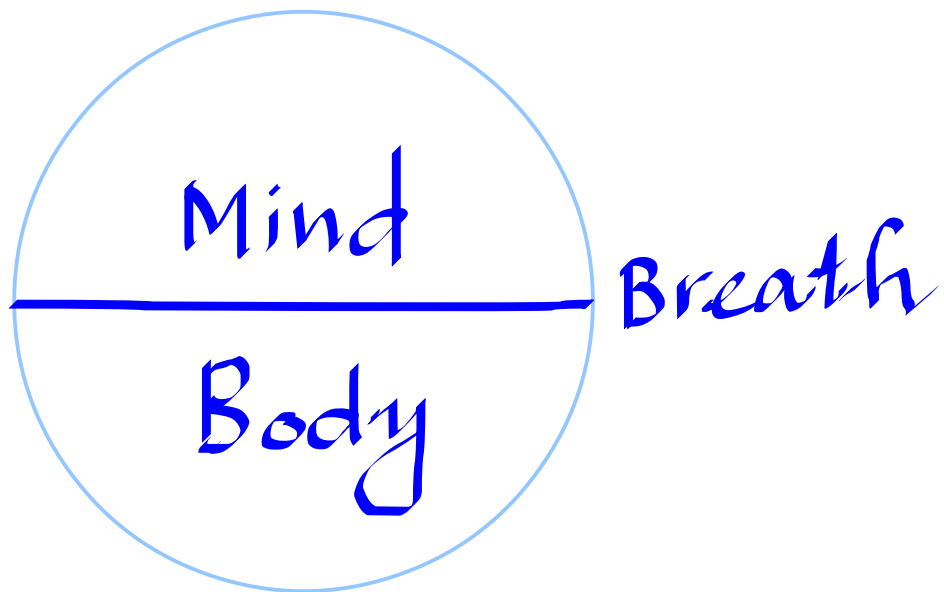


# A bridge to spiritual practice for integral Tai Chi students

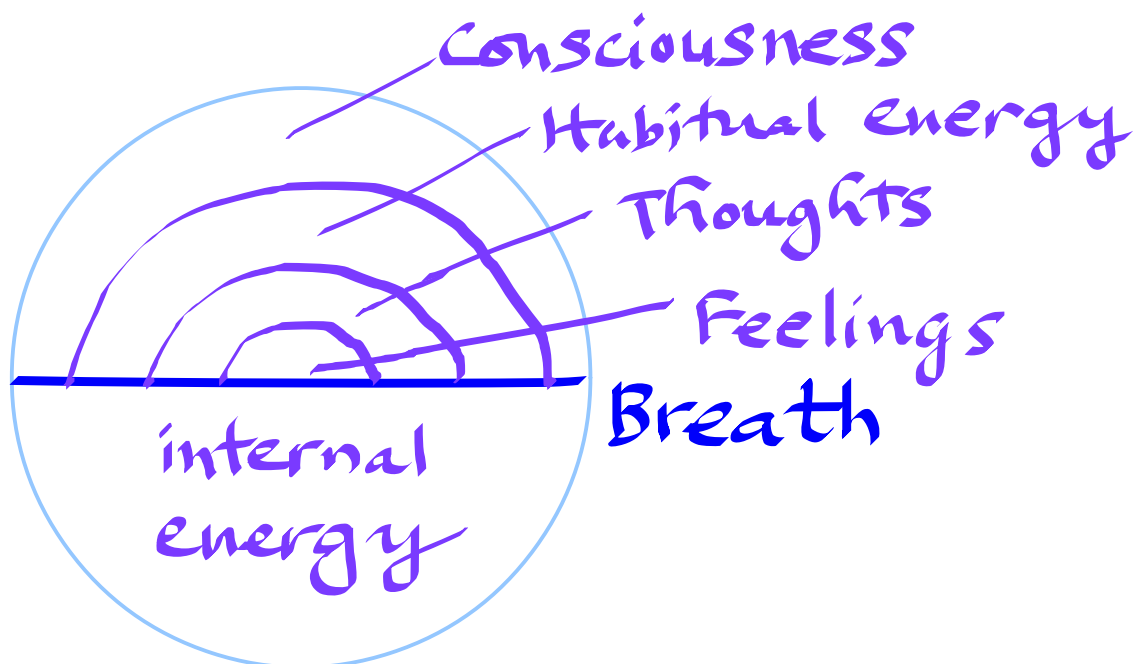
Thầy Hằng Trường  
Compassionate Service Society  
2018

