



# Six Combinations of Hwa Yu Therapeutic Tai Chi

## 1) The **BODY** combines with the **MIND** (Mind-Intent).

Extraneous thoughts should be excluded from the mind and concentration utilized. The mind-intent moves the circulation (inside atmosphere of the body) so that it may sink deeply and penetrate the bones. The mind-intent and **INSIDE ENERGY** must interact in a lively manner in order to achieve both smoothness and circularity.

## 2) The **MIND** combines with the **IDEA**.

Before the **MIND** directs the movement, you should have a clear **IDEA** of what to do. Relax the entire body, calm your mind and concentrate on breathing from the diaphragm. The relationship between the mind-intent and the inside atmosphere of the body is like an automobile; inside is the driver and the engine. To move the automobile, it will take the mind-intent who is the driver and the **INSIDE ENERGY** who is the engine working and interacting together.

## 3) The **IDEA** combines with the, **INSIDE ENERGY**.

The **IDEA** directs your, **INSIDE ENERGY** to circulate throughout the body with balanced alignment of Tai Chi rooting. The breath is in unison with the movements of the body. Each meditative movement heightens perception of body awareness and cultivates inside energy.

## 4) The **INSIDE ENERGY** combines with the **SPIRIT**.

Push the crown point upward, as if the head is suspended from above, ears are listening inward, the tongue is rolled toward the back of the mouth with the teeth and lips lightly touching together. The **ENERGY** is concentrated downward into the abdomen and flows smoothly. The breathing is long, slow, smooth, rhythmic and continuously linked to each movement. Put your **SPIRIT** into the movement. **SPIRIT** and (inside atmosphere of the body) together directs your movements.

## 5) The **SPIRIT** combines with the **MOVEMENT**.

You should put your **SPIRIT** into the **MOVEMENTS**. Without **SPIRIT**, the **MOVEMENT** will be dull. Express each of your movements with your eyes and your crown point raised upward. Move like a lively dragon – up and down, left and right, in and out, allowing all movement to move from the waist. Your movement should be round and smooth. Thus, your movements look both esthetically balanced and lively.

## 6) The **MOVEMENT** combines with the **AIR**.

To move like the **AIR** is to move effortlessly like a fish swimming in the water, with the least body resistance. The Mind Intent of the Six Combinations moves your movements naturally. When your movement meditation has become naturalized the six combinations harmonize effortlessly, as if your movement is moving unconsciously. The heightened joy of your movement becomes your strength...