

(Philosophy) Health Sciences "The Art and Science of the square inside circle" (Chinese Coin)



The ancient Chinese coin which is round with a square in the center, they represent the union between Heaven, Earth and Man. The square hole in the middle of the coin represents the Earth, the round shape portray Heaven and when the coin is held by man, it combines the cosmic trinity of known as Heaven , Earth and Man.

The Mandala – Strategic Symbolic Manifestation. (SSM) A Map, A Drawing, or A Esoteric Geometry (Sacred Geometry and Art) .The word mandala - is derived from the root (manda), which means (essence), to which the suffix (la), meaning container, has been added. One connotation of mandala is that it is a container of essence. As an image, a mandala may symbolize both the mind and the body of the enlightened. In esoteric teachings the (Principle) in the mandala is the presence of the enlightened/Source. They may be presented either as a wheel, a tree, or a stone/jewel, or in any other symbolic manifestation. The origin of the mandala is the center, a dot (point zero). It is a symbol free of dimensions (multidimensional or sphere). It means a 'seed', 'drop', the salient starting point. It is the gathering center (inclusive) in which the outside energies are drawn, and in the act of drawing the forces, the own energies unfold and are also drawn. Thus it represents the outer and inner spaces. Its purpose is to remove the object-subject dichotomy.



A line materializes out of a dot. Other lines are drawn until they intersect (cross/crossed), creating geometrical patterns/surface and sphere. (Point=line=surface=cube/space). The circle drawn around stands for the dynamic consciousness of the player/initiated. The outlying square symbolizes the physical (manifestation) world expressed in four directions, represented by the four gates; and the midmost or central area is the residence of the divine entity/source. Thus the center is visualized as the essence and the circumference as grasping, thus in its complete picture a mandala means grasping the essence. Strategic Symbolic Manifestation. (SSM) are actually imparting the enlightens Ideas/thoughts and experiences/teachings. The mandala contains instructions by the enlightened for attaining enlightenment/empowerment. The work allows the maximum benefit. This square form defines the architecture of the mandala described

as a four-sided palace or temple. A palace because it is the residence of the presiding deity of the mandala, a temple because it contains the essence of the Buddha. This symbolizes the process of transformation which ordinary human beings have to undergo before entering the sacred territory within. This is followed by a ring of thunderbolt or diamond scepters (vajra), indicating the indestructibility and diamond like brilliance of the mandala's spiritual realms. The eight aggregates of human consciousness which tie man to the phenomenal world and to the cycle of birth and rebirth.



Color Symbolism of the Mandala

If form is crucial to the mandala, so too is color. The quadrants of the mandala-palace are typically divided into isosceles triangles of color, including four of the following five: white, yellow, red, green and black.

White - Vairocana: The delusion of ignorance becomes the wisdom of reality.

- Yellow - Ratnasambhava: The delusion of pride becomes the wisdom of sameness.
- Red - Amitabha: The delusion of attachment becomes the wisdom of discernment.
- Green - Amoghasiddhi: The delusion of jealousy becomes the wisdom of accomplishment.
- Blue - Akshobhya: The delusion of anger becomes the mirror like wisdom.

The Mandala as a Sacred Offering

In addition to decorating and sanctifying temples and homes, in Tibetan life the mandala is traditionally offered to one's lama or guru when a request has been made for teachings or an initiation - where the entire offering of the universe (represented by the mandala) symbolizes the most appropriate payment for the preciousness of the teachings.



(Health) Sciences "The Art and Science of the square inside circle" (Chinese Coin)
(Natural Motion SystemS)

In systemization of natural motion we will find Philosophy, Principals, and Function.

Translated into the vocabulary of NMS these are:

Philosophy = Strategy

Principal = Tactics

Function= Technique

Researching beyond the limits of any style, as a pursuit of understanding, Internal (integrated) Principles of NMS' dynamic system, both for Martial and Health sciences. The focus of NMS is on movement and it's (Essence) = Consistent and a Comprehensive relationship of the Universal principles (Laws of nature). (Evolution) = The natural Law of change and its inevitable development.

"... That among entities there must be some cause (Essence) which moves and combines Things ... There must then be a principle of such a kind that its substance is activity"
(Aristotle Metaphysics).

The item to be aware of is if the movement follows correctly and naturally it's governing Principles. The goal of this system is to research, reeducate, and reclaim the mind, the Body, and the spirit so that all movement and action returns to the natural instinctive Abilities of the human body.

Science (the Latin *scientia*, '[knowledge](#)'), is the effort to understand, or to understand better, how nature works,



Science It is done through [observation](#) of phenomena, and/or through experimentation. In its most fundamental sense, modern science is a [process](#) (Tao – Way- Path) by which we try to understand how the physical world works and how it came to be that (way).

Knowledge is based on phenomena and capable of being [experimented](#) for its [validity](#) by other researchers.

An objective, careful and systematic study of an area of knowledge; the formation of [hypotheses](#), [theories](#), and [laws](#), both in discovering and describing how things work. Applied science (action philosophy), which is the application of research to specific human needs.

(Systems) Systems as it refer to the systemization of Nature.

