



THE MAGICKAL PASSES

WESTERN TAI-CHI

TENSEGRITY SERIES III

REDISTRIBUTING DISPERSED ENERGY

Redistributing Dispersed Energy that has been separated from us by the wear and tear of daily life.

1. A structure Made Out of Energy

Creating a structure in our immediate event horizon; creates a dwelling for the energy body that has been separated from us at birth and pushed away by antagonistic forces. The emphasis is on the area of the Kidney and the Adrenals. A binding force SUNOCHES connects us to our energy bodies and holds us together as a concrete unit. This can be controlled and manipulated.

- A. Stoop forward, elbows bent and in front; palms flat out front and face down.
- B. Bring body to vertical position with upper chest fully extended; elbows behind and palms face up.
- C. The eyes must reveal unbending intent; looking fierce.
- D. Shoot arms forward, leaving palms face up; bending body
- E. Move palms upward, raising arms above shoulders as if carrying a tray; straighten trunk.
- F. Turn palms over with great force and cross forearms, then open arms laterally
- G. Bring palms below waist forcefully, as if slapping the pane of the waist; cross and open both arms with great force.

2. The Seer's Window

Performed to create an energetic opening to an area outside the energy body in order to pierce into the force that sustains our lives and gives us nurturance, purpose and vitality.

- A. Thumbs held under palm and edges of palms, facing down, touch in front and at middle of body.
- B. Move both hands laterally, to the sides of the body and close arms again; repeat this with just the left; next, do the right.
- C. Open arms in an arc to the width of the body, with the palms facing each other.
- D. Move the left palm up and back to the center; do the same for the right.
- E. Moving in an arc, turn the left palm out and go up and back; and do the same for the right.
- F. Raise both hands above the head with the palms facing the sky; the hands come together at inner edges and both are then extended to the sides; bring them back together, then just the left and then just the right.

- G. Draw a small circle with both hands and bring palms down as if to rest on lower edge of window sill; with fingers facing each other and palms down.
- H. Bend trunk forward and shout "Intent!"
- I. Immediately, take a step back, starting with the left leg; then return with a step forward.

3. Rallying Dispersed Energy

To move energy, making it rotate in order to place it on the projection of the Solar Plexus. This pass rallies energy that has been dispersed by the wear and tear of daily life. It gets us from a lethargic state to one of great alertness. It can enable us to make energy available on a moment's notice.

- A. Both hands are brought together with great force (left over right), above the right shoulder.
- B. Bring both diagonally across the body (as if striking a sword) towards the left knee.
- C. Stir energy with round, widdershins movement, using both hands held together.
- D. Pull the hands back to the areas of the liver and gall bladder, on the right side; shoot hands out to the area directly in front of Solar Plexus, with the gesture of delivering a blow.

4. Piercing the Two Columns of Energy

Rallies dispersed energy by deliberately poking it at key spots in the aura. The dispersion of energy to the periphery of the aura results in the formation of definite pockets of energy, which seers poke in order to allow it to diffuse and be rallied more readily. Tendon energy streams out of the limbs when they are projected out with sufficient force.

- A. Vibrate both hands at sides from axis of forearms.
- B. The left arm turns in front of and over the body, deosil; then it pokes high into the column of energy, to the right of the body.
- C. The left arm then moves widdershins and then pokes low at the same column of dispersed energy.
- D. Repeat these movements with the right arm in the opposite direction of the left hand.
- E. Right hand with fingers pointing to the ground draws a circle in front of the body, from left to right and followed by the left hand.
- F. The left hand then draws the same circle, followed by the right hand.
- G. The right forearm rolls the ball from top to bottom; followed by the left hand.
- H. Both hands hold the ball of energy on the solar plexus; then push it in and then pull it out forcefully; and push it onto a projection of the solar plexus in front of the body, on the outer edge of the aura; palms facing away from the body with fingers curled.

5. Awakening the Center of Feeling

With this movement we are preparing the bond of indisputable affection that must exist between the body that we know and the Khu that we don't know, but we all intuit to exist. It calls dispersed energy in order to bring it to a specific center of feeling, located on the left side, right above the edge of the rib cage at the height of the upper tip of the pancreas and spleen; the epicenter of feelings.

- A. Knees slightly bent, hands on thighs.
- B. Open arms and join hands in a forceful, yet controlled movement in front of the body, fingers pointing out and palms flat.
- C. Pierce hands forward, rip upwards and stir deosil.
- D. Bring hands down to midsection and turn over with the right hand on top.
- E. Cut upwards in ripping movement and then bring to area of pancreas and spleen.
- F. Push hands out to side with the palms facing each other and rip heaviest concentration of dispersed energy by moving them behind the body..
- G. Bring hand again to the center and rip upwards; stir again and again rip to the area of the pancreas.
- H. Project and rip the hands outwards.

