



Linda's T'ai Chi Weekly Handout July 7, 2024

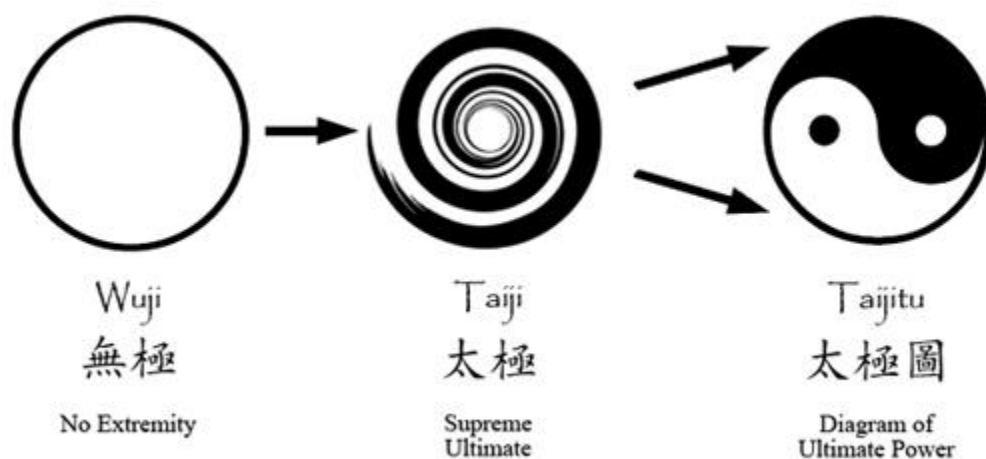
### Connecting to the Earth: The Bubbling Well Spring



Image of an artisan bubbling spring

In the ancient mythology of how the universe was created, it all began with -stillness. There was nothing-no light, dark, no motion, no stars nor moon; no hot or cold. Wuji (無極) is a state of emptiness or simply a single point in space. There is no discrimination (recognizing differences) and there are no polarities (or poles). After 10,000 years, a number that means eternity, the universe began to move, circular motions as the universe began the process of separating and forming. Finally, , after 10,000 years, the universe differentiated into complimentary opposites- hot- cold: dark- light; day- night; yin and yang.

The following is a diagram of how the universe began as nothing (Wuji) to forming to separation- the 3 phases.



The ancients also believed that humans are a conduit between the energy of the earth and the energy of the universe. It is this energy that we connect to as we perform Tai Chi and Qigong. It takes time to feel this energy but soon, it can be felt. It takes time, practice and focus. It may begin as a deep feeling of calm, smoothness, and roundness in our postures ; a sense of relaxation in our breath, shoulders and jaw.

It also begins as we root to the earth through our bubbling well spring- the ball of the foot. (*Yongquan*) – Bubbling Spring is the only acupuncture point on the sole of the foot,

the lowest and most yin part of the body which is in continual contact with the yin energy of the earth. The yin energy is cool, dark, receptive and contemplative.

It can therefore be used as a portal through which we can visualize drawing upon the energy of the earth as a tree's roots draw nourishment from the soil. This image of the tree is quite appropriate here since this is the Wood point of the Kidney meridian, one which empowers growth and development to reach our fullest potential.

According to Traditional Chinese Medicine (TCM) one of the most important relationships in the body is between the Kidneys and the Heart. The Kidneys nourish the Heart while the Heart warms the Kidneys (the fire and water element) Harmony between the two is one of the main requirements for a peaceful spirit. Therefore imbalance between Kidneys and Heart is a cause of a range of emotional disorders including anxiety, mania, agitation, restlessness and surges of anger and rage. *Yongquan* treats these conditions by calming the mind and clearing the brain.

The feet are a grounding point and can be massaged at bedtime in order to stave off insomnia. Putting your feet in a bowl of warm water for 15 minutes is a wonderful way to bring on sleep. (Traditional Chinese Medicine reference)

In Tai Chi and Qigong, we root our bubbling well spring to the earth that allows us to be stable and upright- imperative for preventing falls. Grounding is simply connecting our body to the earth's surface- land or water. Going bare foot in your home is very important at least once during the day or night. It is good for the sole- or shall I say, the soul.



Peace

Linda