



柱中无界，十方归元

Root of Ten Thousand Forms

A Foundational Method for Rooting, Strengthening, and Intent-Driven Movement

All directions (十方, shí fāng) are but expressions of the root—each one a wave returning to its still ocean. The center (柱中无界, zhù zhōng wú jiè) is not fixed; it is so vast and free that it gives rise to everything without ever departing from itself. 归元 (guī yuán) is no longer a journey, but the realization that the Ten Thousand Forms have never truly left the Root.

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Dedication for 柱中无界 十方归元

(Pillar Within, Without Boundaries – Ten Directions Returning to Source)

This method is respectfully offered
To those who walk the Way of Returning to Truth,
Whose hearts stand as the **Heavenly Pillar**—centered, unmoving,
Clear and unobstructed,
Illuminating the Ten Directions, penetrating the limitless.

Let “**The Pillar Within, Without Boundaries**” be the root,
Established beyond all edges, grounded in clarity,
Resting in the Center that knows no bounds.
Let “**Returning the Ten Directions to the Source**” be the function,
A return of all phenomena to the source, the Dao of non-action.

Within this, there is no direction, no coming or going—
Only the luminous spirit shining from within,
The primordial Qi circulating of its own accord,
Flowing through Heaven and Earth, returning to the Supreme Unity.

May those who practice this method
Still their spirit, regulate their Qi,
Nourish essence and unite with the Dao,
Attaining wisdom of the Center and walking the path of return.

One who **Stands Within** is unmoving yet luminous;
One who **Returns** is unattached and harmonious.
Together, let us unite with the principle of the boundless
And return to the Way of the True and Constant.

Overview

This method emphasizes the essential groundwork of standing practice to cultivate strength, stability, and body-mind integration. Through static postures and precise movement guided by intention, practitioners learn how to root their body, control weight distribution, and move through willful awareness rather than brute force. The practice gradually evolves from simple weight shifts to deeply internalized, spiraling motions and refined palm movements that direct Qi.

The Root of Ten Thousand Forms: A Daoist Practice of Returning to the Source

At the heart of this practice lies a profound Daoist understanding: *The Root of Ten Thousand Forms* (十方形之根) is the center, a space of boundless freedom, from which all directions (十方) arise. These directions—East, West, North, South, Above, Below, and all intermediary spaces—are not separate, but are expressions of the singular Root, each one like a wave returning to its own still ocean. This center (柱中无界) is not fixed or confined, but expansive and ever-present, giving rise to all things while remaining undisturbed, untouched, and whole.

The practice of 归元 (returning to the Source) is not about seeking a distant destination, but the realization that the myriad forms of the world—though seemingly dispersed in all directions—are expressions of this Root. They never truly departed from it. Rather than a journey towards some far-off place, this is a recognition of unity: the **Ten Thousand Forms** have always been and always will be one with the Source. By attuning oneself to this understanding, the practitioner returns to the center within, where all things are at once both boundless and whole.

In this practice, the focus is on cultivating an awareness that transcends duality—rooting oneself in the expansive center while perceiving the interconnectedness of all things. Through this realization, the practitioner experiences true freedom: to move without attachment, to perceive without obstruction, and to return, always, to the One.

柱中无界，十方归元

Pinyin: *Zhù Zhōng Wú Jiè, Shí Fāng Guī Yuán*

Translation: *Within the Pillar, No Boundaries; The Ten Directions Return to the Origin*

◆ **First Half:** 柱中无界 — "**Within the Pillar, No Boundaries**"

Esoteric meaning:

- The **Pillar** (柱, *zhù*) symbolizes the central channel (中脉), the stable mind, the spine, the still axis, and the *one-pointed awareness* that stands unmoved like a mountain yet penetrates like lightning.
- 无界 (**Wú Jiè**) means *boundless, without borders, free from constraints* — pointing to a state of spiritual realization where the mind is not caught in dualistic perception, not obstructed by form or thought, not limited by inner or outer phenomena.
- Together, this phrase implies that within the *center of stillness*, there is **no limitation**, no inside or outside, no coming or going — just **clarity and presence**.

In cultivation terms:

- This relates to **stilling the mind, opening the central channel, aligning Heaven and Earth** through the spine (Heavenly Pillar), and dwelling in that vertical axis where dualities dissolve.
- It also reflects the Daoist concept of returning to the **Uncarved Block** (樸, *pǔ*)—the Original Nature.

◆ **Second Half: 十方归元 — "The Ten Directions Return to the Origin"**

Esoteric meaning:

- 十方 (**Shí Fāng**) refers to the entirety of space: the 8 cardinal/intercardinal directions + up and down.
- 归元 (**Guī Yuán**) means “to return to the Source” or “to return to the One Origin.” In Daoist and Buddhist traditions, this is **Dao**, the **Primordial Unity**, the **Wu Ji** (无极) before separation into Yin and Yang.
- This line speaks of **transcending spatial division**, where all movement and directionality ultimately dissolves back into the **source of stillness**.

In cultivation terms:

- Physical movement through the ten directions is trained until the body becomes **formless within form**.
- The mind, no longer grasping distinctions, **pervades space** and **dissolves time**, resting in the **unchanging Dao**.

