



Craig Mallett: Longevity Through Balance: a Daoist Approach to Physical Training



Craig Mallett is an author and instructor of the Daoist tradition called Ba Men Da Xuan. Discover the basic underlying theory that frames the practices, and how the physical practices help us to develop an embodied expression of simultaneous strength and relaxation.

TOP EMBODIMENT TIP: Create a Daily Practice and do Something Every Day

Context

- **Daoism** grew out of ancient China, where people lived in small groups, with a village shaman or elder that would look after them. They lived in harmony with the environment and with each other. Practices and techniques were shared between groups and past down the generations, and the movement of Daoism emerged.
- With traditional Daoism **we're actually interested in staying inside our world** and using these confrontations and messiness for our personal evolution and growth.

Yin and Yang

- Almost all styles of Daoism are based on the concept of **Yin and Yang**, the union and balance of two opposites, the body and the mind. Neither is more important than the other, and neither is the mix of yin and yang more important than the pure expression of each. There is also the connection to something much bigger than ourselves.
- There are three aspects to the human being. The yin is the **physical aspect** of the body. The yang is the **mind and spirit**. The mix between is the **energetic aspect**; the breathing, the emotions and the circulation. Where the mind is touching the body, and the body is touching the mind, and **where they mix, this is embodiment**.
- To integrate Daoism, we need a daily practice. **One third of the practice is to work on the mind with meditation, one third is to work on the energetics with breathwork and alchemy, and one third is to work on the body.**

Physical Training

- We **work from our limitations** and then shift to unlimited possibility. Physical training **reveals and removes hidden tensions and train weak links** which hold our tension. This unites strength and relaxation.
- We find our centre by clarifying our limits. We want the capacity to feel, and tension blocks feeling. Grounding prevents us being moved too easily. **When we find physical balance, this will aid with meditation and energetic practices, for a truly united experience.**

Resources:

- ❖ **Books:** Dancing Between the Opposites: A Daoist Guide to Balance and Self Cultivation
- ❖ **Courses:** craigmallett.com/online-courses
- ❖ **Website:** craigmallett.com
- ❖ **References:** Work of Serge Augier



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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