

WAY OUT

A Daoist Approach to a
Fearless Life



WAI-YII YEUNG & BEN GREEN

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TO A FEARLESS LIFE

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*For all
who seek
the Dao*

WARNING

1. There are a few swear words in this book. If you don't like them, please replace them in your mind with "Fiddlesticks" or "Sugar".
2. One of the authors has a dry sense of humour. If you're reading anything and are not sure whether it is a joke or is serious, err on the side of presuming it's a joke. It will make reading a much more pleasurable experience.
3. Make sure you read the introduction to the book as it contains a health and safety warning stating that we accept no responsibility for your actions. It's a legal thing.



Welcome to this sample chapter from the best-selling book 'WAY OUT – A Daoist Path to a Fearless Life'. We have been blown away by all the positive comments and reviews people have sent us about the book ([you can read some here](#)). We hope you enjoy reading it too.

If, after reading this sample you decide you'd like to get yourself a copy you can [do so here](#).

But, for now just turn to the next page and dive in to the Foreword by our esteemed teacher and President of the International Daoist Society.

FOREWORD

When I first happened upon the Daoist Arts of Lishi, I immediately knew that it was what I wanted to do. I don't know how I knew. It was just a feeling. Daoism is about feeling so it was a good start.

They say that when the student is ready, the teacher will appear. I was definitely ready and I was very blessed to meet my teacher, Chee Soo, a truly remarkable man who took me under his wing and taught secrets that school never did. These secrets changed my life in so many ways. They continue to do so, even today.

It took many years to grasp the depths of Lishi because I had to build my understanding of the different exercises. I did the best I could and that's all anyone can do really. You do the best you can and develop in the way that the Dao wants you to develop. Everyone is different.

Lishi is exciting and if it is a path for you, there will definitely be a sense of exhilaration and awe as it reveals its wisdom to you.

Fear and stress are big problems for young people these days. This is not good. Better to learn to live a natural life, reduce fear and stress and not worry about rules, regulations or what you must, or must not be. You will never find your way if you think like that.

It is time to lose the fear and return to a natural way of living, a natural way of eating, a natural way of being. Everything needs to return to a natural way.

I am very pleased to play a small part in keeping these arts alive. Just as my teacher and many teachers before him have done. Daoist practises of Lishi are a treasure and to discover them is a blessing indeed.

To be a good student of Daoism you need three things. First, you need a teacher. Second, you need a feeling that there is something more to life than can be seen and third, you need to be dedicated to your training and cultivating Dao. It is a life-long endeavour.

I am very fortunate to have students around the world. I am pleased that two of them, have written this book so the next generation might begin to unearth and benefit from these ancient treasures.

Welcome to our community. Perhaps one day I will meet and train with you in person but until then please do enjoy the Lishi Lifestyle that my students will share with you now.

D.M.

Laoba

President of Lishi International

President of the International Daoist Society

Overseas President of the Weihai Wushu Association

Deputy President of the Shandong Wushu Association

INTRODUCTION TO THE BOOK

Welcome to Way Out

Let's start by getting to know each other, outlining the structure of the book and suggesting ways you can get the most from it. In the book, we will share some of our ideas about the Chinese philosophy of Daoism as well as introducing you to the Daoist training we have been doing under the guidance of our master for the past twenty years.

We will also fulfil our legal duty of care by explaining that we don't advise you do anything that we talk about in this book and take no responsibility whatsoever for any adverse effects that result from any of the ideas or exercises we share. Make sure you read that bit.

Who This Book Is For

Taiji has an image of being something that old people do. We want to change that perception and raise awareness of the fact that our particular lineage is of huge benefit to people in their twenties and thirties.

Both of us started our 'Taiji'¹ training at the age of twenty and it has been an ever-present energy boosting, stress relieving, socially rewarding, confidence building, resilience enhancing, fun, philosophical, meditative and magical journey throughout the past two decades.

If you are in your twenties and thirties and like the sound of that or if you have an interest in how the philosophies and practices of China can benefit you and give you super-powers² then read on.

