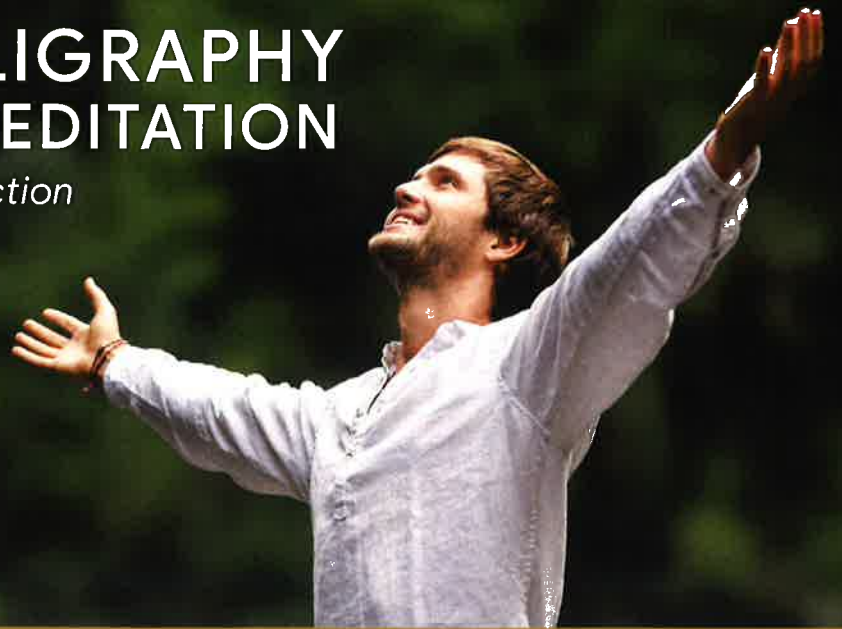




# TAO CALLIGRAPHY MOVING MEDITATION

*An Introduction*



Tao Calligraphy Moving Meditation is a gentle form of exercise that engages your entire body and musculoskeletal system. It uses slow, graceful, flowing movements while focusing your intention on balancing and energizing from within the core of the body (lower abdomen).

The movements are based on the artistic flow of a Tao Calligraphy (Oneness writing), relaxing the muscles so the body moves more freely. Practicing regularly fosters calmness in the spirit, clarity in the mind, and greater self-awareness in the body. Regular practitioners experience feeling more in touch with their body, helping them understand its potential and limitations.



## **Meditative State of Tao Calligraphy Movement**

The meditative state created when practicing Tao Calligraphy Movement helps to explain its broad benefits. When you meditate, your brain cells develop new connections. The brain's physical structure actually changes, resulting in better cognitive skills, such as learning and memory. The longer you practice meditation, the more enduring the changes.

Using brain imaging technology, scientists have found that the act of meditating also engages the frontal lobe connections that directly influence the brain's limbic system, which controls emotions.

*These changes in brain activity and, over time, even brain structure enable you to better manage stress and handle negative emotions such as fear, anger, depression, and anxiety in more positive ways.*

### **All of these benefits sound great, but what if I just can't sit still and clear my mind?**

That's where Tao Calligraphy movement, a moving form of meditation, comes in. **You don't have to sit still.** In fact, it's the mesmerising circular patterns—and the attention or awareness that you give them—that help bring you into a meditative state.

# Active Elements of Tao Calligraphy Moving Meditation

## Awareness

This is the first and most essential element that is the foundation for all the other benefits. It begins as self-awareness. Paying attention to your body as you practice the slow, graceful movements of Tao Calligraphy Movement helps you become more focused.

As you concentrate gently on shifting your weight, moving your hands and arms, or turning your body, your mind is less likely to wander, keeping you more present in the moment. Cultivating this skill during the practice of Tao Calligraphy Movement helps you be more focused throughout your day. There are other advantages as well. Heightened body awareness may contribute to better balance, and having a clearer mind helps you more calmly navigate challenges such as a high-pressure work deadline or an emotional teenager.

## Intention

Through visualization, imagery, and other intention-based transformative tools used in Tao Calligraphy Moving Meditation, you can alter your intentions, beliefs, and expectations. This has real-world effects.