# Introduction to the 3 models of practice

# The basic model

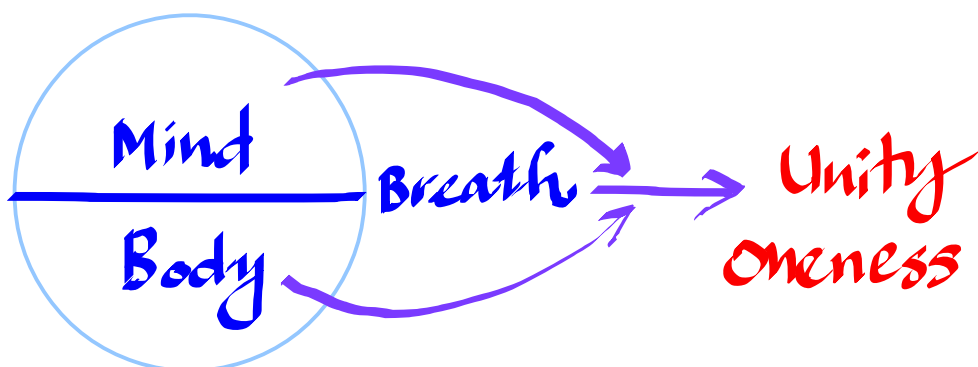


- more complete model:



For a more complete model, we expand the mind into 4 layers (Skandhas) which include: Feelings and sensations (**Feeling Skandha**); thoughts, views, opinions (**Thought Skandha**); habits, habitual energy, shadows (**Formation Skandha**); consciousness, primary attachment of Duality (**Consciousness Skandha**).

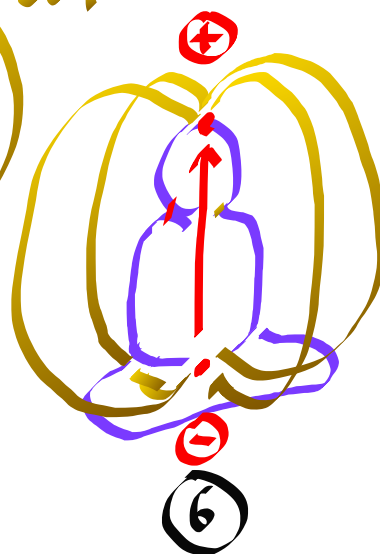
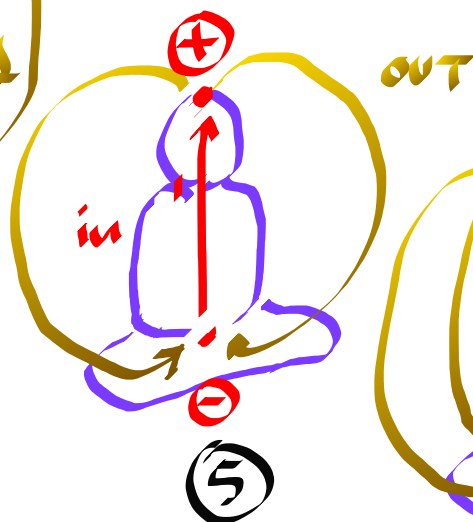
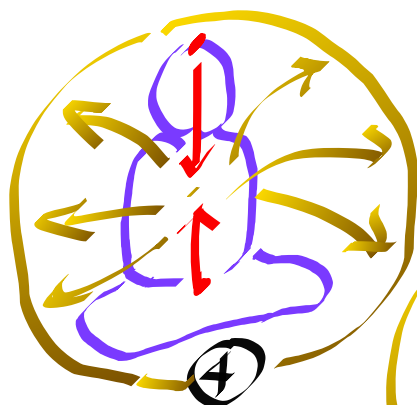
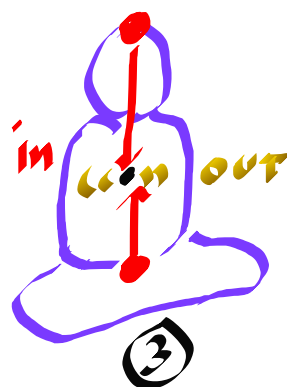
The purpose and goal of iTTC practice is to bring body, breath, and mind into a state of unity or **Oneness**.

