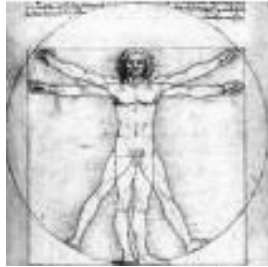


# Cork Open Centre

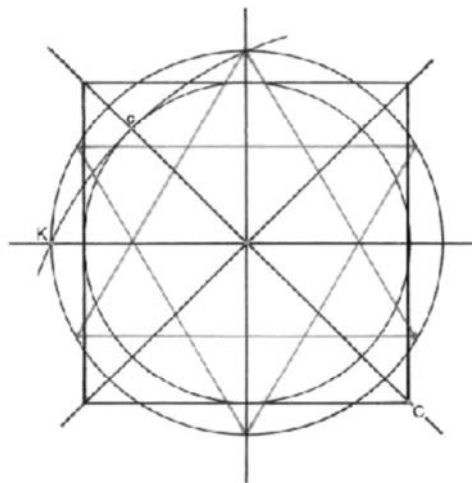
[www.TaiChiCork.com](http://www.TaiChiCork.com)



*There Are No Secrets*

T'AI CHI CH'UAN  
yin discipline  
RELAXING

CHI KUNG  
cleansing  
DETOXIFYING



TAOIST MEDITATION  
harmonizing  
BALANCING

AIKIDO  
yang discipline  
ENERGIZING

**T'ai Chi Ch'uan – The Supreme Ultimate**

## Meditation in Action – Action in Meditation

*“A journey beyond the known into the unknown”*

*“The perfect man has no self, the holy man has no merit, the sage has no reputation.”*

- Chuang Tsu

## Working Document – Taoist Journey

<b>Booking Agent:</b>	YOUR inner self
<b>Master Traveler and Tour Guide:</b>	Detlef Decker
<b>Duration:</b>	Ongoing
<b>Final Destination:</b>	Unknown
<b>Preparation:</b>	Cork Open Centre Mondays and Wednesdays 19:30 – 21:00 (all levels) Fridays 19:30 – 21:00 (Seminars)
<b>Traveler:</b>	YOU

*“Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace.”*

– The Way of Love from The Bhagavad Gita

### PHASE 1 - KNOWN ASPECT OF JOURNEY

## **Teachings:**

### **Handed down from my teachers:**

- ✓ *Taoist Grand Master Ahn*
- ✓ *Grand Master Yu*
- ✓ *Grand Master Lew*
- ✓ and other teachers I was allowed to share my journey with.

### **Teachings/Tools included:**

- ✓ Yang Short Form
- ✓ Yang Long Form
- ✓ Chen Long Form, Sword
- ✓ Knife
- ✓ Double Stick
- ✓ Staff
- ✓ Round Chi Kung
- ✓ Tantric Nei Kung
- ✓ Chi Kung 1
- ✓ Taoist Meditation
- ✓ Cloud Hands Chi Kung
- ✓ Swimming Dragon Chi Kung
- ✓ Falun Dafa Chi Kung
- ✓ Push Hands
- ✓ Shaolin Forms

## **PHASE 2 - JOURNEY**

### **Option 1 – Daily Journey**

#### **“Master Ahn’s Basic Package”**

- ✓ Meditation 30 Minutes
- ✓ Yang Long Form 60 Minutes
- ✓ Chi Kung I 30 Minutes
- ✓ Weapons 10 Minutes

#### **Excursions (Optional):**

- ✓ Chen Long Form 10 Minutes
- ✓ Silence 30 Minutes

### **Option 2 – Daily Journey**

#### **“Master Ahn’s Survivor Package”**

- ✓ Meditation 30 Minutes
- ✓ Yang Long Form 60 Minutes
- ✓ Chi Kung I 30 Minutes
- ✓ Tantric Nei Kung 50 Minutes
- ✓ Weapons 10 Minutes

#### **Excursions (Optional):**

- ✓ Chen Long Form 10 Minutes
- ✓ Silence 30 Minutes

### **Option 3 – Daily Journey**

#### **“Master Yu’s Warrior Package”**

- ✓ Yang Long Form 60 Minutes
- ✓ Weapons 20 Minutes
- ✓ Shaolin Basics 10 Minutes
- ✓ Shaolin Forms 15 Minutes
- ✓ Meditation 30 Minutes

#### **Excursions (Optional):**

- ✓ Chen Long Form 10 Minutes
- ✓ Silence 30 Minutes

#### **Option 4 – Daily Journey**

##### **“The Intimate Journey”**

- ✓ Meditation 60 Minutes
- ✓ Silence 60 Minutes
- ✓ Communication with Nature 60 Minutes

##### **Excursions (Optional):**

- ✓ Extended Silence 1 Day
- ✓ Extended Silence 1 Weekend
- ✓ Extended Silence 1 Week

#### **Option 5 – Daily Journey**

##### **“The Buddhist Journey”**

- ✓ Falun Dafa Chi Kung 120 Minutes
- ✓ Lectures 30 Minutes

### **PHASE 3 - UNKNOWN ASPECT OF THE JOURNEY**

#### **EXPERIENCE**

- ✓ Silence
- ✓ Emptiness
- ✓ Wisdom

#### **MANIFESTATION**

- ✓ Optimum Health
- ✓ Body-Mind-Spirit Harmony
- ✓ Oneness
- ✓ Being in the Zone
- ✓ Past-Present-Future being One

### **UNDERSTANDING THE PROCESS OF THE JOURNEY**

**Note:** *“An integral being knows without going, sees without looking, and accomplishes without doing.”* **Lao Tzu**

## **PART 1 - KNOWN**

### **Phase 1 Learning Forms**

**Note:** *“You are led through your lifetime by the inner learning creature, the playful spiritual being that is your real self. Don’t turn away from possible futures before you’re certain you don’t have anything to learn from them. You are always free to change your mind and choose a different future, or a different past.”* **Richard Bach**

### **Phase 2 Refining Forms**

**Note:** *“When the lowest vertebrae are plumb erect, the spirit reaches the top of the head. With the top of the head as if suspended from above; the whole body feels itself light and nimble.”* **Tai Chi Classics**

### **Phase 3 Studying the Art**

**Note:** *“The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.”* **Einstein**

## **PART 2 - UNKNOWN**

### **Phase 4 Manifesting the Art (forms will become formless)**

**Note:** *“You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait; just learn to be quiet, and still and solitary. The world will freely offer itself to you to be unmasked. It has no choice; it will roll in ecstasy at your feet.”* **Franz Kafka**

### **Phase 5 Living the Art (art will become artless)**

**Note:** *“I am that, you are that, all this is that and that is all there is.”* **Unknown**