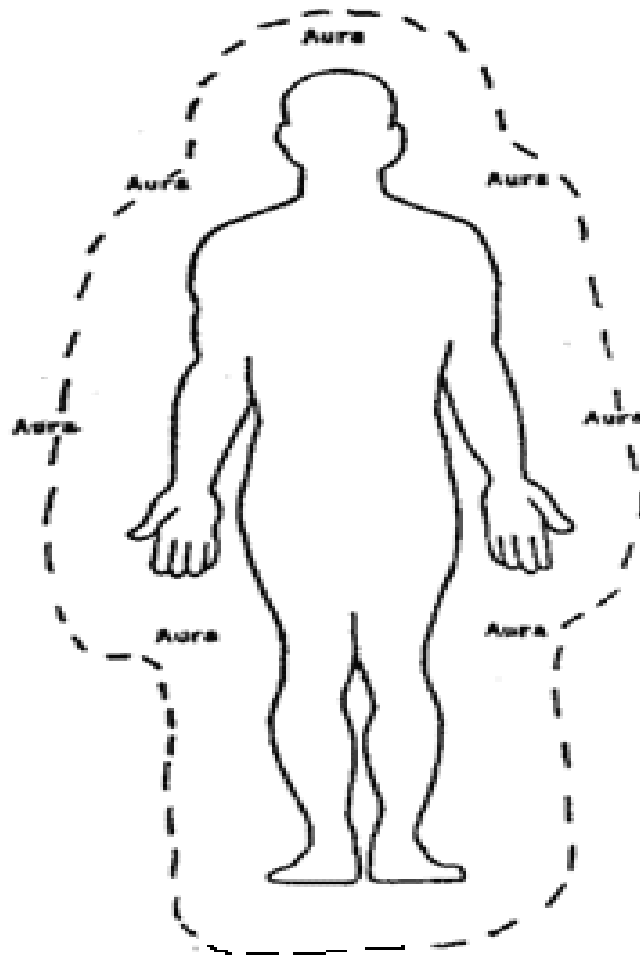
6-Third Eye or Brow

7-Crown



Aura

A subtle chi energy surrounding and emitting off the body. Some systems claim as many as 7 layers of the aura noting specific colors associated with each level. Some systems feel that the aura travels indefinitely outward from the physical body.



Chi Science

There is a science related to chi. Many spend a lifetime and only scratch the service of this vast study.

Meridians can be associated with the five element theory of Traditional Chinese Medicine. Each meridian is associated with a specific element except the Governing and Conception Vessels.

	FIRE	EARTH	METAL	WATER	WOOD
Yin Organs	Heart & Pericardium	Spleen	Lungs	Kidneys	Liver
Yang Organs	Small Intestine & Triple Heater	Stomach	Large Intestine	Bladder	Gall Bladder

It is believed that these five elements are what compose the physical universe, and are in turn interrelated and interdependent upon one another. The characteristics involved in each of the five elements are as follows:

Fire: draught, heat, flaring, ascendance, movement, etc.

Wood: germination, extension, softness, harmony, flexibility, etc.

Metal: strength, firmness, killing, cutting, cleaning up, etc.

Earth: growing, changing, nourishing, producing, etc.

Water: moisture, cold, descending, flowing, etc.

Due to the nature of their relationships they support and destroy one another; and since all life is a cyclic existence the five elements are no exception.

If we review the accompanying five element cycle chart we can see both a supporting and promoting cycle as well as a destructive cycle.

Metal for instance requires the support of Earth. (Think in this way, we get metal in its raw form from the earth). But metal destroys or Wood (By chopping it down).

Water is supported by Metal (Off metal runs water, as in condensation.) But Water destroys Fire (like pouring water on a campfire).

Wood is supported by water (Water hydrates the tree). But Wood destroys or weakens Earth (Imagine the roots of a tree tearing through the earth, the tree is stronger the the soil around is moved and softened).

Fire is supported by wood (wood feeds the fire so it can burn). Fire destroys Metal (heat melts or warps the metal)

Earth is supported by Fire (from fire earth is created...the ash). But Earth destroys water (damming a river is an example to keep in mind).