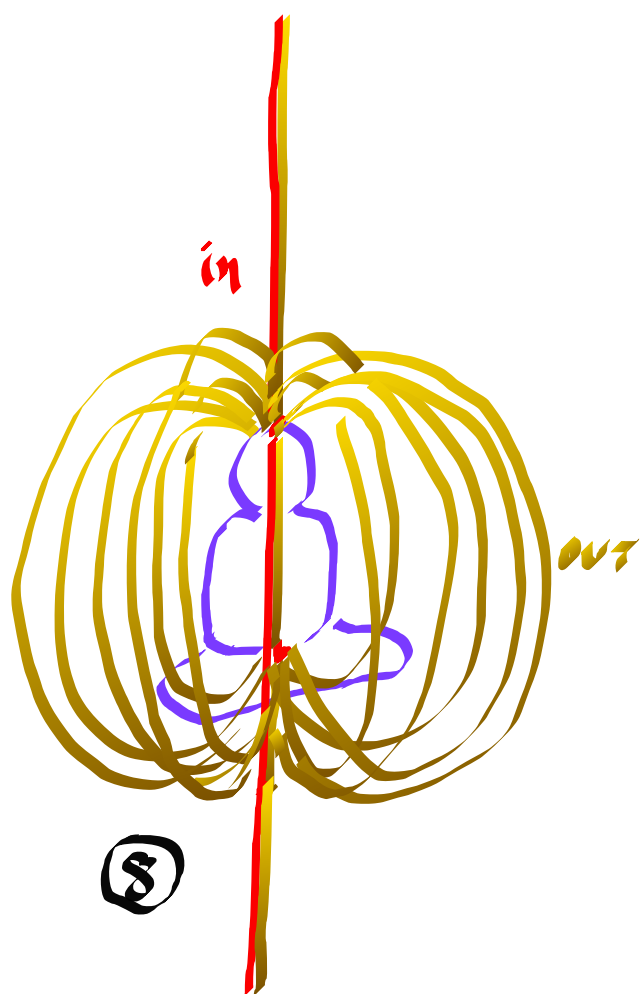
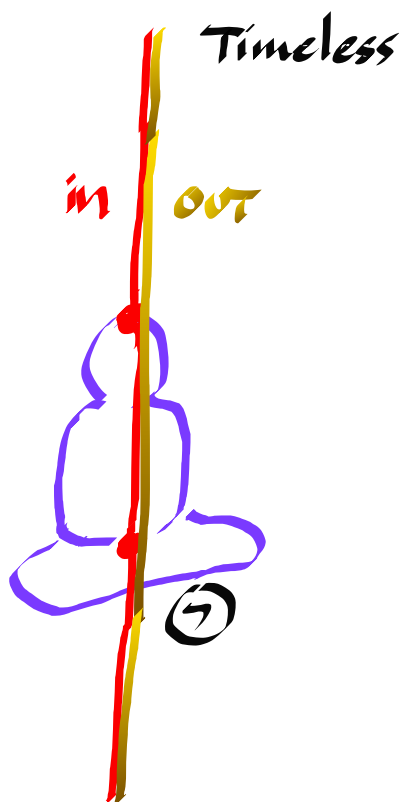


Most of iTC students seek to improve their health, both physical and mental health. However, some students want to further their spiritual growth.

Then how do iTC students integrate their iTC practice with spiritual practice?

Based on the basic model (Body, breath, and mind) that aims toward Oneness, we have 8 types of practices, from the most simple to the most complex breathing and visualization.





Beginners of iTC can practice the first 3 models as a way to connect with their deep spirituality.

Let us study each model with these questions in mind:

- What are the iTC practice of the 3 models?
- How to breathe correctly (from where to where)?
- What are the benefits of breathing with a visualized image?
- What are the symbolic image associated with each model (the blue lotus, the jewel bowl, and the 5-coloured string)?
- What are the meanings of each image?
- How to activate the awareness of the ever-present, non-dualistic nature?



