

The Head

The head sits upright above the shoulders without any tension with the eyes looking straight forwards into the near distance so we can focus our attention on our body connecting the body-mind together.

To get to know and feel what your near distance view should be, try this tip below.

Stand in any of your rooms in your house, office, workroom etc and pick a spot a distance away from you at a wall and look straight ahead at eye level, keeping your eyes looking at the spot you have picked at eye level, walk straight forwards towards the spot, do not realign the eye level as you move forwards then put your finger on the spot, is it on a level with your eyes?

Most of us have our view with either our head up looking into the clouds or down stuck in the sand.

Now in each room that you use regularly mark a spot on a wall (with your mind, not physically) that is actually on your true eye level, checking you have not got your head forwards or backwards, you can check this alignment by placing a book on the crown of the head and seeing if it stays there as the crown of the head should be level with the ground. Now when you enter the room each time you can check your eye level to see if you have your head floating up in the clouds or down stuck in the sand, either way you will create tension in the shoulders which will create tension in the body-mind.

Use this regularly to get to know your near distance view, and this is where you need to keep your head above your shoulders above your spine above your hips above your feet, looking into the near distance keeping the crown of the head level to the Heavens and the feet firmly fixed to Earth.

Keeping you level-headed.

This may feel uncomfortable to you at first as you may have not noticed your head causing tension in your shoulders and have put up with this feeling for years, and think if you pay attention to the head you will end up with tension in the shoulders, but as with most things in T'ai Chi it is the opposite way around. Do not force the movement and try to do the warm up neck exercise regularly, especially if you feel tension creeping back into the shoulders.

Even when we have the head looking down in the Tai Chi Form as in No 7, 23, 45, we keep the head above the shoulders and spine, and put our intention into the feet and bend forwards by pushing the hips back not moving the head forwards. So, to go forwards we put our attention into the feet and push the hips intentionally backwards, to take the head backwards we put our attention into the feet and relax the knees intentionally down as in No2.

We lead with our feet and use the whole body-mind to move together as one.

Remember the other senses in our head are ears, nose, mouth, when you look into the near distance this opens up and focuses these senses at the same time.