



## Resting in the Essence

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When the mind is focused fully on our T'ai Chi Chih movements, and we apply unwavering attention to them, the deeper benefits of our practice become accessible. Focus, when paired with absolute softness, causes the Chi to flow unhindered, and allows the body to move without effort as the spine, knees, waist and wrists make the necessary adjustments at the appropriate moment. This cannot be accomplished by thinking or trying; only by letting go.

Every aspect of T'ai Chi Chih practice is an outer reflection of the state of mind. The converse is also true: the mind is affected (impacted or refined) by the T'ai Chi Chih practice. This is why it is so important never to do T'ai Chi Chih carelessly.

To convey the appropriate attitude during T'ai Chi Chih practice I like to use the example of a bird soaring on a breeze. The bird does not flap its wings, but it is not "asleep at the wheel" either. It pays very close attention to the minute changes in the wind. It has an attitude of listening while being supported in flight. This is resting in the essence.



Birds' eye view images of eagles in flight [www.betterphoto.com](http://www.betterphoto.com)