天人合一 The Harmony of Human and Nature

## 此文 謫錄自「鳳舞祥雲」一書

Extract from the book “Phoenix in Graceful Clouds of Blessing”

太極者，效法地之圓轉，人法地也。八卦者，效法地之自轉的同時，也圍繞太陽轉，地法天也。乃天旋地轉之理，天人合一之道。

Tai chi, in terms of qigong, imitates the rotation of the Earth. On the other hand, Bagua Zhang imitates the rotation of the Earth and at the same time imitates the evolution of the Earth round the Sun. They are the phenomena of the rotation of heaven and earth and hints to the harmony of human and nature.

## 為何太極要慢練？

陰中之陽，太極之靜極而動，自然而然，謂之先天。
陽中之陰，動極而靜，補陰之陽，致養於靜。
知動知靜而不失其時者，動中求靜。觀天之道，而執天之行者，聖人也。

## Why tai chi and qigong have to be practiced slowly?

There are yin (negative) and yang (positive) elements in the body, which are represented by the dark and bright parts in a tai chi diagram.

However, there is yin in the yang and yang in the yin. In the tai chi diagram, there is a bright dot in the dark part and a dark dot in the bright part. The yang within the yin indicates movement stemming from extreme stillness, like the formation of the universe and the growing of a baby into adulthood. This happens naturally, and we call it an innate ability.

On the other hand there is yin within the yang. When the body is exhausted in the ageing process, movement calms and slows down, until the body gradually returns to extreme stillness. In order to live healthy and reverse the ageing process, the human body needs to build up or preserve the yang element which has been constantly overwhelmed and diminishes while the body is gradually dominated by the yin element. This nurturing of the yang, to patch up the lost to maintain a balance of yin and yang during the ageing process, must be congruent to the calming down nature of the yin and has to be built up slowly.

One who knows the best method and timing for a balance between movement and stillness would find calmness in the movements. Whoever observes the way of nature and acts accordingly would be superior.

天人合一者，承天之稟賦，順自然規律，知理明德，合中和之道，保身養生，修心養性也。於功法而言，隨人體結構，順關節屈伸，筋肌繃弛有度，按脈絡而走架。不乖不戾，不偏不倚，守中而自然舒展、迴轉矣！

The harmony of human and nature is to enjoy the bestowment from birth by following the rules of nature, understanding the subtlety behind and recognising the virtue therefrom in order to lead a life in equilibrium to maintain a holistically healthy body and a balanced mind.

In the practicing methods, the structure of the human body and the body’s natural mechanism of operation must be understood and fit into the exercises accordingly. The joints bend and stretch smoothly within appropriate limit. The muscles and tendons must be relaxed and tightened in proper parameter. The movements have to correspond with the routes of internal flow along the energy channels in the body. The motions have to be circular, rotating around the center and spinning around the central axis.

走架既順，配以呼吸，功架循環無端，呼吸起落無間，綿而不喘，為練功之基本。
更兼練功得法，圈中求直，直中藏圓，則無往不利。
行功走架求順，呼吸求暢，運轉求圓。
既順且暢，再加上圓，內氣自然通也。

通則能沉，氣沉則虛實分矣，上虛下實，下實則有根，上虛則意靈。
天地既分，人尋活於其中。

相反，形態顛簸或呆滯，肢體繃緊或委屈，血氣流不通，內意走不順，勉強發動，惟靠剛僵之力矣。

如日月星宿，相互牽引懸旋，皆有其軌跡，偶遇突變，則至脫軌。

行功走架亦然，循環周遊，偶有偏頗，脫圈出軌矣。

Breathing techniques must be incorporated when the movements are smooth and flowing. The movements circle round without any starting or ending point. Breathing cycles are without breaks. Breathe lightly without panting. They are the basics for further advancement in the practice of tai chi and qigong.

If the practicing method is proper, where straightness is propelled by spiral, agility is assured.

Movement in the training needs to flow, breathing needs to be smooth and the circling needs to be as round as possible. The achievement of these elements initiates a smooth flowing of internal energy.

The smooth flow of internal energy enables energy to permeate deeper in the body. The sinking of energy facilitates a division of hollow and solid. The upper body is light and allow energy to flow better. The lower body is firmly rooted to the earth.

This division of heaven and earth allows liveliness (dan tian) to thrive in between.

On the contrary, if the posture is unnaturally shaped or the motions are sluggish, or the limbs are stiff and cramped, the flow of both blood and energy is restricted. Movement is hindered because motive loses connection with motion. Exercises performed grudgingly would be done merely in entangled and strangled strength.

The sun, the moon and the stars all hang and revolve in a certain tracks in the sky, interacting with each other’s gravity. A significant disturbance may cause a deviation from the orbit.