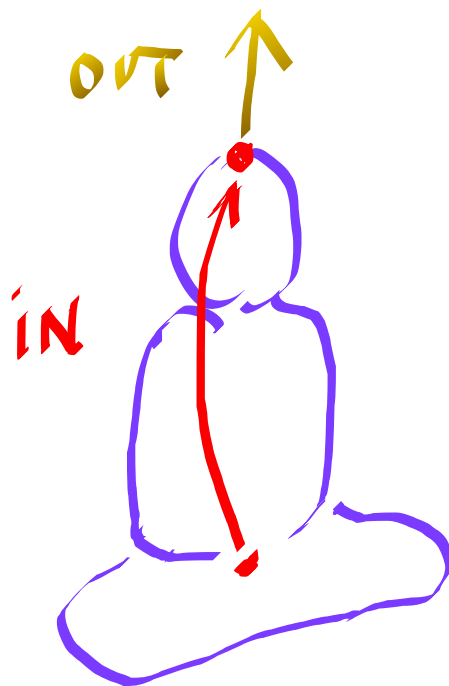
# Model 1

## Purpose

- Develop a consciousness of transcending worldliness.

## Practice

- When inhaling, visualize the consciousness (or energy, CHI, heat) moving from Huei-Yin to Bai-Huei, along the spine.
- When exhaling, let the breath release from Bai-Huei.



## Benefits of the practice

Creating the transcending effect

Transcending worldliness means:

1. Free from fear of issues of survival, e.g. death or even fear from losing job.
2. Free from fear of emotional insecurity, fear of suffering, of sickness.
3. Free from fear of losing face, losing power, position, or favors.
4. Free from fear of being unloved, denied, left out, or mistreated.
5. Free from fear of unknown, or fear of being ignorant.
6. Free from fear of lacking clarity and spiritual intuition.
7. Free from being dualistic.

The meaning of transcending worldliness is even more tangible when we visualize a **blue lotus** on top of our head, after each breath.



Lotus represents the force rising up and transcending our lower nature (the mud).

Blue color represents the open and boundlessness of the azure sky.

The visualized lotus is our own imagination and thus it is only served as a symbolic representation. To **activate** the real, the inherently ever-present purity and transcendent nature, we need to:

1. Visualize the siddham THA.
2. Recite the mantra Blue Lous.



- Lí To Yun (5x)
- Om, Jr Lí Jr Lí, Wa Dz La, Bu La Pan To, Hum, Pan Ja (5x)