So again if you follow the supporting cycle

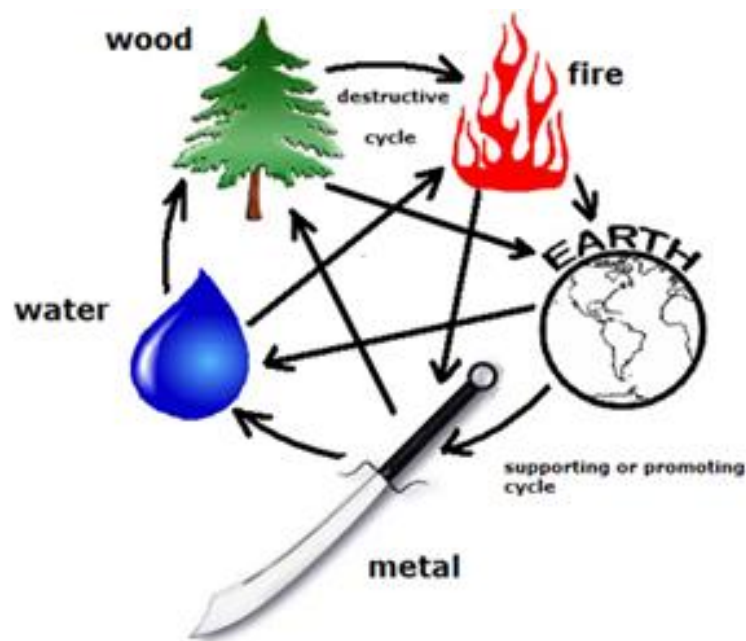
From Fire the Earth was created.

From Earth comes Metal.

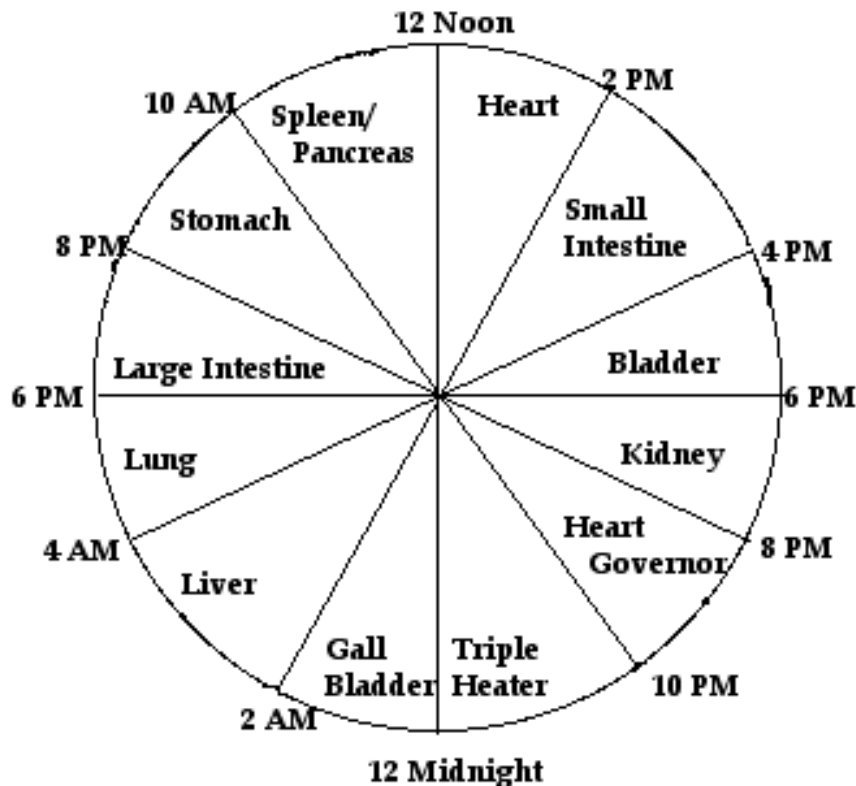
*Off of Metal runs the Water.
Water makes Wood grow.
Wood makes Fire burn.*

...the destructive cycle:

*Fire melts Metal.
Metal chops down Wood.
Wood grows through Earth.
Earth makes the banks that the Water flows in.
Water puts out Fire.*



If we look even closer the meridians have a cyclic clock when they are most active. This chart demonstrates that over a 24 hour cycle.



DAILY MERIDIAN CYCLE

The intense study of the meridians can lead to understanding the body's energy as known in Traditional Chinese Medicine. This can then be applied from the perspectives of both healing and martial arts.

For example if I always wake up at 1 AM, investigation into the gall bladder meridian should be considered.

Another example is if I have someone in a wrist joint lock which places pressure on the opponents large intestine and lung meridians (metal element) and if I involve their fire element to melt the metal (Which happens to be the other 3 meridians situated in the wrist) by additionally touching wood (For instance the my thoracic region where the liver meridian runs) we feed the fire, melting the metal and enhancing the effectiveness of our martial technique.