It doesn't matter who you are but we've found that many of our students who enrol on our courses have some of the following qualities:

- Aged 20-40
- Curious and open minded
- Not really into team sports or competitive sports (the exception is if you have been into it but suffered an injury)
- Enjoy the mystery and hero's journey of life as described in classical historical tales such as Lord of the Rings, Game of Thrones, Gongfu films, and Harry Potter.
- Pretty smart, academically capable or streetwise but look around at the corporate career ladder and ask yourself "Really! Is this it?"

If some of this resonates then you will enjoy this book because we have undergone a twenty-year apprenticeship with a Daoist master of an ancient Chinese practice called Lishi (pronounced "Lee" "Sher"). This is an alchemic system of ancient wisdom that found its way from China to the UK in the 1930s.

¹ What we really do is much more than just Tai Chi, it's called Daojia Lishi Quanfa but more about that in a moment.

² It can't really give you super powers unless you consider the following to be super powers. Being able to build your energy and strength so that you feel better when you reach forty than you did when you were twenty. Being able to sense and intuit the energy of a situation so you know exactly what to do next to make the most of every opportunity. Being able to stay relaxed, calm and happy when everyone around you is stressed out and losing it at the slightest provocation. Being able to perform amazing feats of physical strength using your energy rather than your muscles. Being able to create an environment of heaven on earth wherever you go.

Lishi reveals that there is way more to life than what the media, Government and corporations suggest. The Daoist arts of Lishi provide ways to bring energy and magic into your life.

Why We Wrote the Book

We wrote this book because we think that Daoism is *Frickin' Awesome* and more people need to hear about it. We'd also like more people to benefit from the teachings that our master has so generously shared with us. Finally, writing all of this stuff down just felt like a really exciting project.

Now obviously, it is not possible to encompass our combined experience of over forty years training in an ancient esoteric art into this short book. However, we hope to share enough here so you can feel real tangible benefits.

It is our hope that this book marks an inflection point in your life, a fork in the road, a doorway into a new reality that you will look back on in years to come as the start of something fresh and exciting and new that enriched your experience so much that life now surpasses your wildest dreams.

Who We Are

As we said before, we have both spent half our lives training in the little known yet ancient Daoist arts of Lishi. We met at a class whilst at University in Leeds, a smallish city in the north of England nestled on the eastern side of the Pennine Mountains.

Different things attracted us to start practising.

Ben was an emotional wreck who had spent his teenage years in a drug-fuelled haze that ended with him wrapping a stolen Porsche round a lamppost before being kidnapped by relatives and re-located 200 miles north of his hometown to get his head straight.

He's still working on it but is happy to say that he's got a bit of a better handle on things, has managed to get a couple of degrees and mapped out a rewarding portfolio career that has traversed the worlds of HR, Training and Development, property development, Executive Life Coaching, writing books and teaching Lishi classes.

Wai-Yii is a bit like O-Ren Ishii, a.k.a. Cottonmouth, played by Lucy Liu in the Tarantino film Kill Bill. Beautiful, yet deadly. She grew up in the mean streets of London and despite being educated at some of the most prestigious schools in the City had to be removed from her waitressing duties in her parents Chinese restaurant because the combination of her short skirts, hate-filled eyes and proficiency with a meat cleaver frightened male and female diners alike.

She has softened a lot and is far friendlier these days having lived in China, studied at Daoist temples, built and sold her business, which was the first multi-award winning Organic Delicatessen and shop in Leeds. She now teaches Lishi internationally and has students around the world. As lovely as she is, best not to cross her.

Structure of the Book

We have structured the book to cover five key topics that new students often tell us they want to improve. They are:

- Finding their true nature and path in life
- Coping with the stresses of modern life
- Flowing with life

- Getting what they want
- Being fearless

We have divided the book into five sections; each section covers one of the above topics. Each section has three chapters.

The first chapter of each section offers three Daoist principles related to the key area of that particular section.