This regularity of rotation and revolution also applies in the tai chi movements.

功要守中，人重平衡，五行調和，陰陽互補，養生之道也。

凡人處世，取其中庸之為德也，對人處事，無不貴乎中和。莫可強求，忌恃一時之勇，意氣用事。總要靠毅力意志，按部就班，量力而為，且必須協調，求一團和氣。

天外有天，道中有道，凡事有數，隨遇而安。

The practice of tai chi forms must observe the center. Human behavior and attitude also need balance. The five internal elements, gold, wood, water, fire and earth must be in harmony. Yin and yang must equalize. They are the virtue for holistic health.

Adhering to the equilibrium is a virtue in all matters of life for all folks. Unnatural outcome by force would not be justified. Irrational behavior without sensible consideration would ruin situations. It is always a better approach to progress step by step according to capability with determination and persistence. Coordination is a prerequisite for harmonization.

There are Heavens beyond Heaven, Ways within the Way.

Life is predestined. Cherish whatever is given.

手比於地，肘比於月，肩比於日，身為天也。

肩不牽，手畫圓，平圓立圓，肘皆滾動。可手之圈，非肩臂之力，皆身所主宰，整體之功。日月懸旋，亦整體星系之牽引所至。

須知人有兩手，難道日有二，月成雙乎？

非也，此乃陰陽之理， 陰陽互換之道矣，此手乃彼手之影子而已，雙手互動，一進一退，此起彼落，收發運化，相輔相成。

The hand is like the earth, elbow the moon, the shoulder the sun and the trunk heaven.

Without lifting the shoulder the hand draws circles, vertical and horizontal, and the elbow rotates at the same time. The propelling force should not be generated at the arm but from the whole body. This is the same as the phenomenon of the moon circling the revolving earth. The gravity of the whole solar system propels the cycle.

Yet, human have two hands. Does this imply there are two suns or a couple of moons working together?

No, but there is the doctrine of yin yang. The yin and the yang exchange. One hand is a shadow of the other. The two hands alternate in their respective circles, to and fro, up and down. They complement each other in the cycling.

手臂之圓轉，好比地球公轉自轉，可是，衆人多忽略了地球之轉軸傾角，此為四季寒暑，日照有異之原由。

於行功走架而論，此為翻。腕抱則圓，腕坐成角，一抱一坐，謂之翻。手不翻，進退都艱難。手腕不翻、腳跟不擰，氣不達尖矣。

可是，進退有度，腕翻不能過度， 過則腕僵。猶如地球傾角越軌，全球氣候都會失衡。

The rotation of the hands is like the rotation and the revolution of the Earth. However, many have neglected the tilting angle of the earth or axial inclination, which is the cause for temperature difference and duration of sunshine in the four seasons.

In terms of training, this could apply to the rotation of the wrist. The wrist is round when embracing, it bends at an angle when sitting down. When embracing and sitting-down alternate consecutively, it is called the rotation of the wrist. If the wrist does not rotate, the arm could only proceed or retreat very stiffly. If the wrists do not rotate and the ankles do not twist, internal energy could hardly reach the tip of the fingers or toes.

Yet, there are constraints. The tilting of the wrist should not exceed the limit. Otherwise the wrist would turn stiff. If the angle of the earth’s axis tilts too far, climate will turn extreme or violent.

人身內外反映宇宙萬物運作的，處處皆是，無不合乎自然之理，依從天地之道，範例多不勝數。最為耐人尋味者，莫過於密中丹田，其與地球核心火團，大同小異，核心與地球表體之間，有氣霧迴環，生生不息。猶如丹田，乃藏氣聚火之所，心和氣聚，意起勁發，上乘之功也，非丹田不可為。

The way nature operates is reflected in the human body, inside and outside, concurrent with many phenomena in the universe. The most interesting must be ‘dan tian’ inside the belly. Its operation is similar to the core of the Earth. Between the core and the shell of the Earth there are streams of mist dispersing to and fro. It is just like dan tian and the body. Dan tian is the spot at the lower part of the stomach where energy gathers. Energy consolidates when the mind is at peace. Energy projects when motive drifts. This is the ultimate achievement only practicable with dan tian.

天下道功之承傳，皆不離天道自然。有按易理創功架者，有觀走獸禽畜而定勢者，有靠物理力學長功者，均依天地規律，人體本能。

功中有法，法中有道，越能效法天然規矩以行功者，越起行氣活血之功能，壯骨舒筋，強身健體。反之，則有損身心。

天人合一，說來簡單，道理明顯，無處不在，不難體會。實踐卻難，處處皆是規矩，缺一不可，必須圓滿，全身稍有虧欠，則失中和。

學者篤志力行，一點通，一點鬆，點點通，周身功。

Under heaven, the way of practices cannot deviate from nature. Some took reference to the Book of Changes to create their practices. Some observed the manners of animals and compiled the stances in their exercises. Some applies physics to improve efficiency in their movements. They all follow the rules of nature and human nature.

