



## **Polarity in T'ai Chi Chih – We are the Form & the Formless**

By Amy Tyksinski

“Your life matters. Treat it that way!” said Justin Stone.

How do we come to Realize that?

In my experience, cultivating a felt sense of connection between the palms through the principle of Polarity in T'ai Chi Chih is one key. The connection we feel when the palms face one another encourages a deeper embodiment of what we come to Know. *We are* Connection. *We are* the Substance we feel and shape between the palms. *We are* THAT.

With what degree of tender exquisiteness can we pick up this substance, for example, off the shoulder in the movement *Around the Platter-Variation*? Are our wrists engaged with vitality thus activating more fully the flow of the chi as fingertips point up to create an oval shape? Are we immediately aware of *feeling* the substance between the palms? If not, try bringing the base of the palms slightly closer together to cultivate the sensation of a slight tug in the wrists. This forms a stronger and more alive oval shape and importantly activates the meridian channels running through the wrists. What do you feel between the palms as a result?

As we pick up the shape, we express, with ever increasing sensitivity, the individual coming into being. As we follow the curve of the platter with the wrists, we also, continuously and simultaneously, Know ourselves as part of the whole. We experience directly our own divinity, the formless. At the far point with weight fully shifted forward, with what degree of intimate attention can that shape be placed back down, merging the individuality back into Essence? Can we, then, in the second half of the movement luxuriate in this sea of Being, this Cosmic Heart, as the wrists trace the curve back home? “Don’t rush the backswing!” Justin would remind us. Significantly, can we NOT anticipate as the hands *stay flat* when they pass through the center of the chest *at heart level* on the way to the shoulder eventually forming the individuality once again? What do you feel at the center of the heart as the hands pass through that area?

*Around the Platter - Variation* teaches us about the individual and the universal, the form and the formless, both/and. We arise through polarity and return to source, all the while held, in and AS, the substance, the chi, divinity itself.

The substance we come to feel with ever greater reverence through the connection between the palms and the tender alacrity with which we learn to shape and relate with it matters. We learn our life matters. How aware are you of feeling this substance in each moment? As awareness increases, so do the blessings. "Love energy is the fruit," said Justin (Spiritual Odyssey)

If one claims, "I don't feel the 'chi'" my gentle invitation is to pause. Take a breath. Relax all the little muscles in the stomach area, drop into the t'an t'ien and inquire, with infinite kindness, "Do I *want* to?" Then, with an attitude of quiet welcoming, rooting our attention in the soles of the feet, we begin.

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