

# Taiji-Qidao

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## A DAOIST PATH OF PRACTICE

Meditative cultivation of  
body  
life force  
mind

### Background

Daoism is known for its practices concerning the meditative cultivation of body (Xing), life force (Qi) and mind (Shen). The most important methods can be found in the five secret schools Taijimen, Dandingmen, Jianxianmen, Fulumen and Xuanzhenmen.

In Taijimen, the original school of Taiji, it is practised from the beginning and throughout the whole process according to the leading Daoist principle of non-action (Wuwei). Body, life force and mind are freed from their restrictions and developed to their wholeness in a natural way.

The present lineage holder of Taijimen, Fangfu, in 1989 opened the thousands of years old school to the public and in 1993 subsumed its contents under the new name Taijixue.

The basic theories and practices of Taijixue are communicated in the context of the training system Taiji-Qidao.

### Practice

The main practice in Taiji-Qidao is to regularly retreat into a relaxed state of non-action. In the state of non-action, body, life force and mind leave the sphere of the restrictive conditioning of everyday life and enter a natural process of harmonisation. This process aligns the practitioner with himself and with nature. Gradually, the gate opens to abilities and insights that enable an ever deeper understanding of life up to the highest meditative realisation. This is the original practice of Taiji.

The opening of the practice is formed by relaxed standing without expectation. By coming to peace internally, one allows the life force to flow freely and remove blockages in the meridians. Outwardly, this results in spontaneous body movements. The period of spontaneous body movements lays the foundation for the following stages of practice development.

### Transmission

For the practice a transmission is necessary. It is given in several steps. At first, the life force is strengthened and cleansed to enable the entrance into the practice state. In order to ensure a lasting progress into the right direction, some special internal information of the master line is added later.

### Training courses

The introduction into Taiji-Qidao offers a weekend training course named Taiji-Qidao 1. Here are taught the opening of the practice as well as the related philosophical theory. Also, the life force of the participants is strengthened and cleansed.

Advanced training courses contain the completion of the transmission, the consolidation of the practice and exercises to promote the perception and control of life force (Qi).

### Lineage holder Fangfu

Fangfu was born in the Chinese province Sichuan and grew up in Shanghai. He was instructed by his father from an early age on and qualified to be the subsequent lineage holder of Taijimen when he was thirteen years old.

His abilities and insights also make Fangfu an expert in the application of medicine, philosophy, fine arts and martial arts. In the Chinese-speaking area he has published several books.