The body posture in Tao Calligraphy affects your muscle tension, postural alignment, and mental state, resulting in enhanced balance. During practice, the active use of visualisation and the power of suggestion can also have a physical impact. For example, in an exercise like *"washing yourself with golden light from the universe,"* when you picture yourself bathing every cell in your body with healing energy, you can feel better and healthier.

## Structural Integration

Tao Calligraphy Movement integrates the upper body with the lower body, the right side with the left side, and the extremities with the core.

## Relaxation

The circular, flowing motions of Tao Calligraphy Movement are also meditative, helping to shift your mind and body into a deeper level of relaxation. Tao Calligraphy Movement is a balance of moderate effort with active relaxation—like yin and yang.

## Strengthening & Flexibility

Slow, continuous, relaxed movements that you repeat provide dynamic stretching to increase your range of motion and flexibility. Despite its deceptively mellow look, Tao Calligraphy Movement is a low- to moderate-intensity aerobic activity, depending upon your fitness level and how you practice it.

## Social Support

Many people practice Tao Calligraphy Movement in a Tao Chang/Field as a group practice. This sense of belonging can be a strong motivator to commit to practice. In addition, the social support that participants receive from this type of group has been shown in research to have health benefits. People who have strong ties to others tend to be healthier and happier, and when they do become sick, they tend to recover more quickly.

## Embodied Consciousness

Tao Calligraphy Movement creates a framework for integrating body, mind, and spirit for a more holistic life. Tao Calligraphy Movement is more than just physical exercise. Your psychological well-being, your social interactions, and your larger beliefs about nature are all affected. You become more aware, more sensitive, more balanced. The experiences you have while doing Tao Calligraphy Movement begin to spill into your every-day life. You learn to "go with the flow." This adaptability or resilience enables you to better manage stress and bounce back from adversity or trauma.





**Women continue** to be the major caregivers of children and aging parents and often struggle to balance family life with careers. Performing at a high level at work while also maintaining happy marriages, relationships, and families is a big task that requires support.

**Tao Calligraphy Moving Meditation** has a lot to offer professional women to help you create an inner and outer balance in your life.

## Tao Calligraphy Moving Meditation Promotes:

### 1. Focus and Attention

The focus that Tao Calligraphy Moving Meditation creates through fluid movements and positive messages expands into other aspects of life and gives you a place of stillness within to draw from during times of stress and crisis. Neuroscientists are finding increasing evidence of the interconnectedness of the mind and body. Taking time on a regular basis to nurture both has real physical and psychological benefits that allow you to live in the present, more able to control your mind and your emotions. Without some effort to change, most people spend almost 50% of their time with a wandering mind, low efficiency, and a feeling of dissatisfaction.

You can change that with Tao Calligraphy Moving Meditation and improve cognitive function so you can focus your attention, perform well, and be more organized and efficient in every aspect of your life.

### 2. “Go with the Flow and Get into Your Zone” for More Productivity and Creativity

21st-century science has caught up with the ancient wisdom from Taoism, Confucius, and Vedic scriptures with an understanding of the real benefits of meditative practices. We currently talk about “flow” and “being in the zone” to describe the states of concentration that Tai Chi, yoga, and different forms of meditation like Tao Calligraphy Meditation Movement can create in the body and mind. These practices rewire your brain as you train your mind to develop the deep states of calm that increase productivity and allow you to be more creative and innovative.





### Steps within Tao Calligraphy Moving Meditation

Gentle yet powerful, the entire practice of moving meditation encourages the participant to immerse themselves into a moving art form in five potent ways:



**Activate Body Power:** Stand with your feet shoulder-width apart. Neck and shoulders relax, hands outstretched in front of your lower abdomen, palms facing each other as if holding a ball. The body posture is significant as the practice involves both the upper and the lower body, and both the outside environment and internal stillness.



**Activate Mind Power:** Apply creative visualisation of golden light forming a ball between your hands and expanding into your body.



**Activate Soul Power:** Set the intention of healing by using the *Say Hello* Formula.

**Activate Sound Power:** Use a powerful affirmation or mantra. Repeat over and over again to create and manifest this affirmation into your life.

**Activate Tracing Power:** Trace the fluid, mesmerising pathway of Tao Calligraphy—written in a special one-stroke style—to harmonize body, mind and intention in one holistic experience.



One-stroke Tao Calligraphy  
Da Ai (Greatest Love)