

The Stages of Feeling Yin and Yang (Tai Chi)

By Hal Mosher

1. Feel one foot as “full” and the other as “empty.” Use the four points (tailbone, full hip and empty knee dropping and head top lifting) and the six alignments (shoulders to hips, elbows to knees, and wrists to ankles).
2. Feel the opposite hand “full” with the opposite foot - e.g., when your right foot is “full,” your left hand is “full.”
3. Sinking will create the feeling of one side of your leg and arm as “full” or “empty.”
4. Sinking creates *yin* and *yang*, which fills up your body and equalizes the upper and lower parts of the body
5. Feel the sinking create *yin* and *yang* in the front and back of the body
6. Feel the sinking create harmony between the inside and outside of your body (the organs and their meridians to your muscles, bones, and skin).
7. Feel *yin* and *yang* everywhere - there is no separation between your body and the universe.