

Kill it – Dead!

Nothing destroys life force more quickly than negativity. Being aware of this, the person of Tao (pronounced “Dow”, rhymes with now) seeks to restore the positive as quickly as possible in order to return to Central Equilibrium.

Life is a constant flow between positive and negative (the Taiji symbol - yin & yang). Out of extreme yin, yang is born; and vice versa. Our job as Taiji players (people of Tao) is to ride the wave that runs between these polarities; feeling where we lose our balance physically, mentally, emotionally, and enjoying the ride but not being taken over by either extreme.

In class I have often used the expression, “Kill it - dead!”, when referring to that moment when physical balance is lost.

If the practice of Taiji is about inner harmony and balance, how can the idea of killing anything have a place here? Well, I use this phrase because of the quality, or energy of it. It's very quick and decisive - no messing, get it done now!

So, “Kill it dead” is an instant response. Within Taiji practice this can only be done by letting go of unnecessary tension, struggle and any idea of trying to control the imbalance - these will only compound it. What is required is an immediate release in order to return to Centre, to a state of balance.

The very second you stop struggling you are already coming back into balance.

We are working with energy. We want to waste as little as possible, and conserve as much as possible. Science agrees - The First Law of Thermodynamics states that, “Energy cannot be created nor destroyed, it can only be transformed”.

We are looking to ride the dynamic that resides between the extremes.

Remember - from a Taiji perspective relaxation isn't the opposite of tension, it is the absence of unnecessary tension; the place where release and appropriate amount of tension (activity) meet and exist in a balanced harmony.