Investigate the applications of these concepts and explore them further. Advice I once received in a seminar from Bruce Juchnik, Hanshi of the SKSKI I find applicable here, “When teacher is watching do as teacher says, but when teacher turns his back ...play.” What I interpret this to mean here, is read the book, start there and apply the concepts revealed in the pages, but after you have that- begin to apply them and experiment with them and find where they lead you... and grow beyond the teachings presented here.

The Chakra system broken down

Chakra Chart

This chakra chart lists the seven major chakras, their location, function, the associated gland and symbolic image. It is a useful quick reference for healers, meditators, or anyone interested in the chakra system...

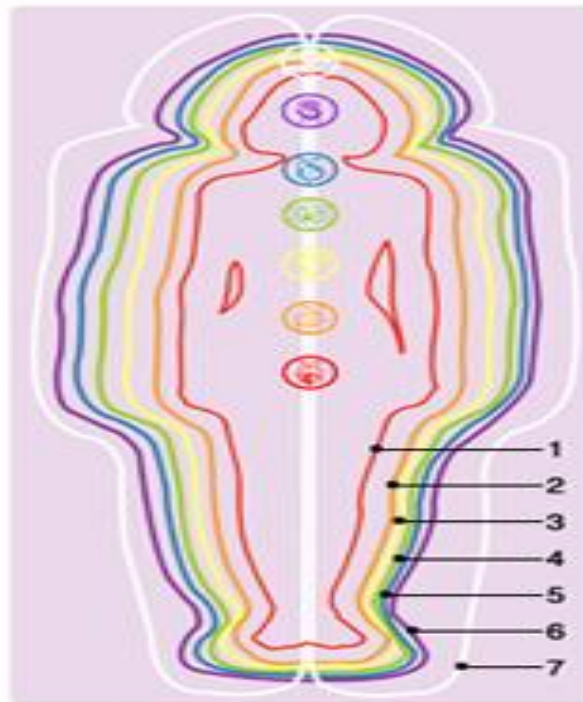
Chakra Chart

Chakra	Function	Location	Related Gland	Symbolic Representation
1st/Root	Survival in the Body and Security	Base of spine	Male: Testes Female: Ovaries	
2nd/Spleen	Emotionality, Sexuality and Clairscintience	A few finger widths below the navel	Pancreas	
3rd/Solar Plexus	Energy Distribution and Personal Power	Solar Plexus	Adrenals	
4th/Heart	Love, Ability to Validate and Be at Peace	Center of chest	Thymus	
5th/Throat	Communication and Expression	Base of neck and throat	Thyroid	
6th/Third Eye	Clareseeing and Clairvoyance	Through center of forehead	Pituitary	
7th/Crown	Knowingness and Higher Spiritual Information	Crown of the head	Pineal	

Permission to copy chart with credit to www.the-auras-expert.com

The Aura

The aura consists of several levels/layers/auric bodies, the majority of systems identify with seven levels. Each of the subtle energy fields that exist around the physical body has its own distinctive frequency; the closest level to the physical body is the one being the densest vibration. They are interrelated to one another, and affect each other as well as the person's emotions, thinking, behavior, and health status also. Therefore a state of imbalance in one of the bodies leads to a state of imbalance in the others. Tai chi and qigong, as well yoga systems like Shugendo Yoga help bring balance back to these subtle bodies.



- 1) Physical auric body - Physical sensations. Simple physical comfort, pleasure, health.
- 2) The etheric auric body - Emotions with respect to self. Self-acceptance and self love.
- 3) Vital auric body - Rational mind. To understand the situation in a clear, linear, rational way.
- 4) Astral (emotional) body - Relations with others. Loving interaction with friends and family.
- 5) Lower mental auric body - Divine will within. To align with the divine will within, to make commitment to speak and follow the truth.
- 6) Higher mental auric body - Divine love, and spiritual ecstasy.
- 7) Spiritual (intuitive) body - Divine mind, serenity. To be connected to divine mind and to understand the greater universal pattern.

Energy Aura sensing exercise

It's best to have a partner with this exercise.

- Stand several feet away from your partner.
- Place your hands, palms facing each other as if, but not touching together, and feel the energy coming into them.
- Imagine your partner is standing inside a large bubble. This bubble corresponds to the boundary-line of the aura. Now walk toward your partner with your hands in front of you, as

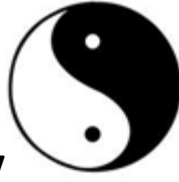
if you were going to reach out and touch the bubble, sensing the levels of the aura as you step closer to your partner.

