

Lines of Force

The Macrocosmic Orbit · Self-Massage Longevity Qigong ·
Daoyin · The Thirteen Dynamics of Taijiquan

A ten-class series with **Deng Ming-Dao** · Sundays, June 13–August 22

ABOUT THE PRACTICES

How can we reach a better understanding of how our bodies move and circulate energy? The Taoists speak of energy meridians, researchers speak of fascia meridians, and martial artists study the many directions of force in movement. How can we explore these ideas and find a unified understanding? This series will develop our ability to apply those *lines of force*.

Basic Warm-Ups

A short series of exercises will open each class for limbering, stretching, and strengthening every part of the body.

The Macrocosmic Orbit as Standing Meditation

This companion to the Microcosmic Orbit unifies mind and qi to move energy throughout your body. We'll

use five **Daoyin** techniques to help with our meditations.

Self-Massage, Taoist Longevity Qigong

These easy self-massage techniques open blockages in lines of force in the face and head. After learning them, you can use them at any time and in any order to address issues that come up each day.

The Thirteen Dynamics of Taijiquan

The *Taiji Classics* identify eight central techniques plus five directions. By breaking them down and studying them, beginners can gain a better foundation, and advanced practitioners of any style can improve their skill. Rarely discussed, let alone taught, the Thirteen Dynamics give a subtle look into lines of force, uniting body alignment, qi, and the mind.

(please see the next page for a full schedule)

What People Have Said About Previous Classes

"Sifu Ming-Dao is one of the finest teachers I have had the honor to take classes from. He has deep and comprehensive knowledge of Taijiquan and Qigong, and provides the philosophical background, history, and foundations along with the forms. He is infinitely patient and considerate of all levels of students." —Lisa P.

"Deng Ming-Dao has a very clear way of demonstrating and explaining each of the movements of Tai Chi and qigong. His extensive knowledge of the Taoist philosophies and teachings aids us in more truly understanding the inner work and meanings behind each of the movements." —Babette T.

"I have practiced Tai chi for about fifteen years. This course really refreshed and reinvigorated my practice during a time of severe stress in my life. I believe in the Way and that my Tai chi/ meditation practice helps me live my life going on/with the Way vs. going against the stream."

—Carol S.

"One of the benefits from doing the warm-ups each day is that a nagging hip pain that I've dealt with for a year has disappeared!" —Joan T.



Deng Ming-Dao is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

dengmingdao.com

Cost is \$180 prior to June 7; \$200 until June 11.

Classes will be held at 10:50 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent by the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class.

To register, please send an email to dmd@dengmingdao.com. Payment can be via PayPal at that email address (Mark Ong will be listed as fiscal agent), or by mail sent to: 4083 24th Street, #460334, San Francisco, CA 94114. For any further questions, please write to Ming-Dao.

SCHEDULE AND CURRICULUM

More About This Series

This series extends the work done in our last series. After learning the Microcosmic Orbit, the next step is to learn the larger **Macrocosmic Orbit**. This shows us the lines that are used to mentally direct energy throughout the torso, head, and all four limbs. In so doing, we learn how the mind directs our qi.

In order to enhance the opening of these channels and assist us in learning the technique, five postures from **Daoyin** will be employed as supporting exercises.

In our last series, we learned Taoist Longevity Qigong. The techniques in this series belong to the second set of that system. They consist of **self-massage** techniques for the face and head plus three **meditations**. Using these methods further opens meridians. These massages are also valuable ways of relieving stress and blockages that we encounter during the day.

The Macrocosmic Orbit teaches the lines of force used for meditation and internal alchemy. Those studying the fascia as well as martial artists train to understand the lines of force during movements. The simplest is straight. Circular moments are next. Beyond that are cross movements and whole-body movements. These can become quite complex—but they are understandable if we take a systematic approach.

Fortunately, this has been extensively studied in Taijiquan. The **Thirteen Dynamics of Taijiquan** are considered the basis of all Taiji styles. However, few schools teach them. This is a chance to learn them, apply them to your own Taiji practice, and deepen your understanding of Taiji theory.

Class 1: June 13, 2021

Warmups. Introduction to the series.

Macrocosmic Orbit standing meditation: introduction to the posture, basic concepts

Taoist Longevity Qigong: 1. Three Stars 2. Eagle Claw

Thirteen Dynamics of Taijiquan: basic concepts, the Five Stances

Class 2: June 20, 2021

Warmups

Macrocosmic Orbit standing meditation: introduction to the posture, basic concepts

Taoist Longevity Qigong: 3. Phoenix Rubbing, Three Ways

4. Replacing Heaven

Thirteen Dynamics of Taijiquan: 1. Ward off 2. Pull back

Class 3: June 27, 2021

Warmups.

Macrocosmic Orbit standing meditation: the Microcosmic Orbit and Daoyin to open that pathway

Taoist Longevity Qigong: 5. Tracing the Phoenix Tail

6. Tracing Cheeks

Thirteen Dynamics of Taijiquan: 3. Press 4. Push

(No class July 4, 2021)

Class 4: July 11, 2021

Warmups

Macrocosmic Orbit standing meditation: the Center Channel and Daoyin to open that pathway

Taoist Longevity Qigong: 7. Pressing the Earthly Store

8. Thrusting the Tongue

Thirteen Dynamics of Taijiquan: 5. Pull down 6. Split

Class 5: July 18, 2021

Warmups

Macrocosmic Orbit standing meditation: the Hands and Daoyin to open that pathway

Taoist Longevity Qigong: 9. Swallowing the Jade Nectar

10. Tapping the Dragon's Face

Thirteen Dynamics of Taijiquan: 7. Elbow 8. Shoulder

Class 6: July 25, 2021

Warmups

Macrocosmic Orbit standing meditation: the Legs and Daoyin to open that pathway

Taoist Longevity Qigong: 11. Beating the Heavenly Drums

12. Rubbing the Dragon's Head

Thirteen Dynamics of Taijiquan: the Five Directions

Class 7: August 1, 2021

Warmups

Macrocosmic Orbit standing meditation: full practice

Taoist Longevity Qigong: 13. Cultivating the Heavenly Pool

14. Greater Success

Thirteen Dynamics of Taijiquan: using the eight postures as standing meditation

Class 8: August 8, 2021

Warmups

Macrocosmic Orbit standing meditation: full practice

Taoist Longevity Qigong: 15. Transverse Circles (seated practice)

Thirteen Dynamics of Taijiquan: extended practice

Class 9: August 15, 2021

Warmups

Macrocosmic Orbit standing meditation: full practice

Taoist Longevity Qigong: 16. Vertical Circles (seated practice)

Thirteen Dynamics of Taijiquan: how the postures fit into any Taiji practice

Class 10: August 22, 2021

Warmups

Macrocosmic Orbit standing meditation: full practice

Taoist Longevity Qigong: 17. Horizontal circles (seated practice)

Thirteen Dynamics of Taijiquan: final thoughts