

Form, Mental Well-Being, And Tai Chi (And The Schiz-Like Mind)

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The following observations apply particularly to the schiz-like mind.

Tai chi, particularly of the type outlined in Tri Thong Dang's book "Beginning Tai Chi", or something similar, is of the form that may be beneficial. It is to "set" a posture that is fluid at the same time, thus moving through various postures (positions) over time. One does not really fix on that posture, but touches it while moving through it.

To see this actually before you, as you practice it, you notice the form of your hands and arms, and feel it at the same time; and this form is reflected throughout your whole body. And the posture is "at once" throughout the whole body, shifting weight and form, as it is through the motion.

This can be most beneficial for the schiz-like mind, I propose, because it allows the person to visually and tactily sense the form-and-motion. The form-and-motion is the person. What this does is to develop an awareness that is outside of the perhaps complex thought-realms that the schizophrenic is usually involved with. This very tactile and visual sense is a form-and-fluidity that is another domain for the person to realize.

Furthermore, the person is, with the visual and tactile sense of the form-and-motion, working with something that is of- the mind-form-being that he or she is. This also is quite significant. This very visual and tactile sense is simultaneously noticed, felt, and projected.

It involves the mind (awareness, the abstract) and the form (body, concrete), and the person realizes the very simultaneity of these (Nagarjuna says that when we see the fusion of the abstract and the concrete, we see the real world, before us).

Thus, the individual can penetrate and work with what is real before and of- him or her, the mind-and-form, in this way. This can perhaps deepen his or her experience, and set it in a new light. This is not to necessarily change what the individual is otherwise experiencing or participating in, although it might, or it might set it in a new light, and perhaps the individual will see beneficial ways to explain, or reformulate, or set in a new context. The professional will likely want to retain an open-minded, structured, flexi approach.

See this for its merits. But I think there might be some salient material here. In any case, this would be mvo-p psych.

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