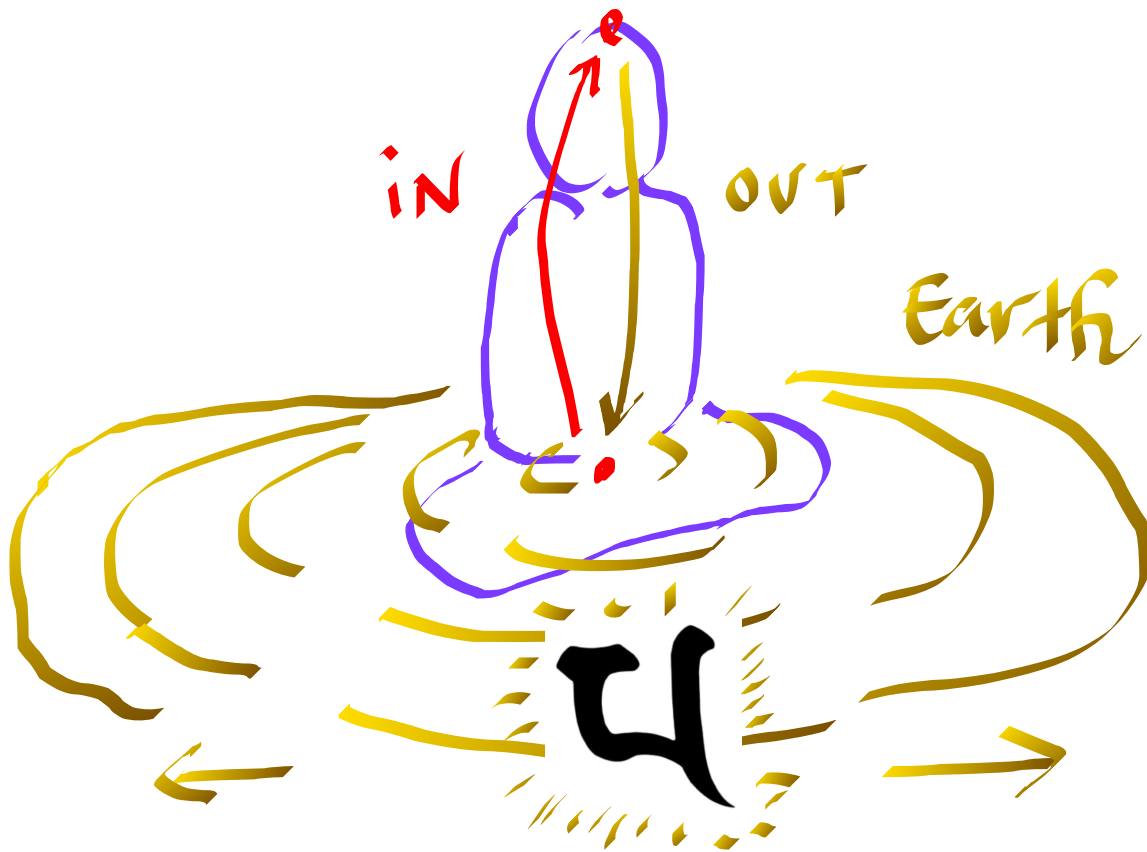
# Model 2

## Purpose

1. To bring goodness to every level of our existence and interactions. This is how we 'engage with the world'.
2. To become 'down to Earth', humble, nurturing, broad, and vast like the Earth.

## Practice

- When inhaling, imagine our consciousness moving along the spine, up from Hueí-Yín to Bái-Hueí.
- When exhaling, imagine our consciousness moving down the front body, back to Hueí-Yín.



- Then visualize inside the earth, a jewel bowl expands both width and depth boundlessly. The bowl expands unobstructedly until it becomes the Earth itself.
- Then visualize the siddham PA shining its lights to make the bowl/Earth all become lights.
- Then recite the mantra Jewel Bowl.

- Hu Lu Hu Lu Syí Lí (5x)
- Om, Jr Lí Jr Lí, Wa Dz La, Hum, Pan Ja (5x)



PA

- The bowl represents the capacity to contain and uphold, and thus our ability to receive, accept, tolerate.
- The bowl as big as the Earth represents our boundless capacity to nourish, nurture, care, uphold, support, and grow the goodness in all living beings.

## Benefits of the practice

- Complete the circulation of energy cycle.
- Gain balance in the relationship between self and others, give and take, spiritual practice and worldly engagement.
- Become humble, down-to-earth, reasonable, balanced, and altruistic.
- Become more caring and nurturing.
- Establish the life-path of **descending** and sharing goodness with all living beings. **Descending** is engaging with the world, benefitting all living beings. **Ascending** is disengaging with the world and transcending one's own shadows and egocentrism.