- At the point you reach an auric level, you will feel as distinct change in sensation from one level to the other. For example you may feel a pressure in the hands or, you may simply feel a slight psychological resistance toward moving any further. Your partner may also feel sensations at each auric level.

If, when doing this exercise you didn't experience anything like I outlined, do not despair. Remember that you are surrounded by many sources of stimulus both within yourself- besides your surroundings, every moment of the day. For some it takes a few tries to be familiar with what exactly it was that you felt. And, if you felt "nothing," well, ask yourself, "did I?" I believe anyone can learn this, if they want to. Trust yourself! For trusting in who we are is our most challenging lesson.



Yin and Yang Theory



Esoteric Energy Science without discussing the Yin and Yang Theory would be incomplete.

Yin and yang is about relationships and how everything connects and is interdependent upon its opposite. The ancient Chinese used nature to compare patterns and relationships. The ancients viewed the world not in isolated incidences but as a whole harmonious world. Using nature as a basis of yin and yang theory is how we understand both its origin as well as its function. Let us start by imagining a farmer in his field, bent down harvesting rice on a sunny day. Where the sun hits is yang, and where the shadow falls yin.



This, over time came to represent opposites, yang being male, yin female. This has been further developed:

Yin	Yang
Cold	Hot
Short	Long
Soft	Hard
Dark	Light

The Yin and Yang symbol demonstrates the existing in relationship to each other, both opposing and complementing, as well as interdependence.

***“The Way gave birth to unity,
Unity gave birth to duality,
Duality gave birth to trinity,
Trinity gave birth to the myriad creatures.***

***The ten thousand things carry yin and embrace yang.
They achieve harmony by combining these forces.”***

- Tao Te Ching, Lao Tzu, # 42, c 500 BC

- The CIRCLE represents wholeness and infinity of chi. Chi is energy, and is believed to have neither beginning nor ending”. The circle can be further thought of as the universe that contains the yang (light) and the yin (dark).

- DIVIDING CURVED LINE separating light from dark denotes the constant movement of flowing energies, yin into yang and yang into yin. Where one begins the other ends.
- OPPOSING DOT COLOR – this represents a small seed. Everything contains both yin and yang; in every yin there is yang, and in every yang there is yin.
- EQUAL PROPORTION – the two colors are equally balanced, therefore if there is more of, and then there is less of.

Not only are they dependent on one another/ are opposites of one another, they define one another. Yin and Yang are so entwined that one cannot exist without the other. They are irrevocably two parts of a whole. That's why their relationships are called The Law of the Unity of Opposites. When forces of the universe create a Yin and a Yang they come together and, in the case of humans, create a life. As long as Yin and Yang maintain their dynamic oscillating balance-life exists. The closer to the center of their fluctuation- the extremes of their cycles are and the less imbalance or dis-ease will occur. When they separate, then life ceases. These facts yield a very useful definition: Health is life in balance.

Take a moment to think; we define cold by knowing its opposite hot and comparing the two while developing our definition. We all want world peace, but by using the theory of Yin and Yang we cannot have peace without conflict (war); it is

the level of conflict that defines peace. If we eliminate conflict, we in turn eliminate peace.

Understanding this leads one to 'raising their roof' regarding thought; it is the 'grand ultimate in understanding life and the universe.

Running your forms from a Tai Chi Concept

Regardless of your martial tradition you can translate all your forms into a new world using this Tai Chi concept as is done in One Tree.

Whether performing your forms for health, spiritual, or martial application there are some basic concepts which can apply to all.

-When one performs tai chi or similar forms (remember tai chi was first a martial art that later has been researched and found great in the treatment of many disease processes) keep in mind



that even if performing it for health it is a combative art as well and though you may not be defending yourself against an attacker in an ally wielding a knife, you may be battling with health issues, cancer,

hypertension, or arthritis. Are these not your knife wielding attackers of health? All my classes represent a combative attitude against an opponent regardless if it is a health or combative focus. Sometimes you are fighting that knife wielding attacker and sometimes you are fighting your F.U.D. or Fears, Uncertainties, and/or Doubts.



