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Letter No 301

THE SPRINGTIME

(non-edited text)

“LIFELONG LEARNING”

**A series of Teaching Letters
from Master Phan-Hoang**

The way you learn
is the way your life
heading.

THE SPRINGTIME

(draft)

We are now at the very first days of spring. In Canada when springtime is back the whole world feels excited because winter lasts so long with heavy snowfalls and very low temperature, easily under minus ten, minus twenty degrees Celsius. When spring arrives snow continues to be seen on the ground, on the streets, everywhere in the parks, but soon it will disappear under the sun and the blue sky. I love the blue sky of Canada in spring, a kind of inalterable blue sky that covers a light atmosphere, still cold enough, for giving us some sense of its immensity and purity. Canada is a so vast country and Canadian people seem quiet and happy, maybe thanks to the cold weather and the way we have learned to live in good understanding each other, and to be tolerant. When the spring is coming young people drive their car much faster than in winter then you can hear a bit more noise in the streets, more klaxons blowing, and you know that is the signal for preparing yourself to go out enjoying springtime after a so long period of icy winter. Coffee shops and restaurants in downtown of Ottawa become especially active in regaining new customers. Last week, on Saint Patrick Day, the Irish Pubs were full all day and people lined up patiently. At a corner of ByWard Market a bag-pipe player, in colourful Irish attire, blew out in high pitch his nostalgic music which dominated the whole place. I stayed for a while in the other corner of the street observing the way he was breathing in and out, filling air into the bag of his pipes. There was something slightly similar to the way I did when playing the Vietnamese flute: keeping the rhythm of air flows. And there's something also similar to playing the Vietnamese flute in doing our Quyens of breathing exercises, that is: keep the rhythm of our breathing. The length of air flows, in and out, doesn't need to be equal all the time, but the rhythm needs always to be observed, like in music. Breathing is music, as well as mathematics.

Why sometimes people feel tired when spring arrives? It is known that the death rate of sick people is higher at the beginning of spring than during the winter. One of the answers

is, the change of season follows a natural course of cosmic evolution while our day to day activities, for many reasons including modern lifestyle, are not organized in a way to adjust our body, our vital energy, to the change of Mother Nature. Last Friday, at the Pagoda TU-AN in Ottawa, I taught methods and exercises to prepare our body and mind to accommodate the change of season. Then on the next day I went to a nearby park to do these exercises under a very old tree, you could see it on the pictures of my attached document. A tree is just a tree if our mind cannot see something beyond its physical form. But a tree can tell us a lot of stories and teach us many things if we open our eyes, our mind, and our soul to it. At least it can witness how strong or how weak our breathing was the day we did our exercises at its feet, how powerful or how weak the sounds we made which resonated through its leaves and by its trunk. At the end of my exercises, I felt really happy for having been working with that beautiful old Master Tree. He taught me that if he can live a so long time because he occupied a place where his presence was useful to others, no one wanted him out. He told me why he could rise so high, because when he rose he made all branches rise in order to keep the whole tree in equilibrium so the strong wind cannot destroy him. I also got some other lessons from him about the soil, the sun, the wind, the snow, the color of leaves etc. I was really happy.

Happiness is something you can share with others, it costs only your time and it requires simply your willingness to do it. I thought it would be good that I show you the exercises I did that day under the old tree: The four movements of “Bai TIEP-XUAN” (SPRING), attached below. We never know, maybe one day you get a chance to visit this Master Tree and perform the same exercises as I did, and you could possibly feel something as a strange phenomenon for others, but quite understandable for you.

If you have any questions, please feel free to send your email message to vovietmailbox@vovietjournal.org

I wish you enjoy the nice weather of springtime.
Phan-Hoang, Ottawa 25 March 2009
(Attached: Bai TIEP-XUAN)

VIET-CHI POST – Bai TIEP-XUAN

TITLE: Bai TIEP-XUAN / SPRING (Accommodating to the springtime)
(Full title: Bai TIEP-XUAN KHAI-QUAN / Open vital energy sources for springtime)
ORIGINE: VIET-KHI-PHAP in the VIET-CHI group

REFERENCE: Inspired by and adapted from the teaching of Master Hai-Thuong (ca 1788)

DESCRIPTION: Bai TIEP-XUAN comprises four movements:

- I-KHOI-A
- II-TUOI-DAO
- III-KHAI-QUAN
- IV-PHI-YEN

These four movements are to be performed separately, nine times each. Then after, the whole set will be executed as a small Quyen, several times.

INTEGRATION: “Bai TIEP-XUAN” is for Spring preparation; the three others for SUMMER, AUTUMN, and WINTER respectively are “Bai VO-HA”, “Bai CHO-THU”, and “Bai CHUAN-DONG”

MOVEMENT I - KHOI-A /Raising the primeval sound and energy





KHOI-A 05



KHOI-A 06



KHOI-A 07



KHOI-A 08



KHOI-A 09



KHOI-A 10



KHOI-A 11

(to be continued on THE VIET-CHI POST
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