System (from Latin *systēma*) is a set of interacting or interdependent entities, real or abstract, forming an integrated whole. The concept of an 'integrated whole'

(Designed) systems have a certain purpose, objectives. Designed to work as a coherent entity". A system is a fundamental concept of systems theory, a way of thinking about the world, a model. From this dance of Yin and Yang emerges the five elements: wood (greater yang), fire (lesser yang), metal (greater yin), water (lesser yin), and earth (central phase).

5 Major Organs

Bladder

Liver

Lungs

Kidneys

Heart

Also produced here are the eight trigrams – bagua 8

8 External parts of body

8 Internal body parts - organs

16 Traditional Chinese Meridians

1. Gall Bladder Meridian GB - Leg to Chest (sitting) -Bladder Meridian

Horizontal roller / rolling up and down in side plank

Add figure 4 for buttocks

* Static posture –one leg king pigeon pose

2. Bladder Meridian BL – Lateral Bent Leg Pull (with towel)

lying face up –bent leg (pigeon) pull leg in.

* Static –transversal balancing stick one hand on ground

3. Liver meridian LV- lateral bend leg cross (Standing transversal)

Add leg up to twisted side plank

Horizontal roller side plank

Add crunches /side plank stretch

Horizontal roller / plank in prone position both legs /single leg fighting warrior.

*sitting figure 4 –revolve head to knee pose

4. Lung Meridian LU - Hand on Door

Horizontal roller /sitting up rolling up and down calf

Add back of the hamstrings

*Static posture- inverted hand stand

5. Large intestine LI –Arm Closer (Squatting) –sitting

Also, Arm Closer (Squatting) lying face up

* Static posture – extended transversal warrior two

6. Stomach Meridian ST –IT Band (laying) twisted eagle

*Static posture –full bridge

7. Spleen /Pancreas Meridian SP- Sliding Turtle

*Static posture-spider poser

8. Heart Meridian

HE- Hands on Door (Mecca)

*Static posture-downward dog

9. Small Intestine-SI- Roll Up (crossing arms in front chest)

*Static posture –sitting figure 4 leg extended, arms prayer above head.

10. Brain Meridian BR- sitting Sliding Central Leg Extension

* Static posture –sitting single twist pose with arm wrap

11. Sexual Meridian

SE – Hip Flexor Stretch (Wind removing one leg & two)

*Stationary posture –inverted forearm head stand, legs dropped back.

12. Pericardium Meridian PE- Hand on Door

* Stationary posture –extended bridge, single extended leg

13. Skin Meridian SK-Arm cake (one arm under chest)

SK - Arm ex (laying face up) (both arms across chest holding on knees)

* Stationary posture –upward facing dog

14. Kidney Meridian KI – One Leg Lotus opener (sitting)

* Stationary posture –shepherds' pose

15. Appendix Meridian AP – The Thumper (ring finger stretch) elbow stretch

* Stationary posture- full crow

16. Thymus Meridian TH - Sliding Backward Dip (Shoulder stretch)

* Stationary posture – shoulder stand plow pose

-- which form the 64 hexagrams of the Yijing (I Ching). This stage represents the formation, from the initial Yin/Yang duality, of the elemental constituents of the phenomenal world.

From the five elements come the "ten-thousand things," i.e. all of manifest existence, all of the inhabitants of the world that we experience.

(Martial) Sciences "The Art and Science of the square inside circle" (Chinese Coin) Chinese Coin Combat Technology

Technique is the actual proof of a principle. Tactics are application of law. Within form and technique, there exists static "posture" and the "motion" of movement. Any "posture" contains front, back, right flank, and left flank. Each side has a system of technique and tactical thought, which is the law of combat which transcends the framework of school and restriction of style. In addition, "posture" is the beginning of "motion."

Strategic thought entails construction of technique and tactics in relation to formation. Formation is strategic thinking beyond school or the framework of style.

Prepare and control the battle beforehand.



Front Danger Zone:

How to determine the tactics of posture, and how do you cope with techniques of different systems.

The tactics of the stance entails understanding of the superior and inferior zones, and the composition of technique involves right and left sides.

A tactical stance should be taken which minimizes access to one's back and facilitates application of technique.

Back: loss/death gate

Position: loss zone

Tactics: escape preparedness

Technique: guidance method

Flank: win gate

Position: superior zone

Tactics: capture preparedness

Technique: throwing/grapple

Flank: defeat gate

Position: inferior zone

Tactics: withdrawal preparedness

Technique: retreat method

Front: conflict gate

Position: danger zone

Tactics: defense preparedness

Technique: Crossing method



The Origin of Technique is in principle, and the statistical basis of tactics is law.

The combined operation of principle and law serves as strategy.

The extent of tactical preparedness and the system of technique in use are individual selections, decisions for each of us to make.

Ta – Tui / Strike, Chin -Na / Seize, grapple, Shuai – Jiao / throw, finish /neutralize.

Point / Line / Surface / Cube – Spiral.

There is an inclination in striking systems of “hit or be hit,” mutually exchanging blows within the front position. Entering the side position entails a “capture” consciousness of “hit without being hit,” which can utilize either striking or throwing/grappling techniques. A consistent strategic design also considers progressing from the front, to the side, to the back position, in order to control the opponent.

4 Doors / 5 Gates