



The Large and the Tiny **Featuring the T'ai Chi Chih® Principle "Continuity"**

By Amy Tyksinski
(Video Transcript)

One of the principles of T'ai Chi Chih, Continuity, has been unfolding for me over the years. At first I understood it to be evenness of movement and unity of flow, all parts synchronized together. Later, Continuity seemed to include a growing awareness of each T'ai Chi Chih movement initiated within, emerging from and returning to the T'an T'ien. A Continuity of Origin.

The principle of Continuity now encourages an even wider swath. It includes all aforementioned elements. And yet. There is the One with which we are learning to accord. Justin Stone, the originator of T'ai Chi Chih, had a realization, "Things are as they have always been." This realization invites us into a deeper Knowing of Continuity. The undivided Self. Reduction to Zero. The Uncarved Block. The Peace that passeth all understanding.

And yet. HOW?

Justin paired the principle of Continuity with the principle of Softness. Softness and Continuity. There is a clue in this pairing. "Softness means letting go," we have heard Justin say. As we feel the substance between the palms, thrill in the moments of complete release in the wrists, experience the heavy air the body is swimming through with greater and greater attunement, we take a miraculous plunge.

T'ai Chi Chih's gentleness unwinds us. Separating tendencies and patterns come up for sweet (and not always so sweet) release. We persist. The Cosmic Rhythm holds us all along in her tender embrace even when we do not believe it to be so. "Father, why hast thou forsaken me?" "Don't worry, my child. Drop in and down. Be still. Don't fight. You are learning to perceive anew."

Gradually, we come to feel not only the circles; suddenly we become aware of the spheres. A song is singing us awake.

Kerplunk! "As awareness grows, so does Joy. As we approach Joy, we approach Divinity," said Justin.

Each principle of T'ai Chi Chih informs and emboldens each other one. Polarity, Circularity, The Effort of No Effort, the Yinning and Yanging of the Legs (weight shift), Softness and Continuity: These principles fold in and out, with, and among one another thus growing accordance with the one Continuity that threads through, and as, all.

This process is trustworthy. This energy, this "Knowledge of the Supreme Ultimate" that we are learning we ARE is trustworthy. You are trustworthy.

Splash, I say. Take a leap. It has already been written. The water is so refreshing.

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