6. Transferring Energy to the Assemblage Point.

Changes the focus of perception to other points on the matrix of merging energy fields, opening us up to alternate realities, apart from the 'normal' matrix called the Assemblage Point. The left side of the body always lags behind the right in terms of prowess and dexterity. And we are heading for a bilateral dissymmetry with the left side of the body being shrunk by the right, losing the balanced evolutionary potential.

- A. Raise the left hand with the palm facing the ground.
- B. Pull the arm back sharply and twist palm to face upwards.
- C. Shoot the arm forwards but keep the wrist stiff.
- D. Raise the forearm to the level of the eyes with the palm facing the face.
- E. Stare at the palm for a moment, then close the hand into a fist and pivot the fist forty-five degrees to the right.
- F. Raise the elbow till the upper arm is parallel to the ground and the fist points downward; still twisted at a forty-five degree angle.
- G. Place the right hand over the left shoulder and pivot the left arm until the fist reaches the area of the right adrenals.
- H. At the count of three, the right hand dislodges itself from the shoulder and in an elegant arc, moves to the front of the body, while the left hand, both with palms facing upwards, straightens.
- I. Retrieve both hands to the sides of the body; palms still facing upwrds, and then lower to return to the starting position.
- J. Repeat the entire pass with the right side of the body.

7. Bringing Energy Down from Above the Head to Three Different Areas on the Front Part of the Body

Provides a quick charge of energy and creates a quick and effective reaction to circumstances, by empowering the ability to act impeccably as one respond to life's various situations.

- A. Raise both hands with the arms stretched downwards.
- B. Raise forearms at the elbow until back of hands almost touch the shoulders; index finger and thumb are extended and other fingers are bent, nearly touching the palm.
- C. Exhale completely, then inhale while the left arm extended fully in front of the body, while right arm, bent at elbow, is thrust backwards (extend shoulders fully).
- D. Exhale and retrieve the left arm and extend the right.
- E. Inhale and bring arms to the level of the shoulders.
- F. Face palms in, keeping fingers as before.
- G. Push the left straight up and exhale fully.
- H. Inhale and lower the arm.
- I. Repeat last two steps with the right arm.
- J. Extend all fingers upwards and exhale while shooting the left arm.
- K. Curl the fingers and inhale deeply while pulling the arm downward.
- L. Do the same with the right arm.
- M. When both arms are back to the same level, the air inhaled at the last movement is held in the lungs while the left and right hands clasp together, palm to palm; first left over right and then right over left; as if missing a paste.
- N. Slide hands over the breast with deep exhalation.
- O. Move hands to midsection, fingers touching, and inhale deeply.
- P. Slide hands from the center to the sides of the body while exhaling.
- Q. Slide hands to the groin, fingers touching, and inhale.
- R. Slide hands to the hips while exhaling deeply, elbows pointed backwards and the chest fully extended.

8. Pulling and Wrapping the Internal Fibers of Energy

Pull and stretch dispersed energy fibers to buttress areas around the shoulders as well as the knees and ankles, upon which all the physical support of the body rests. Redistributing all of this to a more even balanced spread.

- A. Raise both arms at elbows to ninety degrees with hands as fists, as if holding two fibers of energy on invisible chords.
- B. Place the left arm on the right shoulder and right arm behind the right adrenal.
- C. Inhale, tug left hand down while bending forward, then exhale and backward tug of opposite hand to counter-balance and bring torso back up.
- D. Left hand then wraps invisible chord around the back of the neck and comes to rest at the area of pancreas and spleen.
- E. Right hand wraps invisible chord around the back of the neck and comes to rest at the left clavicle.
- F. The back of the left fist then touches the left adrenal with the same tugging forward and inhalation and pulling backwards with exhalation.
- G. Right fist moves around the back of the neck and rests over the liver and gall bladder.
- H. Wrap the left fist around the back of the neck from the left to right and come to rest over pancreas and spleen.

- I. The arms are brought down and the forearms are raised again and tugging movements are done again.
- J. The right arm wraps around the neck again.
- K. The left arm wraps around the neck again.
- L. The fists are then pulled forward to initial beginning position.
- M. Raise the right leg with bent knees and tie invisible chord from the outside to the inside of the leg with the right hand and one more time with foot from inside to outside of foot, ending with a final tie from inside to outside of raised knee.
- N. Back to the initial position, with left hand, tie the same way with the left leg as was done with the right.
- O. Back to initial position; bring hands over solar plexus with knuckles interlocking and creating pressure in hands; a deep breath is taken.
- P. Pass ends by exhaling and bringing open hands to the sides with the palms up.

9. The Stellar Hatch

Opens one to the influence of the energy from the stars (Nuit), to create a condition by which such external forces bore down upon you. The kisses of the stars rain hard upon thy body. These forces exert a pressure to stir energy to be purposefully manipulated.

