

Edward Hines: Bagua Internal Cultivation Methods

Edward Hines is an internal martial arts lineage holder with a scientific outlook. Explore how Bagua can help you work with the body, breath, and attention as a primary way of cultivating interoception.

TOP EMBODIMENT TIP: Feel into the space of your body with curiosity and kindness.

Bagua: A Martial Art With Similarities To Tai Chi's Soft Flowing Movement Quality

- Dates back to the 18th century. Not as old as tai chi, which dates back to the 16th century.
- Characteristics: turning, twisting, spinning. The main practice is walking around a circle and turning and twisting around the axis of your limbs. And then spinning around your own body axis.

Breathing: 4 Phases of Breath: Inhale, Pause, Exhale, Pause

- While breathing, notice how long each phase takes.
- Add a sigh during the exhale to augment the relaxation that comes with the exhale and pause.

Lifting: Imagine A String On Top Of Your Head Pulling And Lifting You Up

- Spine gets longer, chin drops in, and chest may rise.
- Imagine you are a single celled organism, and there is no gravity. Expand in every direction.
- As your head lifts upwards, your soft tissues are expanding forward, backwards, left, and right.
- Feel the support of the ground coming all the way from your feet to your head.
- Do a body scan.
- The more relaxed you are, the easier it is for your body to align vertically and for your weight to drop down. Conversely, the more aligned you are, the easier it is to relax. It's a cycle.

Tips: We're Developing An Interception, A Sense Of What's Happening Inside Of the Body

- This whole process can be done for 2 minutes, or 30 seconds, or a whole hour.
- Feel an area that is tense. Feel the support of the ground in the tense spot. The ground is carrying you.
- If there's a tense part of you that refuses to relax and remains tense, just keep breathing and noticing.
- The feelings can get quite intense. If it all gets a bit much, just stop. If your mental and emotional attitude tells you, "Change. I really wish I wasn't here," then stop. We don't want to be fighting against ourselves.
- Smile, because it helps us relax. Makes us comfortable.
- The most important things are breath, attention and alignment. Think: *"How can I maintain a good mind situation, while simultaneously maintaining the quality of my body positioning, even though it's a little bit uncomfortable."*

Resources

- ◆ **Website:** <http://www.i-bagua.com/>

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.

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