The second chapter offers three Exercises from Lishi that support and help make the philosophic principles real. By doing the exercises you will start to embody the principles and therefore understand them on a much deeper level.

The third chapter of each section outlines some practical guidelines for implementing these principles in your life. Doing so is called Changming, which means long life and we will explain more about that in a minute.

What Is Daoism?

We have mentioned the word a few times so in case you don't know what it is, we'll have a go at telling you. Firstly, let's make sure that you are pronouncing it properly in your head. Take the first part of the word, Dao. That bit rhymes with Cow. If there was a philosophy that drew all of its teachings from observing the way a cow lives its life; that would be called Cowism. If you replace the C with a D then you will be pronouncing Daoism correctly.

Mooving on.

Daoism is big. Actually, it's bigger than big. It covers, explains, and can be understood through anything and everything. The Dao is all-encompassing and expresses itself through all phenomena in the Universe. Yeah, I know. We're going to write a book about it!

In making sense of all this stuff, the collected teachings of Daoism comprise a philosophy, a religion, a science and a culture. It comprises theory that is made up of different principles that can be applied in life using particular techniques that in turn affirm the principles and ensure that the theory is practical.

Bearing in mind that the first line of the central text of Daoism starts with the words "The Dao that can be spoken of is not the true Dao". This suggests that the application of the theory and the embodied practise of the principles is how the true Dao is experienced and understood.

You will hear us repeat throughout the book that the power of these teachings is not in you reading about them but is in you getting off your arse and using them. Lishi and Daoism are "doing arts".

For us, Daoism is a practical philosophy where your life and the training hall become the laboratory. Your subjective experience of the practical application is all the evidence-based research you should need in order to dedicate your efforts to further study.

Please don't try and engage in mental arguments in your head or with us or with other readers on the internet. That is a misplaced use of your energy. Live the principles and you will learn their truth. Talk about them and they will slip through your fingers like water through a sieve.

What Is A Principle?

Let's consult a dictionary for a moment. According to the Oxford English Dictionary, a principle is:

1. A fundamental truth or proposition that serves as the foundation for a system of belief or behaviour or for a chain of reasoning
2. A general scientific theorem or law that has numerous special applications across a wide field.

In Lishi, we refer to a principle as something that has been proven, can be tested and is timeless. We learn about the principles of Daoism, because people have been testing them for thousands of years, and proven that they work. That is why generation after generation has continued to practise, test, apply and keep this wisdom alive, because it works.

Sometimes beginners at our classes argue with or dispute the principles. Surprising, but true. It's fine to question. It is part of the process of testing but do you think that principles that have survived and been shared for thousands of years are wrong and don't work?

Alternatively, do you think it more likely that a novice is unable to grasp them or make them work?

Daoism is a lifetime's work. It is lifelong learning at its finest. It is an art that must be refined and refined, practised a thousand times before it starts to reveal its true depth to you. Please treat these principles with the respect they deserve and learn from them.

What Is A Daoist Principle?

There are many principles in Daoism. At their heart, they all point towards gaining an understanding of energy so that we as humans can exist in harmony with nature i.e. all phenomena.

The principles suggest ways of being in this world that bring your experience of life into the flow of any moment. They are learned through study, through practise, through meditation and through martial arts. They can be applied to everything you do so that life becomes your teacher.

They are open secrets that are on offer to anyone who desires to learn, but they are only revealed, to those who are diligent.

An example of a Daoist principle is The Uncarved Block or P'u. This is the idea that if you can find your natural way you can look at things with a natural and unbiased mind and when you do life is perfect and you will feel sweet.

An example of a principle from Lishi is that deepening your roots makes it more difficult for you to be knocked off balance. We apply and test this in partner exercises during our classes but the lessons transfer to events that happen outside the training hall. It applies physically, mentally, emotionally and spiritually.

We have sprinkled them throughout this book, as they are the seeds from which your ability and understanding can develop. The planting, nourishing, nurturing and growth of these ideas will benefit you physically, mentally, emotionally and spiritually.

What Is Lishi?