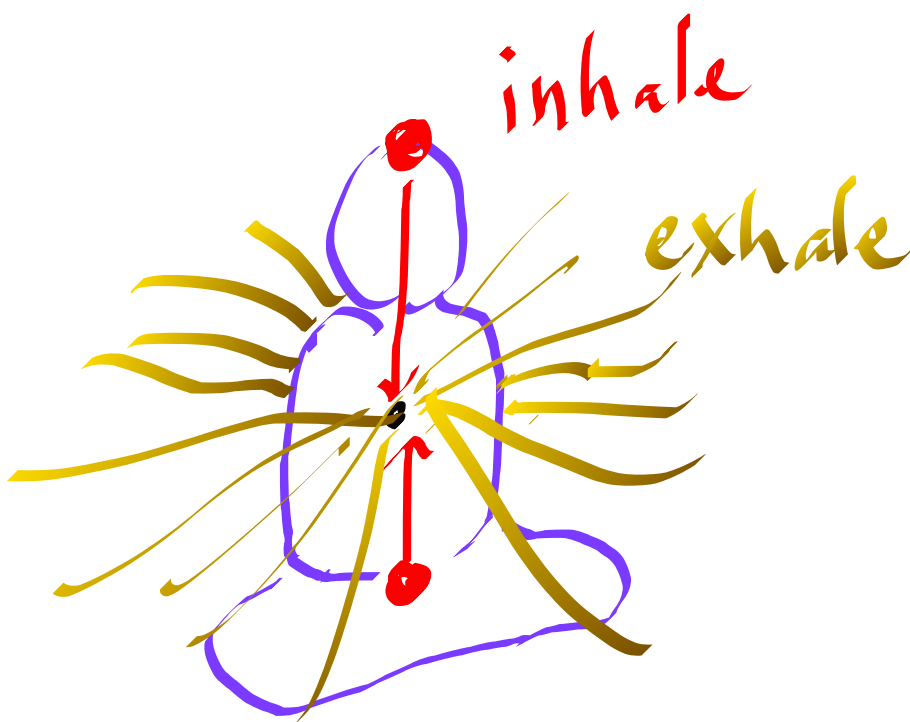
# Model 3

## Purpose

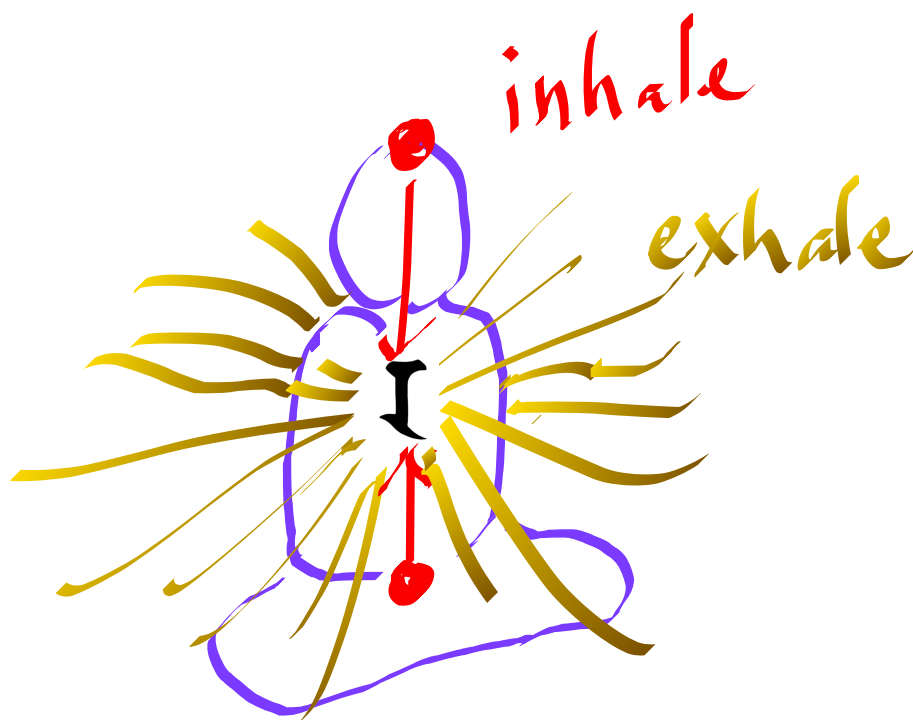
- Develop a kind and compassionate heart.

## Practice

- When inhaling, visualize the 2 streams of energy (consciousness) from Huei-Yin moving up and Bai-Huei moving down to meet at the Heart Center.



- Then visualize a web of 5-colour lights emanating from the Heart Center.
- Then visualize siddham RA at the center of that web.
- Recite the mantra of the 5-coloured string.
- Stay focused on the visualization.



