

VIET-CHI POST No 28

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Letter No 302

(continued) 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.

Letter No 302 (draft)

In the previous letter, Letter 301, you have learned through eleven numbered pictures how to execute the

MOVEMENT ONE - KHOI-A /Raising the primeval sound and energy.

It is good to know that this movement “KHOI-A” implies five related aspects:

1. **Physical form and physiological function-** The physical form is to be executed in a continuous and flowing manner. Physiological function: relaxing muscles, maintaining and stimulating good function of heart and kidneys.
2. **Breathing method-** *Tho-Nguc* (slight *tho-phoi*): Natural inflows and outflows of air with slight thoracic movements and respiratory muscles activities.
3. **Inner energy and vital points-** Movement Khoi-A has two main missions: stimulating the circulation of inner energy -by “raising the primeval energy (*nguyen-khi*) which related to the sound “A”, and ensures the balance between the “upper-warm-energy” (*Thuong-Hoa/fire*) and the “lower-cold-energy” (*Ha-Thuy/water*). In Vietnamese traditional term it is called: “Quan-binh Thuy-Hoa”. The two meridians involved, in this movement Khoi-A, are the Heart Meridian (*Thu-Thieu-Am Tam-Kinh*) and the Kidneys Meridian (*Tuc-Thieu-Am Than-Kinh*). The vital points to keep in mind for digital-pressure purposes related to movement Khoi-A are:
 - C1 (*Cuc-tuyen*); C3 (*Thieu-hai*); C9 (*Thieu-xung*)
 - R1 (*Dong-tuyen*); R5 (*Thuy-tuyen*); R11 (*Hoanh-cot*)(For more details please refer to our books “TINH-MAT”, ‘VIETTAICHI The Power of Quietness’)
4. **Mind and Thought:** Quiet mind and positive thinking. Be Happy like flowers in spring, flourishing with youth and vigor.
5. **Symbolism and Behavior:** Khoi-A is the symbol of Growth. Adapting to the

environment and growing through natural process.

Now please work this Movement KHOI-A five minutes every morning, for one week, with a clear understanding of its five related aspects while your body is moving, your mind focussing on what you are doing. I can only help in teaching this but I cannot help in doing it for you every morning. It's up to you to discover your way by hard work. After one week, if you like it, continue. If you don't like it, just put it aside because it is not for you.

In this letter, Letter 302, I would like to show you the form of MOVEMENT TWO (Tuoi-Dao) through nine numbered pictures, as follows. Please plan for a small amount of your time to work on it. When you know the movements I will explain its related aspects in my next letter, **Letter 303**. You would ask, why am I not to give you the whole set of four movements at once rather than spending my time to send you letter by letter? May be you are right, since nowadays everybody wants to have everything at once without needed efforts. But the problem is I don't think you are the "everybody" in the street, you are someone searching to make the best of you for your personal growth, happiness and success. I have heard a nice story and I like to share it with you: One day a man who was suffering by his impatience climbed a high ladder up to the sky. There, when he saw God he exclaimed with excitement for his persistent request: *God, please give me patience. Give me patience... right now!*

MOVEMENT TWO: TUOI-DAO / WATERING THE PEACH TREE







(to be continued on THE VIET-CHI POST No 29)

JOYEUSES PAQUES
BUONA PASQUA
BEST WISHES FOR A HAPPY EASTER

Phan-Hoang, 06 April 2009