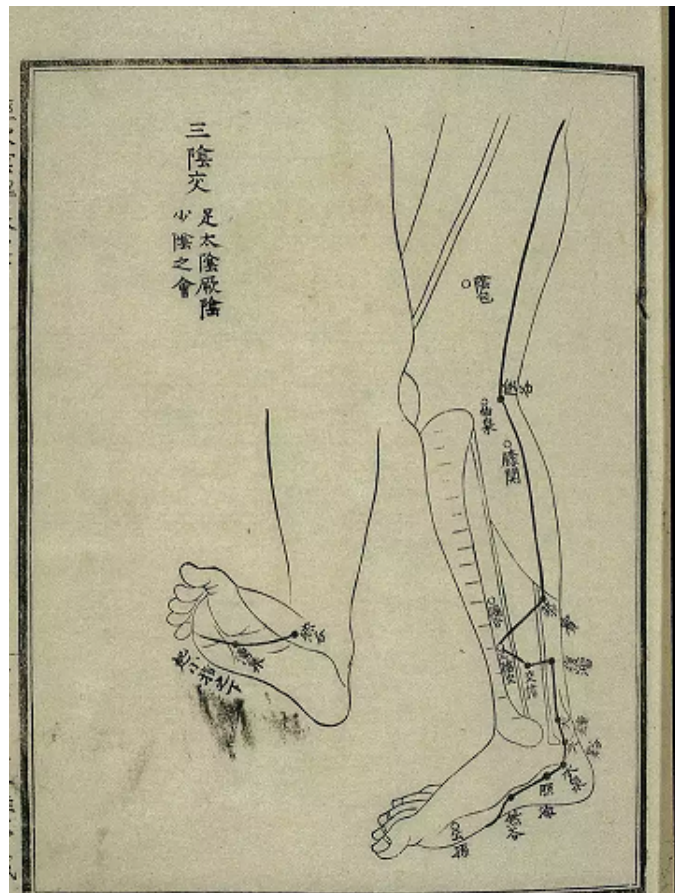


## “Rooting the spirit “

**This is a movement research based series of 5 different Workshops.**

Along with my long term research and practicing Traditional Chinese Internal Martial arts, Daoist Philosophy and TCM, I decided to share some extraordinary connection internally and externally about this field through the 5 ancient Chinese elements of transformation (WUXING, 五行).



A proposal for a free improvisation based on those 5 transformations of Traditional Chinese Philosophy and Medicine and the characteristic nature of the 5 elements. All of these relate to our soul, perceptions and our witnessing of who we are.



I finalize my understanding through studies of Josef Viktor Müllers book about psychosomatic 5 Element TCM research “Den Geist verwurzeln” (English: “Rooting the spirit”).

About the Author: [Josef Viktor Müller – Lehrinstitut Radloff](#)

### **EACH WORKSHOPS has its own related Element:**

- 1-Wood: (木; mù)
- 2-Fire: (火; huǒ)
- 3-Earth: (土; tǔ)
- 4-Metal: (金; jīn)
- 5-Water: (水; shuǐ)

## What are we going to research?

Each Element in TCM has a Related :

**Energy pathways (Meridians) 道 Organs 道 Body parts 道 Emotions 道 Taste 道  
Color 道 Session of the year 道 Session of our age 道 and particular station of  
your soul**

In **Internal Martial arts** each element has related :

**Animal and body parts  
Character / Spirit**

***(Duration of each Workshop is : 3 hours)***



## Sequence of each Workshop:

In each workshop I would briefly explain the main concept of each element and the physical relation of the elements to our body and soul. I would explain about the Meridian Pathways and the concept of Qi 氣 in Internal Martial Arts.

The main work starts by leading a **structured improvisation** of the participant in a way, in which:

- **They find out physically, where and how their own soul can meet the presented element.**
- **Where and how each individual element manifests in the body? Do they find similarities to characters of each element within their own character?**
- **We explore how it feels to manifest an element in the unity of mind and body**
- **In which our body register the sensations of the pathological or the balanced present of each element.**
- **The internal work on 5 elements will allow the movers to explore new ways, qualities and pathologies (one element is either too dominant or too weak).**

## To clarify :

All elements exist in us, sometimes one or two elements come more to the surface therefore weakening or suppressing the other elements. Each element plays an important role in our health and physical, mental and spiritual development. Therefore a balanced relation through them is what brings us more general satisfaction in all levels of our life.

As an example, by experiencing the Water element physically in the workshop, we will re-find the same sensation in our body faster and easier as it appears in our real life.

Each element can manifest as controlled or uncontrolled. We will feel how the unhealthy water would feel. And by registering how the whole body feels in this state, the psychosomatic state of each element is going to become familiar to us.

Then, in real life, we can more easily remember how the energy of the body felt in that state.

Through these insights we can recognize in which states we are in and why we act and interact with ourselves and our environment the way we do.

We will learn tools to activate and to calm down those energies for each element by means of our sensual approach to our senses and our physical being.



## Methods of Inspiration:

Authentic free improvisation cannot happen as long as we do not let go of our judgemental mind. Therefore, I will inspire the participant through my own body, through the Qigong principles and Animal movements. It is not about teaching the participants the Animal Qigong, it's more about inspiring them how, as an example, the state of mind of the Turtle is different in its physicality than the Dragon..

## To Summit :

***We will touch, smell, taste the untouchable Elements of our spirit through what we have right in our hands, which is our body.***

### Target groups :

- **Movers (increase the quality of their movement in a fresh perspective)**
- **None movers**
- **People interested in TCM**
- **People interested in Osteopathy**
- **People with or without background in Martial Arts**
- **Psychologists**
- **Therapists**
- **Body workers**
- **Researchers**

### The optimal options for the workshops :

- **5 days after each other, each day 3 hours**
- **Or one full weekend. Sat + Sun**
- **Or Two Sundays in a row**

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