

The Philosophy of Introvertly-oriented Chinese Kongfus

Taoism.

Nature and simplicity are regarded as the source of the world, and should be the highest level of wisdom.

And nature is a harmonious system. Also nature is calm for most of the time. Of course, on the other hand, it moves all the time, but that movement is regular, slow, and natural, normally.

Weight is the root of lightness; static calmness is the king of actions.

And the mind functions the best when it is calm and pure, as waters reflects best when it is clear and limpid.

And to realize the pure state of the mind, first give up all purpose or desires but just listen to your own feeling of purity which is the sublimation of the pure and clear mind.

Dialectically, or paradoxically, in order to learn calmness of the mind, we should learn the art of movement.

Taiji Quan

Taiji Quan, an internal Chinese martial art (a kind of Introvertly-oriented Chinese Kongfus), is widely practiced by Chinese people for body-building. Despite there are controversies about the origins and the schools of Taiji Quan, nowadays it is recognized as a valuable form of exercise in practically every country in the world. It is being promoted as an excellent way for the elderly and the weaker men to strengthen and reclaim their natural vigor and energy.

And the gist of all **Introvertly-oriented Chinese Kongfus** lies in:

Slowing down the movement to reach calmness, first external movement, then internal calmness;

And by so doing finding, and concentrating upon the internal world, fostering it and harmonizing the mind, blood, breath, and metabolism.

So it is advisable for the body to slow down, then the spirit, the blood circulation, the breathing, and the metabolism will come into concord with the body movement.

Finally, when the mind and feeling is purified and enhanced, the relation between our self and the environment, even the world, will be closer and more harmonious.

And the key is to slow down, give up all intentions, but enlist and wake up and free your attention. Pay attention to your feelers: your hands and your feet. And finally the intuition will be built up and sharpened. At last, there is only the intuition. And then the movement is normally slow, but can be fast as lightning, if needed to be faster.

Intuition is faster, and ubiquitous, therefore more powerful and important than reason.

Therefore, all the **Introvertly-oriented Kongfus** require:

Relax, look for the calmness of the mind, and pay constant attention to the palm of your hands, the bottom of your feet, the top of your head, and the point one inch below your navel.

Calmness, but not without movement; move but without any strain, or stiffness. No force exerted, as clouds rising up, as water falling, down or flowing on, or as birds hovering to and from. The route of all movements should be curves, circles rather than abrupt or right angle turning.

And in the movement there should be no stop, no sudden push or pull unless it occurs automatically, for then it is your inner “air or energy” rushing on.

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.
-Lin Yutang(1895-1976)