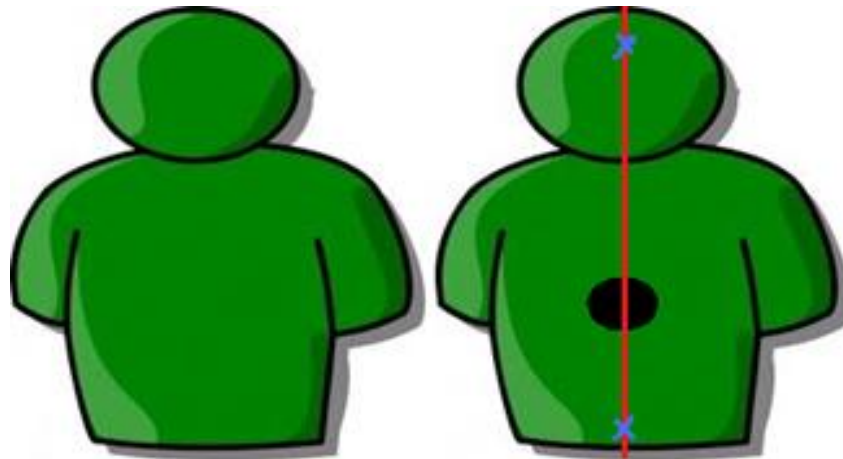
-The concept of moving very slowly cannot be over emphasized! Moving slow and precisely allows for proper technique and alignments to create muscle memory. Moving at this almost painfully slow speed supports connectedness in transitions and smoothness of the actual movement. Our cells have memory, and we need to repeat this process many times throughout our practice.

-Remember all forms only have two moves, beginning and end. Everything else is merely transition between the two movements.

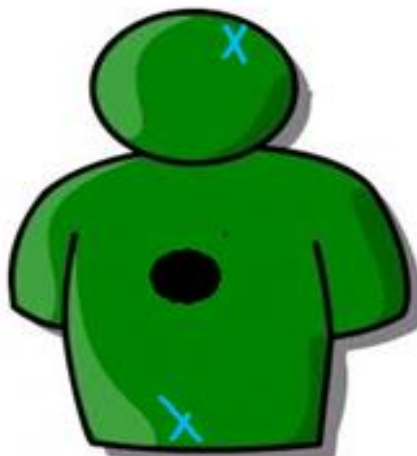
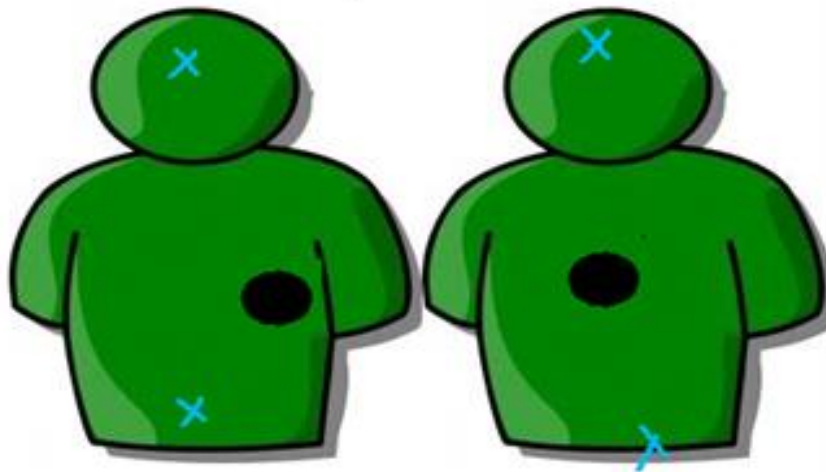
-The Golden Triangle. Every move we do in a tai chi approach is based on alignments and it is the Golden Triangle as how we understand those alignments. We create the Golden Triangle with one point at the third eye, the other point along midline

located at the umbilicus or belly button, and the third point our weapon or point of intent, be that a punch, a kick of the contact of the opponent with a weapon. This concept in turn allows the practitioner to move 1000 lbs with only 4 oz of force.

Misalignment use muscle strength and not chi, and posture to do the work, not chi. Being disconnected is a serious fault that can be overcome with slow movements and proper instruction during training.



Proper alignment with a punch



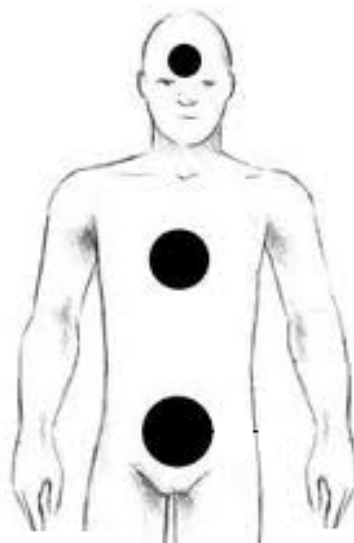
Misalignments with third eye, punch, and belly button

When running your form(s) keep this in mind:

-Suspend from the crown. Feel as though you are suspending from a string at the crown of your head held up by the heavens.

