

Open the door and step aside

When a force comes straight at you it is a natural reaction for you to stand up straight brace yourself "I can stop it", "run away as fast as you can" or "Freeze" this is the fight, flight or freeze coming into play.

When the best thing you can do is relax, step aside and leave the force to go on its merry way or possibly add to the force making it go further away from you than it intended, upsetting there balance physically and mentally.

In a physical aspect of T'ai Chi, stepping aside is all about moving the lower half of the body then connecting it with your centre then the upper body by relaxing and grounding yourself into one leg then connecting with your centre then the arm moves so the hand can connect with the incoming force and send it on its merry way.

In a mental aspect of T'ai Chi we teach ourselves to let go of our ego connect with our breath and let the body do what we have trained it to do in our practise of T'ai Chi, and not let too many thoughts stop us from moving and just freezing so we end up with too many minds.

Within the open hand form we learn many combinations of movement so when we are confronted with a particular force we go within ourselves and trust ourselves that we have practised diligently to allow the body - mind to connect together as one to just do what we have trained it for.

Be polite open the door and step aside, let there anger go right past you, do not put up a barrier and stop it by blocking the energy force.

Do not keep going back to see if you could have done it better or telling yourself you should have done it in a different way and to try harder next time.

By all means revisit the movement, notice the difference each time you do the movement and accepting each outcome, the universe is in a constant moving form, changing and adapting to what comes along.