There are methods in the practice. There are theories in the methods. The more a practice is referenced to the rules of nature the more effective it works on holistic health, strengthening the bones, alleviating pain, revitalizing body functions and smoothening the flow of blood and energy. Any practice in reverse of the rules hurts the body and mind.

Harmony of human and nature is simple and straight forward. It exists everywhere and it is easy to find references to it from the body. However it is difficult to put it into practice. It covers everything. The movements must be all round completely, not breaking off the circumference or creating a corner or in other words deviating from the equilibrium.

Practitioners must persist. Relaxation leads to the sensation. A little progress is a treasure. Continuous progress leads to perfection.

## 鳳舞祥雲氣功

乃養生之功法，導引之術，傳統道家之哲理。

秉陰陽之變化，五行相生，八卦繁衍生生不息。通八脈，調和十二經氣，強化臟腑，舒筋壯骨，天道自然。

## ~~Phoenix in Graceful Clouds of Blessing Qigong~~

~~A~~ Practice for holistic health in the traditional doctrine of directing energy flows in the body.

It combines the alternations of yin yang, the supportive sequence of the five elements and the theory of the eight trigrams multiplying into infinity to achieve a free flow of energy through the eight channels and the twelve meridians to harmonize the strength of each individual organs for their normal functioning, improving immunity, clearing blockages in the body and strengthening the bones. The way is natural.

自然道功，促進更新，增強免疫，防病抗疾。

輕盈漫舞中通經暢脈，鞏固臟腑消化、吸收、排毒等功能。

以簡單動作導引內氣循行，疏通氣血，疼痛解除，鬱結消失。

以身法活化關節，神經系統免受壓抑，關節柔韌，行動靈巧，膠原再生，活力無限。

Natural energy ~~Daogong~~ is mindfulness in motion revitalizing rejuvenation ability, improving immunity and resisting illnesses.

The gentle movements generate internal flows of energy to strengthen internal organs to digest, absorb and excrete.

Through simple motions energy is directed through the channels and meridians. Blockages against a smooth flow of energy and blood are cleared. Pain is relieved. Stress is diminished.

Through precise posture in the movements the joints are relaxed and agility is improved. Rejuvenation ability of the body is revitalized.

## 何謂氣功養生

珍重先天之恩賜，保護與生俱來之本質，激活人體自我修復之潛力，鞏固抗病抗老化之本能，促進更新能力，返老還童，生機再現。

排解時時刻刻所遇到的失衡因素和疾病煩擾，此非片刻之功，實乃持續修煉之效果，經年累月之維繫，故謂之養。

## What is energy health practice?

Energy health practice is treasuring and enhancing the heavenly gift of health from birth, improving the innate self healing ability and maintaining resistance against illness by circulating energy in the body in a particular way. It revitalizes the regeneration ability of the human body in order to reverse the ageing process to stay young and healthy.

This achievement could not be attained by mere instant learning. It is the result of persistent efforts over stages of refinement. The accomplishment takes time to accumulate. Health and emotion encounter different disturbances every day, the beneficial effects of energy health practice need to be sustained on a long term basis and the practice has to be a regular daily routine.

## 如何養生

兩個字: 和氣

氣佈人身，藏於骨髓，周遊諸身，偶有阻滯，病之根源。

氣血運行有道，八脈通暢，經絡自然和順，五臓六腑健壯，抵抗力自強。

關節鬆開，氣流滾滾，神經舒展，血活筋舒，疼痛酸麻自消。

陰陽平衡，五行調和，心境自然開朗，煩躁自除。

## How does the practice work?

Two words: energy harmonization

Energy is all around the body and hides in the bone marrow. Energy is supposed to circulate the body but it might get stuck or disturbed. The blockages would turn into the root of illness.

When energy circulates the channels smoothly, the flow in the meridians would be peaceful and regular. The functioning of the organs would be healthy and resistance to illness would be strong.

When the joints are relaxed, energy could pass through, nerves would not be pressed on, muscles would be released of tension, and blood could flow smoothly. In this case many kinds of pain would be relieved.

When yin and yang are balanced and the five elements contribute to each other, the state of mind would be at peace and stress would be alleviated.

## 鳳舞祥雲氣功

簡單易學，一朝學就，一生受用。

## ~~Phoenix in Graceful Clouds of Blessing Qigong~~

The learning is simple and easy, requiring only a brief practice daily. The health benefits stay for a life time.