Poetic Interpretation

"The still center stands,
Unmoving in movement,
Empty yet luminous —
A pillar without boundary.

From this axis,
The ten directions open and collapse.

Rooted below, lifted above,
The body flows through all space,
Yet the spirit never departs the Origin.

All returns to One.
One contains all."

Training Stages

Stage 1: Heavenly Pillar & 10 Directional Shift – Foundations of Rooting and Movement

Heavenly Pillar Standing

- Learn to **stand properly**, release unnecessary muscular tension, and develop internal awareness.
- Understand **natural weight placement** through relaxed, aligned posture.
- Engage in **static standing** to awaken muscle-tendon systems and refine posture.

10 Directional Shifting

- Practice **shifting weight forward and back**, then **left and right**, using the soles of the feet as a sensing map.
 - Train **spatial awareness** and improve joint movement from feet to shoulders.
 - Begin integrating **breath timing** with each weight shift to unify mind and body.
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Stage 2: Intentional Shifting – Movement Through Will

- Learn to **move the body by will and mental intent** alone.
 - Apply **visualization techniques** to guide the body's shifting without external force.
 - Begin distinguishing between gross physical movement and subtle internal intention.
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Stage 3: Hand Press Shifting – Movement via Wrist and Palm Focus

- Assume specific **postures with open palms and light tension** to refine awareness.
 - **Initiate movement** by placing intention in the hands and wrists, learning to shift the body with conscious placement of mental focus.
 - Strengthen **mind-hand-body coordination**.
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Stage 4: Spiraling – Internal Dynamics of Rotation

- Begin generating a **spiraling motion** throughout the body, guided by intent

and inner imagery.

- Move across the soles of the feet using **rotational energy** without disturbing hip balance.
- Practice initiating and sustaining spirals with a calm, rooted body.

Detailed Instructions

Preparation

Stand with:

- **Feet** shoulder-width apart, toes pointing forward.
- **Knees** slightly bent.
- **Tailbone** tucked in a neutral position, not too forward or backward.
- **Shoulders** stacked over hips.
- **Chest** slightly sunken at the sternum.
- **Chin** gently tucked.
- **Neck** straight and the **crown (Bai Hui point)** lifting gently upward.

Let the arms hang naturally, **slightly bent and rounded at the elbows**.

First Part: Cardinal Directional Shift (N, S, E, W)

1. Forward-Back Rocking (North-South)

- Lean forward, placing weight onto the **balls of the feet** (heels may lift slightly).
- Then lean back, bringing weight over the **heels**, allowing the toes to lift slightly.
- Practice for **5 minutes**, then return to **center**—the middle of the soles.

2. Left-Right Rocking (East-West)

- Shift weight onto the **left foot** while keeping the right foot grounded.
- Then shift to the **right foot**.
- Practice for **5 minutes**, then return to center.

Second Part: Diagonal Shifting (NE, NW, SE, SW)

Imagine a **compass beneath your feet**. The center represents stillness and awareness. Begin working through the diagonal directions:

1. NW to SE Rocking

- Shift weight to the **left pinky toe (NW)** while also maintaining some pressure on the **right big toe**.
- Then shift to the **right heel (SE)** while keeping a trace of pressure on the **left heel**.

2. NE to SW Rocking

- Apply the same approach, shifting weight diagonally and maintaining internal balance.

After each diagonal shift, return to **center**, where weight is evenly distributed and the hips settle gently between the knees.

Third Part: Circular Direction

- Begin making **circular movements**, passing smoothly through all **8 directions** (N, NE, E, SE, S, SW, W, NW).
- Maintain **hip stability**, keeping the pelvis as though balanced on a flat plate.
- Avoid folding at the hips—let the whole body move as one unit.
- When switching circular direction, **always return to center** before changing.

Stage 4: Settling the Root Through Inner Pendulum

- Visualize a **pendulum hanging** from the Bai Hui point (top of the head) down through the body to the **Dan Tian**.
- With **mind alone**, move the pendulum forward and let your body follow to rock onto the balls of the feet.
- Then move it back to settle on the heels.
- Repeat this for **all directions**—front/back, left/right, diagonals, and finally circular movement.
- No physical force should be used—only **conscious will** guides the movement.

Stage 5: Palm Pressing – Directing Qi Through the Hands

- Stand in rooted posture.

- Raise arms outward slightly to the sides, **palms angled at 45°**, fingers extended and lightly separated.

Left-Right Palm Pressing

- To shift left:
 - **Right palm presses** the air gently as if atop water, turning palm downward, fingers outward.
 - **Left palm accommodates**, moving toward the body's sideline.
 - To shift right:
 - Reverse the motion.
 - Focus on the sensation of **pressing**, not pushing. Maintain full-body integration.
 - Finish by returning to center—palms return to their neutral, floating position.
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Closing the Practice

After completing the palm pressing or circular motion:

- Return weight to the **center of your feet**.
 - Let the **hips settle**, knees loose, spine upright.
 - Stand quietly and allow **energy to settle**.
 - Conclude when you feel fully integrated and calm.
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