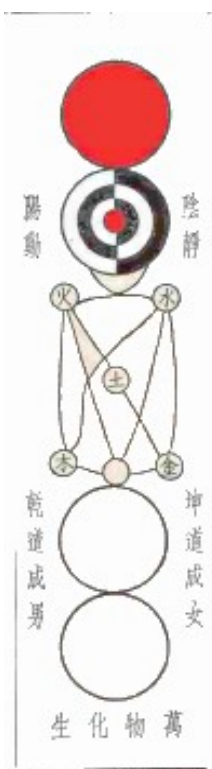


Energy Play Qigong

Wuji

Wuji represents the point from which all things originate and to which all things return. The earliest written record of Wuji can be found in Lao-Tzu's Tao Te Ching (4th Century BC) and among the many commentaries that have been written about the concept; the Wuji diagram is one of the most useful tools with which to explore this philosophy.



The red circle represents Wuji. Various translations exist including 'limitless', 'infinite' and 'the Ultimate of nothingness'.

From Wuji comes Taiji (the second circle) from which Yin and Yang are created. Yin and yang are opposite aspects; something can't be high without something else being lower than it therefore high (yang) and low (yin) help to define each other.

The next section, the five related characters, represents the five elements. Fire is considered to be yang, water yin. When fire acts on earth it creates metal (we melt ore) and the water acts on the earth to create wood (rain is required for plant growth).

The final two circles are representative of the ten thousand myriad things. From the properties of the five elements and the essence of Wuji emerge generative force. From this force emerge the ten thousand myriad things which can be related to the complexity of modern life.

Reading from the top to the bottom, the Wuji diagram can be read as a definition of creation: moving from the void to the complexity that is present in our modern world. From the bottom to the top the Wuji diagram could be said to provide a route by which we can return to the Tao.

From another perspective, when we first approach Qigong we have a tendency to focus on the detail of the movement and the complexity of the form, this could be related to the ten thousand myriad things. As we progress, the movement becomes easier; the mind clears and we find moments of stillness, glimpses of Wuji.

The study of wuji is a lifetimes work but using Qigong forms to explore taiji and five element work in conjunction with the initial wuji stance we have a powerful tool that allows us to access wuji and better understand the way it affects our day to day life.