## The 5-coloured string mantra

- Mo La No La (5x)
- Om, Jr Lí Láí La, Mo Náí La, Hum, Pan Ja (5x)



RA

- The 5-coloured string represents the 5 Elements and their associated characteristics.
  - Red: Fire: Heart: compassion, joy, love
  - Yellow: Earth: Spleen: forgiveness, equanimity
  - White: Metal: Lungs: kindness, generosity

- Blue: Water: Kidneys: fearlessness, wisdom
- Green: Wood: Liver: humanness, courage, nurturance
- When visualize the 5-coloured string at the Heart Center, the string becomes the 5-coloured lights, connecting our Heart Center with all living beings' Heart Centers.
- To be specific, we start to visualize the face or people we have affinity/connection with, for example, our parents, spouse, children, friends, etc. The clearer our visualization, the more improved our relationships with those beings become.

## Benefits of the practice

- Converge the 2 life-tendencies of **descending and ascending** into one united development of compassion.
- Thus one becomes kinder, more compassionate, more considerate, more acceptance, more caring, more forgiving.
- Bring to harmony at the Heart Center the 2 kinds of energy: one collected in Bái-Huéi (+) and one stored in Huéi-Yín (-).
- See clearer oneself and one's role in all relationships. Thus one starts to mend one's broken or imperfect relationship, heal old emotional wounds, and move on to a more compassionate and unselfish relationship with others.

# Practice meditation with the 3 models

# Meditation Step-by-step

## A. Entering Phase

- Open 2 hands, imagine we hold and embrace our entire life on these 2 hands
- Think: “I am bringing all my life experiences, good and bad, all successes and failures, all joy and sorrow... into unity.” Then bring 2 hands together.
- Focus on feeling the touch from the 2 joined palms.
- Say: “OM!” And let all melt into the sacred sound Om and become Oneness.
- Then put down the hands, let all return to emptiness.

## B. Dwelling phase

### 1. Practice the Blue Lotus

- Inhale up to Bái-hueí (10 times.)
- Then exhale and visualize the Blue Lotus.
- Then visualize THA on top of the lotus.





- Then recite the mantra.
- Spend as much time as you can visualizing the image (blue lotus and THA) while breathing very slowly and subtly.
- Finally, affirm mentally: “I am transcending all fears, selfish desires, and stresses.”



THA

## 2. Practice the Jewel Bowl

- Inhale up to Bái-hueí and then down to Hueí-Yín (for 10 times.)
- Then at the end of exhalation, visualize the Jewel Bowl. With every exhalation, the bowl gradually expands into the boundless Earth.
- Then visualize the Syllable PA inside the Earth.



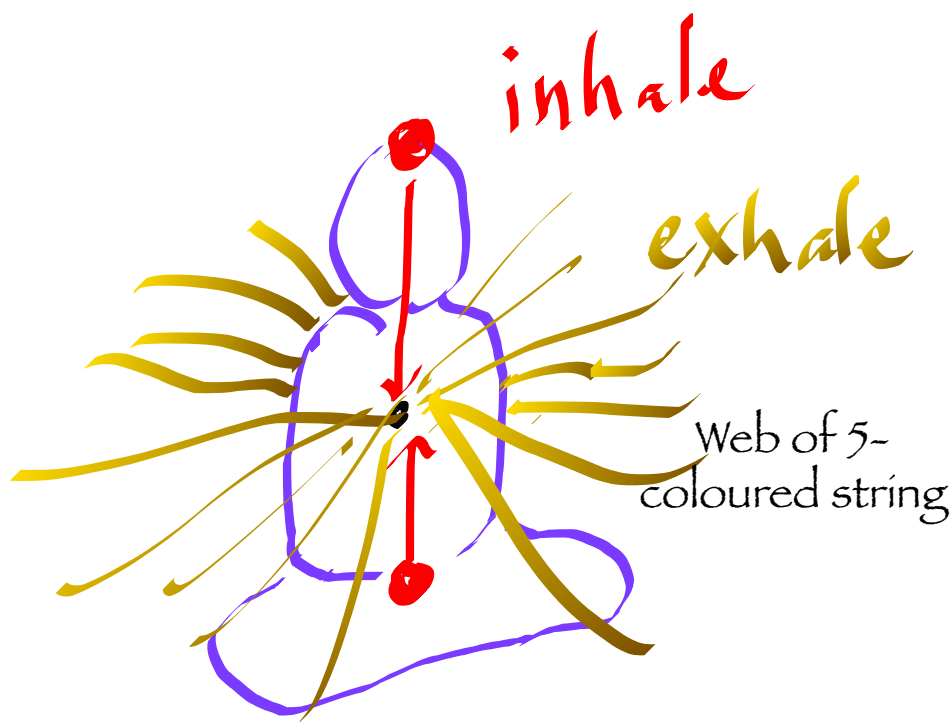
- Then recite the mantra.
- Spend as much time as you can visualizing the image (the earth and PA) while breathing very slowly and subtly.
- Finally, affirm mentally: "I am the boundless Earth."



