

urbantaoist | Bagua Circle Walking

A moving meditation of great complexity and pure simplicity.

Bagua translates to eight Trigrams - that's the 8 Trigrams of the I Ching - the 8 manifestations of Energy in the Universe as far as we humans are concerned - they translate to the 8 Energy Bodies - Physical, Energy, Emotional, Mental, Psychic, Karmic, Individuality and the Tao. That is what we are playing with in Bagua.

A circle walking technique which makes the body strong, flexible, still and empty - helps dissolve blocks and tensions no matter how deep, and by changing direction it creates and encourages fluid changes.

Originally developed many thousands of years ago somewhere in China or Tibet as a moving meditation and much later used as an effective martial art mechanism, this odd looking practice incorporates all the Nei Gung elements and can be used after much practice as a very advanced Taoist meditation method towards change and stillness.

On a practical note:

You learn to walk in a circle in a relaxed fluid way with correct body posture and alignments, learn to change direction with smooth movement, breathe deeply in a relaxed way, use different walking methods and learn different arm positions to open the body and clear blocks whilst keeping the energy downwards before learning and engaging with the constant up and downward flow of spiralling energy inwards and outwards.

A very powerful and profound practice.

Ben Gilbert

Water Method Chi Gung and Nei Gung Instructor