

## Balance

By Thomas Downing (7-11-2010)

The physical body is adjusted at each posture. Take a moment to notice where you are weighted, whether light or heavy, and adjust. Even the inhalations/exhalations should be balanced. When you feel the planted foot has the most weight, the other foot must be equally compensated.

At the same time the internal weight must be adjusted and equilibrated.

The focus is in the Dantian\*. The inner balance is that ball of energy. When the chi is circulated it seeks the balance there, so the mind is focused or is slowly brought to bear its energy to that area.

I feel the energy more as a pulse. The inhalation brings a sense of squeezing into the Dantian and the exhalation, a releasing.

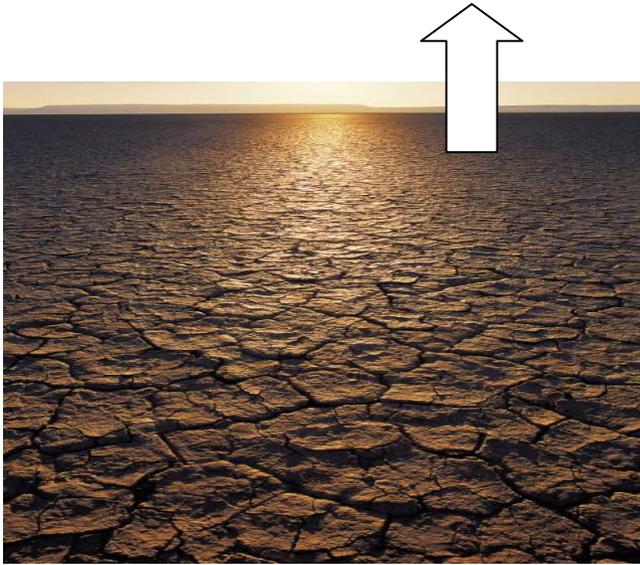
The chi is continually flowing. If you open yourself to that flow you notice where stagnation is. The mind can then allow that area to be opened. There is not a forceful opening like pushing water through a clog but more of a relaxing into the stagnant area to slowly allow the chi to rebalance itself.

The adjustment of posture almost secures the body in the correct alignment where flow is inevitable. At that point the bliss of chi flow is a continual relaxation.

For every action there is an equal and opposite reaction. The planting of the chi downward has its opposite reaction of upward flow.



Chi flow downward



Chi flow upward

Understanding the Law allows attunement. Balance is attuning to the Law. From the feet to the hands, the arms and the legs, the upper and lower follow the same Law. The mind must continually allow the Dantian to make the adjustment.

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*Kin's notes:*

\*Dantian [丹田] = *elixir field; energy field; chakra— located in the lower portion of the abdomen about 2 – 3 inches below the belly button*