-Relax the shoulders. By relaxing your shoulders, your neck muscles also begin to relax.

- Relax the Lower Dantien. The Lower Dantien is approximately an inch below your navel. The literal meaning of Dantien is 'Field of Elixir'. This is a very important energy storage space for cultivating chi. By simply placing our attention on Lower Dantien, it becomes energized.



Upper Dantien

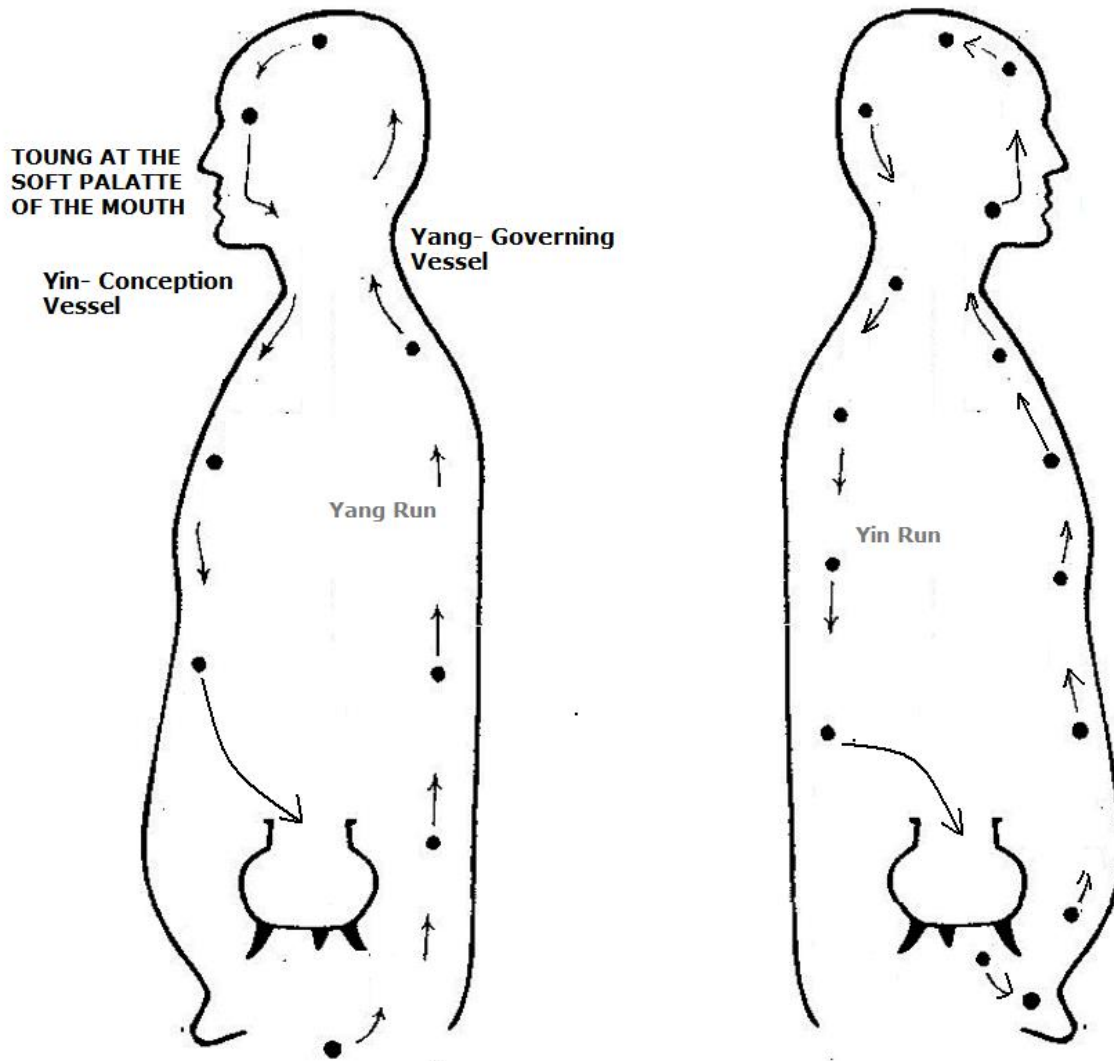
Middle Dantien

Lower Dantien

-Relax at the waist, sink and root. By relaxing your waist, your chi is able to sink and flow down into your feet. This will give you a very distinctive sense of being grounded, or rooted. Also, with a relaxed waist, you are able to neutralize the spine and compression of the discs caused by resistance (stress) to gravity.

