

# **Taoist Tranquility Meditation**

## **The mind of an empty room**

### **(Microcosmic orbit or small heavenly orbit)**

**天地一指，万物一马，天人合一，道。**

~ *"The universe is a finger; all things are a horse, this is Tao."*

*A lady who often complains to her visitors said "Look outside my window -, the clothes which hanging out there are so dirty it makes me wonder why my neighbour cannot even find the time to wash their clothes properly." Her friend looked at the window and said, "One day, if you have time, you should give your window a good clean". Once the window was cleaned, the neighbour's clothes looked clean and bright*

#### **1. The essence of the tranquility meditation**

There is the music of man, of melodies made through pipes and flutes playing, strings strumming, temple bells chiming; There is the music of the earth, the winds as they blow, birds as they sing, water as it flows down stream; These sounds though they are extremely different, yet they all spontaneously produce themselves they cannot be compelled to be so, they simply are; This spontaneity is the *music of nature*.

We all exist in different forms with individual thoughts, emotions, and characters. Although you, the others and me are different, that we are all beings this is the same, in this we are equally natural, equally good.

These differences are like the differences between water that flows in a stream, the river, the lake and the ocean. There is variety in the water that flows but all of them contain water this is equally natural and equally valuable.

All these differences are all part of nature's phenomena and matters in this universe. If there is no other, there will be no I, there will be no distinctions between things – These apparent distinctions show that everything is spontaneously what it is. Yet the transformation of things such as the differences between water running through streams and oceans shows that although things appear to be different, everything is transferable.

The philosophy of Tao is to nourish our daily life. Ziran Qigong through its Taoist tranquility meditation can develop inner peace and strength to help deal with day to day stress and lead us to a deeper relationship with ourselves in the understanding that all things are one and in identifying ourselves with the one; then irrespective of all the turbulence and changes of the world, we become supple in the knowing that our existence will eternally endure.

*“Once upon a time, Zhuang Zhou dreamed that he was a butterfly, a beautiful butterfly flying about, enjoying itself. It did not know that it was Zhuang Zhou. Suddenly he awoke, and veritably was Zhuang Zhou again. We don't know whether it was Zhuang Zhou dreaming that he was a butterfly, or whether it was the butterfly dreaming that it was Zhuang Zhou... This is the case of what is called the transformation of things”*

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Emptiness and stillness is one of main thought in Daoist philosophy. Lao Zi describes Dao as *“The Tao is like the emptiness of a vessel, and in our employment of it we must be on our guard against all fullness. How deep and unfathomable it is, as if it were the Honoured Ancestor of all things ”!*

In this particular meditation we will be concentrating on the mind of an empty room. There are content three steps:

- 1) Internally looking at ones internal world, the removal of all distracting thoughts, and emotions, thus the mind without the mind.
- 2) Focusing on the external body and releasing all tensions, thus creating a form without form.
- 3) Distinctly observing the outside of world, there is formlessness and no matter, thus creating a world without world.

The stillness and emptiness are the way for all things grows. When the room is empty, there are no gutters and obstacles; when room is empty, there are no walls and fences. Create space is create room for the light and compassion, so there is recognition and truth; create space allow us breath, and then there is happiness and love. This understanding will lead us into a deeper space of consciousness and greater happiness.

Once the emptiness of these three aspects is attained, you are in state of tranquility.

## **2. Relax your physical body to open your central meridians - Ren Mai and Du Mai**

The Governing and Conception Vessels are the main rivers of the body's Yin and Yang energies. The "Governor Vessel" starts from the perineum, up behind the spine, to the crown of the head, down the face, and terminates in the roof of the mouth. The "Conception Vessel" starts at the tongue, down the front of the body and into the perineum. They are polar aspects of the body, perfectly complementary, like midnight and midday. They are responsible for the formation of the holoblastic cleavage and the first cellar division of the fertilized ovum in embryological development. Each Yang meridian is paired with a specific Yin meridian; there are 6 Yang and 6 Yin meridians in the body.

In this meditation first all we should open and releasing the emotions and tension out from these two channels, particularly three Dan Tian in the Ren Mai and Three Gates in the Du Mai.

