

# The Stages Of Feeling Yin And Yang (Tai Chi) In Your Body

By Hal Mosher

- 1) Feeling one foot be Full be ad the other be Empty. With the four points (tailbone, full hip and empty knee dropping and head top lifting) and the six alignments (two shoulders and hips. elbows and knees, wrists and ankles)
- 2) Feeling the opposite hand full with the opposite foot.
- 3) Feeling the sinking create one side of the leg and arm be full or empty
- 4) Feeling the sinking create yin and yang which fill up your body creating yin and yang and equalizing upper and lower parts of the body
- 5) Feeling the sinking create yin and yang in the front and back of the body
- 6) Feeling the sinking creating harmony between the inside and outside of your body (the organs and their meridians to muscles bones and skin)
- 7) Feeling yin and yang everywhere (i.e. no difference between your body and the universe.