-When doing your forms be it tai chi or qigong- run your microcosmic orbits. Whether they are run yang or yin is best guided by your teacher. The microcosmic orbit also known as the 'Self Winding Wheel of the Law' and the circulation of light is a Taoist chi kung or Taoist yoga- chi energy cultivation technique. It involves deep breathing exercises in conjunction with meditation and concentration techniques which develop the flow of chi along definite pathways of energy in the human body mainly the conception vessel and governing vessel. The exercise can be performed usually at first in a sitting position, but it can also be practiced standing or in while running your form. The tongue is placed into the roof of the mouth the soft palette, which acts as a switch completing the energy circuit from the conception and governing vessel. Then with the mind's eye use your imagination (as chi is moved with the mind) to envision chi circulating up the back (Yang) from the perineum to the top of the head; at the top of the forehead the chi rolls down the front of the body and collects in the Lower Dantien (where it lies in reserve when needed). To run a Yin orbit the energy starts at the perineum runs up the front of the body to the back of the head where it rolls down to the Lower Dantien for collection. Whether you are running the

microcosmic orbit or not, **ALWAYS PLACE THE TONGUE AT THE SOFT PALATTE OF THE MOUTH WHEN DOING ENERGY WORK.**
Rule of thumb Yang run warms you up, Yin Run cools our down.



-Movements in tai chi or for that matter all forms have application and purpose. Take the time to understand their energetic and martial applications.

-The joints of the body should never lock out, but be supple. Locked out joints inhibit chi flow. Keep your knees bent to some

degree during the entire form. Your height must not bob up and down. Although, there are some considerations, your height must still be maintained at a constant level throughout the form.

-Move from your center, your Lower Dantien. All life begins and ends from center.

-The power of chi (when running forms) will start from the feet going up to the legs, controlling the shoulders, and will then be expressed through the fingers and hands. This concept of power is different from the movement based approach to forms.

-Without exaggeration, throughout the form, avoid puffing out the chest. The chest should remain relaxed and slightly concave.

- Keep your breath to your body's center of gravity, the Lower Dantien; again this must be done without effort. As you master this, you will synchronize your breathing with your movements. You should always consult your teacher when to exhale or inhale.

-Shoes or no shoes? That is the question. Traditionally tai chi is done wearing shoes. I prefer being bare foot so that I can connect with the earth and stimulate those kidney 1 points and reflexology points on the bottoms of my feet. Both are correct, it all depends what you prefer.

Tai chi itself is a relatively safe practice- on the other hand, there are some cautions to be aware of. Tell your health care provider if you are thinking learning tai chi, One Tree, or any martial art. If you do not position your body properly in tai chi or if you overdo practice, like any other form of sport or fitness you may get sore muscles or even strains and sprains. A rule of thumb with many tai chi instructors is that they recommend that people not practice tai chi right after a meal, or if they are very tired, or when they have an active infection.

Sensitivity Drills

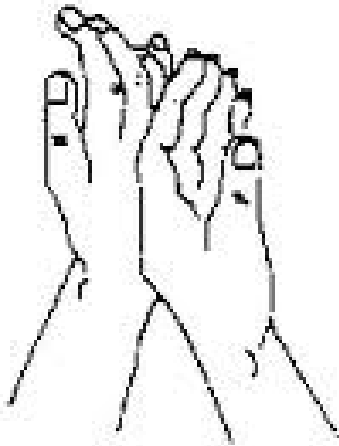
Many different systems have Sticky hands or Push Hands exercises. And these may vary from one system to the other, even from what is in this book. Look for the similarities and not the differences and you will understand what each system is getting to.

These drills are partner drills intended to teach sensitivity of the physical and chi. The drills look quite easy but do require attention and practice. The purpose that these drills serve are to keep one's own balance, while affecting the opponents balance; this is done by attempting to diffuse incoming forces by sensing them and redirecting them. The goal is to make your Golden Triangle stronger while weakening theirs.