- A. Begin by looking down at the spot on the ground between the feet and see a ball of energy.
- B. Pull up the energy ball with the eyes and bring to chest area, at the level of the chin.
- C. Hold the ball onto the chest by jutting movement of head, back and forth.
- D. Then take energy by the chin and raise the energy to the eyes and the eyes push it to zenith as the head falls backwards.
- E. Arms then cut opening in energy ceiling by bringing the left arm up and forward to a forty-five angle and the right arm with bent elbow, just over the clavicle.
- F. The left arm juts backward to cut an opening while the right arm juts forward to help create slicing force.
- G. Do the same with the right hand slicing back and left going forward.
- H. Bring both arms up and put them through slits in energy.
- I. Right and moves back while the left hand moves to the front in circular motion; propelled by twisting of the torso.
- J. Move right hand to front and left to back; again twisting torso.
- K. A hatch is cut.
- L. Lower the hatch lid and rest over chest.
- M. A ball of energy shoots from the eyes to infinity and hands drop to the sides.
- N. Count three seconds for ball to get there; drop head forward.
- O. Count three seconds for the ball to return and land with an impact on the back of the neck.
- P. Air is inhaled as the shoulders are lifted; exhale as the shoulders are dropped.
- Q. Take the lid from the chest and replace to its original position and seal the opening by moving the hands and torso from the right to the left and then the left to the right and then to the center.
- R. Lower the hands to the sides of the body.
- S. Jut head back and forth to loosen the ball of energy and bring forward.
- T. The ball drops to the floor between the feet and count three seconds.
- U. Inhale deeply while raising the shoulders and tops of lungs while extending the arms in a forty-five degree angle out from the sides of the body, with palms bent

at wrist and facing the floor. This creates pressure on the ears and gives the sensation of breathing through the gills.

- V. Exhale and bring the arms back to the body while lowering the shoulders and lungs.
- W. Raise head to its normal position.

10. The Pyramid of Energy for the Head

- A. Circle arms, crossing them at the waist and then bringing them up, overhead and around and outward; bringing the hands to the waist; grabbing the waist with the thumbs (palms on the hips)—while inhaling. Do this three times.
- B. Do this a fourth time, but in ending it, bring the sides of the index fingers to the vital areas in front; palms flat and facing the floor, but with the thumbs pointing down over the vital areas—don't exhale.
- C. Begin to exhale as you trace the Pyramid in front of the head by bringing hands up to the apex of the pyramid, along the back slope; and then down the front slope. Pull the hands towards the body to trace the base of the pyramid (palms facing the floor) and then retrace the back, front and base a second time.
- D. Come back up to the tip of the pyramid and then trace its sides. Bring the hands back down and trace up a second time.
- E. Grab the base of the pyramid on both sides and push the whole structure out and away from the body.
- F. Inhale and bring the pyramid up over the head and then down over the head as the finger tips touch the shoulders.
- G. Inhale and exhale three times; collapsing the pyramid as the elbows push down on the exhale and push up on the inhale. The pyramid's energy then goes into the body.
- H. Return to starting position.

11. The Sorcerer's Breath

- A. Bring the right hand (palm flat, index finger straight with other fingers curled above and not touching the palm) over the right shoulder and behind the back; turning the head to the right.
- B. Bring the left hand (making a fist) out horizontally and around the side of the body and behind the back; crossing with the right hand at the wrists.
- C. Exhale and scan the horizon; bringing the head to the center.
- D. Inhale and bend forward at the waist while bending the knees (into a crouching position), pulling both hands up as high as possible behind the back.
- E. Exhale as fist hand comes around to the front in an horizontal manner and rests on the right thigh.
- F. Bring the right hand back in a vertical manner, crossing over the left hand to rest on the left thigh.
- G. Inhale and slowly stand up, running the crossed hands (at the wrists) over the body, bringing the elbows up overhead and pointing out the sides of the body with the hands overhead and stretching the torso.
- H. Exhale while separating the hands, flattening the palms with the fingers pointing back; and slowly bring the hands down to the starting position, with palms facing forward.
- I. Inhale and cross the hands with the palms facing the floor; left wrist over the right and fingers pointing forwards and upwards in front of the pelvic area.

- J. Circle the hands up overhead, then out and around the sides of the body; re-crossing in front of the pelvic area.
- K. Exhale and repeat, moving the arms in the opposite direction; hands now separated and the palms facing out in front of the vital areas in front of the body.
- L. Inhale and with the palms facing out, circle the hands forward 1½ times, bring the hands in, up and over, rolling them in front of the chest and stomach area.
- M. Exhale and repeat with another 1½ rolls.
- N. Inhale; the left hand now has the index finger extended with the palm flat and fingers curled but not touching the palms; the right hand making a fist.
- O. Bring the right hand vertically back and the left hand horizontally back; turning the head to the left.
- P. Exhale and scan the horizon and return to facing the center.
- Q. Inhale and bend the torso forward, while also bending the knees (into a crouching position) and pulling the crossed arms upwards along the back.
- R. Exhale and bring the right hand then the left hand to the thighs as before.
- S. Inhale with the hands again, rolling up the body; stretching the torso and bringing the crossed hands overhead.
- T. Exhale and bring the hands down as before and make the same crosses and rolls.
- U. Return to starting position.