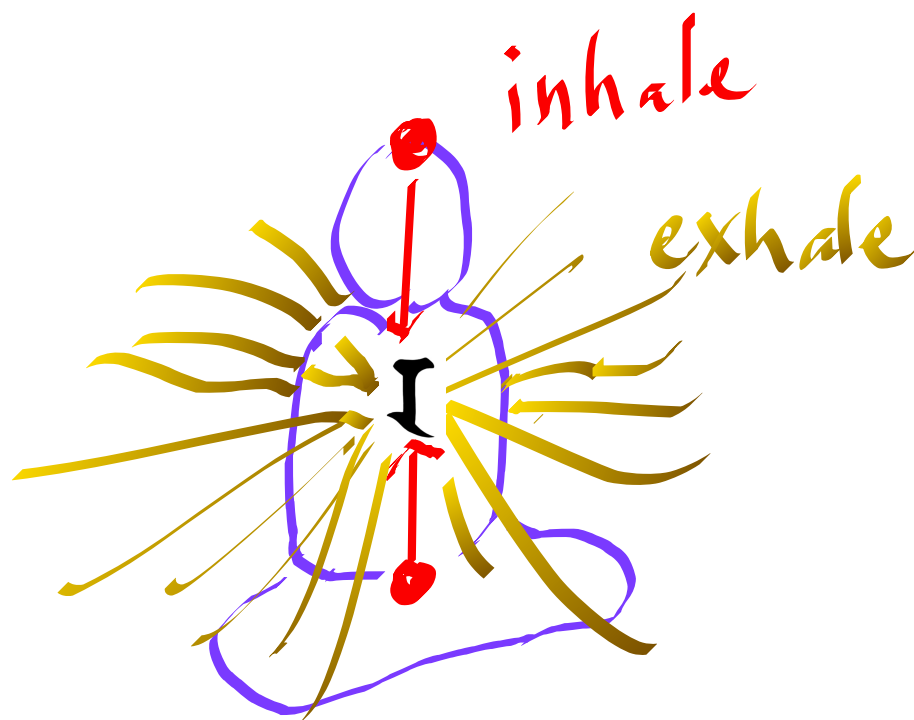
PA

### 3. Practice the 5-coloured string

- Inhale and visualize the 2 streams of energy converged on the Heart Center. Do this for a few times.
- Then at the end of exhalation, visualize the web of 5-coloured string emanating from the Heart Center. The strings are actually made of lights.



- Then visualize the Syllable RA at the center of this web of 5-coloured lights.



- Then recite the mantra.
- Spend as much time as you can visualizing the image (the web of lights and RA) while breathing very slowly and subtly.
- Finally, affirm mentally: “I am the heart of compassion!”

## C. Exiting phase

- Put 2 palms together and recite the Joined Palms mantra while visualizing Syllable GHA.
- Recite the mantra.
  - *Syí Lí Syí Lí (5x)*
  - *Om, Bo Na Man Re Ling He Lí. Om, Weí Sa La, Weí Sa La, Hum, Pan Ja.*



GHA

- While reciting, focus on the the imagined GHA.
- Then imagine as many flowers as you can, appear and flow forth from GHA.
- Send the flowers to all our relatives, friends, foes, etc. with the thoughts: “May these flowers bring to all living beings peace, joy, love, and healing!”
- Then put the left hand over the Heart Center and right hand over the left hand, visualize all the flowers filling up every cells in our body.
- Think: “May these flowers bring healing to my body so that who ever see me, hear my voices, know my thoughts, will become kind, compassionate, joyful, open, optimistic, and forgiving.”

The end of first 3 models

To be continued  
with the rest of 8 models  
in Bồ Tát Đạo training sessions