

TAI CHI CHIH

Glossary

From the Writings of Justin Stone

- Bubbling Spring** Known as *Hsueh* in Chinese, this refers to the sole of the foot, a key point in Acupuncture. It is the focus of concentration in T'ai Chi Chih. T'ai Chi Ch'uan teachers say that the Chi Energy is drawn up through the soles of the feet (*Hsueh*) and distributed by the waist, which must be exceptionally pliable.
- Chi** This word has many meanings in Chinese, but in this case it refers to the Vital Force, the Intrinsic Energy that flows through the Meridian Channels of the body. It is known as *Ki* in Japanese and can be referred to as *Prana*, *Sakti*, or *Kundalini* in Indian languages.
- Chih** This word also has many meanings. In T'ai Chi Chih, the *Chih* means knowledge or knowing.
- Chi Kung** The *CHI* can be separated into *Yin Chi* and *Yang Chi*, and the primary purpose of Chi Kung practices such as T'ai Chi Chih and T'ai Chi Ch'uan is to circulate and balance this Chi. Chi Kung is the science of the circulation of the Chi.
- Energy Sea** Around the T'an T'ien, the spot two inches below the navel, there is believed to be a great reservoir of intrinsic energy, the Energy Sea where the Chi is stored. It is from here that adepts in Karate and Aikido bring the energy with a great shout when they smash their fists through blocks of wood, or perform similar stunts.
- Heart-Fire** The physical heart is the great Yang (positive) in the body, and corresponds to the sun in the heavens. The Yang Chi (energy *from the heart level*) is to be brought down to the spot two inches below the navel, or to the soles of the feet, in T'ai Chi practice, for healing purposes. The Chi of the great Yang, the heart, is thus the *Heart-Fire*.
- T'ai Chi Chih** A series of twenty separate movements that strongly circulates the Chi. Based on ancient principles, it was developed by Justin Stone and first taught in 1974.
- T'ai Chi Ch'uan** First of the Martial Arts, formerly called Shadow-Boxing. Over a thousand years old in China, such disciplines as Karate and Aikido are thought to be derived from it. The classical form is a long dance of 108 movements, a true Moving Meditation.
- T'an T'ien** (pronounced *dantienne*) The spot two inches below the navel.
- T'ai Chi** Supreme Ultimate
- Yin/Yang** Juxtaposition of any polarity, such as negative and positive. All Chinese cosmology is based on the interplay of these two types of energy, and the Moving Meditations attain their great benefits through balancing of the circulated Yin-Yang energies. It is said by some scholars that the development of the computer was largely due to the Yin-Yang theory.