Sticky Hands

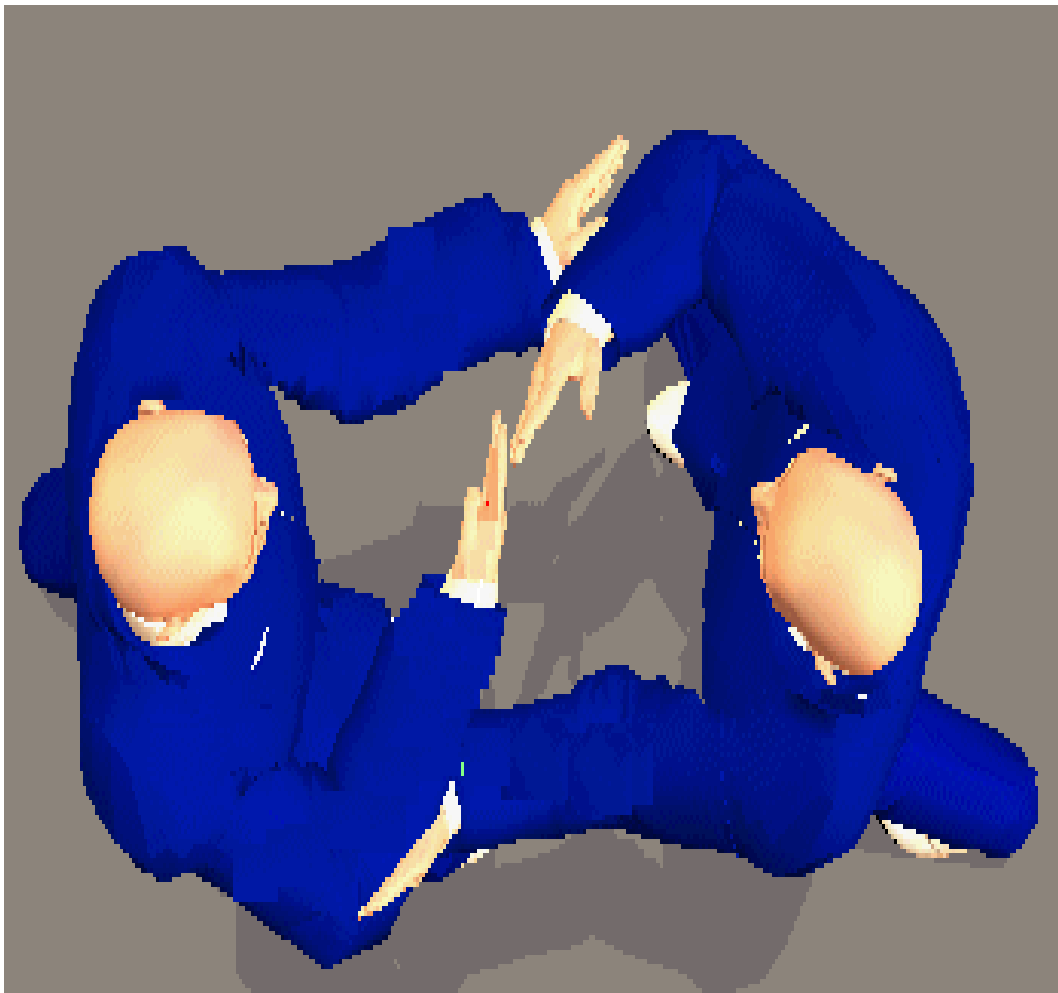
Typically, players begin facing each other with contact between the back of the hands (participants choosing right or left but not both), the limited pressure between the hands throughout the drill is enough to trap a butterfly there but not crush it. As one 'leads' in a simple pattern of circular movement, the other follows- the feet are not allowed to move from their place but they are allowed to pivot. One player is yin while the other is yang. As one is aggressor the other a follower. The players wait for that moment when their opponent is neither yin nor yang, at the point where they are leaving one and entering the other to make this move. Players search for a way to disrupt

the opponent's balance while maintaining their own balance through adjustments of position, stance, balance, intent, and hand position- but not physical force. When one of the players is "uprooted" or loses balance, the action stops and the players begin again. Emphasis is placed on using proper "technique" as opposed to "brute force" to accomplish this task. Do not crush that butterfly. Think of two Golden Triangles in play- yours and your opponent's. Make their triangle weaker and yours stronger by maintaining alignments.



Push Hands

Push hands is just like sticky hands except the free hand in Sticky hands now reaches out in front to touch the opponents elbow as their free hand touches yours. Instead of 2 triangles like in Sticky Hands, we now have six triangles. This drill is excellent for understanding striking and joint locks.



For contact information on **One Tree** and its unique shamanic, healing arts, and martial approach please contact:



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