

World Unity: Unity within One's Self Through Qi Gong

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Published in *New Health Digest*, December 2003 issue



As my teacher, Dr. Yang tells the story, before time began the universe was "Void." This state is called

Wuji and does not mean empty, but rather, filled with uniform, undifferentiated material/energy.

Everywhere everything was the same. Then the "Grand Ultimate" force, Tai Chi, moved through the Void transforming it. The neutral fabric of space split from this great force into opposing forces, yin and yang, and time was born. In essence, Tai Chi Chuan, the martial art and moving meditation, is literally a conduit connecting the world of yin and yang in which we exist and the origin of being, the Wuji state.

The Wuji state is not just a historical starting point for manifest reality but a continuing state of oneness or unity that coexists endlessly with our worldly state of opposites, yin and yang. Like two sides of the same coin, the Wuji state (unmanifested) and reality (manifested) are completely interconnected and transform into each other constantly. We can access the Wuji state of unity at any moment.

As the holidays and new year approach, we find ourselves reaching out for more unity, more connection. Through countless acts, prayers, and meditations, humanity and even the world itself is breaking down barriers

and uniting. World Unity is a powerful goal that we can make real through our own efforts each day. I believe an important step in creating this sense of World Unity is through creating a sense of unity within oneself.

The following meditation is a method for releasing internal opposition from the body and spirit. As you visualize each step of the meditation, you are letting go of the world of opposites and tuning into the unmanifested state of Oneness.

Buddha Mind Meditation

Sit comfortably in a chair or lie down. Relax and begin to notice your breathing. Picture your whole body as if you could see yourself in a mirror. Now, imagine your clothes slowly vanish. Tune into your sense of self or spirit and feel how it expands and becomes more real without the restriction that clothes represent, your social or economic status.

Now, imagine all your skin and hair slowly disappears until you see the naked muscles that lie underneath. Tune into your sense of self or spirit and feel how it expands even more without the restriction that skin and hair represents; your appearance, all the times you stop yourself from trying something because you're afraid you'll "look silly," how many times your appearance in the mirror decided whether today would be a good day or not.

Next, imagine all the muscles vanish until all you see is the bones and organs. Tune into your sense of self/spirit and feel it more powerfully without the attachments that muscles represent; all the "doing," the activity, the successes or failures in your life that have gotten somehow attached to your sense of self. Your spirit is so much more than this.

Next, let the image of all the organs disappear until all you see are the bones. The organs represent your attachment to your emotions defining you, your sadness, your fears, your anger. Tune into your sense of self/spirit and feel it expand and become more real without these emotions defining it.

Next, watch the bones vanish until all is empty and quiet. Spend a moment and feel your self/spirit as expansive, powerful without the physical form defining it or restricting it. Finally, reunite the physical form and spirit by slowly bringing back the image of your body, whole and healthy. Feel how your spirit fills each and every cell of your body. Tune into your hands, feet, head, torso. Let your physical form and spirit be One.

Every moment we are given opportunities to heal contention instead of feeding conflict, to reunite the yin and yang and become whole within ourselves. As you become more attuned to sensing the nonphysical blending with the physical, you become a vessel to hold this space for Oneness.