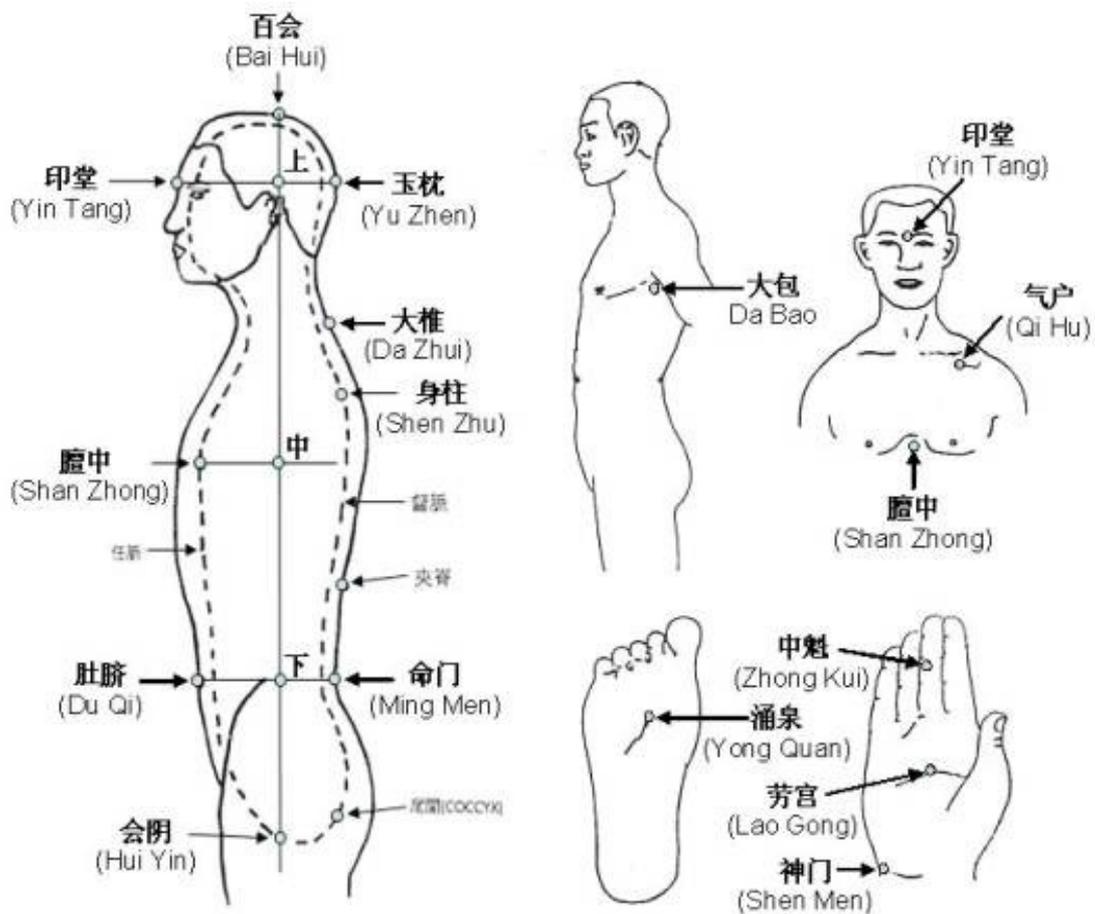
The three Dan Tian in the conception vessel are:

- 1) The upper Dan Tian of *spirit*, located in the brain just behind a point directly between the eyebrows called the **Yin Tang** acupuncture point. This point corresponds to the third eye and opens into the top **Bai Hui** acupuncture point, which corresponds to the pituitary gland, associated with the mental functions.
- 2) The middle Dan Tian of *qi*, located in the center of the chest between the breasts, named **Tan Zhong** acupuncture point, corresponds to the physical functions of respiration and the circulation of the Qi and blood. Psychologically it functions as the emotional and interaction center of the body.
- 3) The lower Dan Tian of *Essence*, located in the lower abdomen between the navel and the pubic bone, it consists of three acupuncture points, named as **Guan Yuan**; **Shi Men** and **Qi Hai**. It corresponds to the physical function of digestion, elimination and reproduction. Psychologically it functions as our sense of stability and balance and as the connection point to our sexuality.

The three gates of the governing vessel are:

1. The lower gate of **Wei Lu**, located around sacrum area. When this area is opened, Yang Qi will arise.
2. The Middle gate of **Jia Ji** located just above Kidneys between the tip of the shoulder blade, in the center of the spine. Taoist practitioners refer to this point as a **Shen Dao** - the spiritual path. When this area is completely open and helps Qi flow between the lower and upper spine, one will enjoy longevity.
3. The Upper gate of **Yu Zhen 玉枕**, located just under the occipital bone( jade pillow bone). Yu Zhen is the point connecting the spinal cord and the brain. When the Qi flows through this part of the body, the body and the spirit will be unified.

Opening and regulating the Conception and Governing Vessels is a priority in this Tranquility Meditation. Along these vessels, one should draw the Yang Qi and Yin Qi up and down his or her body, fusing the Water and Fire energies together. This fusion facilitates a Yin and Yang balance throughout the body dissolving duality. This practicing is called microcosmic orbit or small heavenly orbit.



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