Lishi does not come from Daoism. Lishi is Daoism. It is a piece of the pie in the same way that Feng Shui or Herbal medicine are pieces of the pie of Daoism.

Lishi has its roots in the seaside village of Weihai on the coastal peninsular of Shandong province in China where it was practised by the Li family. The arts of Lishi were passed from one generation to the next and kept within the family until the last remaining family member, Lijigang, in the 1930's.

Lijigang is the Mandarin name of Chan Kam Lee (Cantonese). Weihai is now a large city of over 3 million people and the Weihai Wushu Association has done extensive research through historical records and found evidence that confirms his identity as Lijigang.

Lishi was not practised in temples but it incorporated practices from the disciples of Wang Chongyang and therefore has similarities to specific temple lineages^[1].

Lijigang travelled regularly by boat from Weihai to London on business and it is there that he met our teachers' teacher, Chee Soo in the 1930s.

The last practising member of the Li family taught the arts to a half-Chinese orphan named Chee Soo who lived in Barnardos' orphanage in London. Chee Soo made the Arts his lifetime study and founded the International Daoist Society (IDS) in the 1950's.

This stroke of good fortune helped the arts of Lishi to escape major events happening in China that wiped out or forced underground many Daoist arts during this period.

Throughout his life, Chee Soo, worked to make this Daoist system accessible to westerners, growing its membership to thousands in the UK. Before his death in 1994, he named our own master as the inheritor of the system and promoted him to President of the IDS. He continues to teach and develop the Daoist arts so that students like us can benefit from this ancient system of embodied wisdom.

It consists of a wide range of energetic practices that include Daoist Taiji, Kaimen Daoist Yoga, Daoist Gongfu, Daoist Qigong, Daoist Self-Defence, Daoist Massage, Changming Diet, Dao Yin breathing exercises, Daoist Gymnastics, Daoist Wrestling, Daoist Meditation and much, much more.

In 2003, our own teacher was assessed by a panel of traditional Chinese Arts experts and they formally recognised it as an ancient Daoist Whole Body Breathing system that he and all of his students practise as Daojia Lishi Quanfa. Since that is a bit of a mouthful for most Westerners, we use the shorthand of Lishi to describe the system.

In a twist of fate, our Master was invited to be the Overseas President of the Weihai Wushu Association in 2004 and in 2017, he accepted the position of Vice President of the Shandong³ Wushu Association. He is the first non-Chinese person to hold such a position and it is a great honour that the Shandong Wushu Association recognises the quality of the Lishi System that we teach at the International Daoist Society and Lishi International.

[1] In particular Northern Daoism, similar to Dragon Gate a branch of Quanzhen Pai (Complete Reality School).

³ Shandong is a regional province of China and is larger than England and Wales combined. It is the second most populous province of China, with a population of 100 million.

How Should You Approach The Exercises As A Beginner?

First and foremost, come with an open mind. Do your best not to fit new information in this book into old boxes in your brain. We don't want to present you with conclusions but instead with hypothesis. Explore, experiment and enjoy developing these hypotheses for your benefit.

Second, be humble. Arrogance is like a force field that will prevent you from experiencing the positive benefits that these arts can bestow on you. Drop the arrogance and any pretence you might have that you know it all. You don't. Being humble will give you a shot at absorbing this knowledge.

*A wise man is one who knows
what he does not know*

Laozi

Thirdly, be diligent. Be willing to put in the hours. Be prepared to work. Be OK with the idea that you will need to condition your body and develop a resilient spirit if these open secrets are ever going to reveal their depths to you.

With those three sorted, you are all set.

Health and Safety

Oh! One more thing. It is your choice to embark on this journey. Everything in this book is an option for you to try, if you like. We, in no way, are recommending that you do any of the things in this book. We don't know who you are and what medical conditions you might have.

Always seek the advice of qualified medical professionals before doing any of the things shared in these pages and do not under any circumstances try to sue us for anything you might do as a result of any of the things we say. That would be seriously uncool.

Changming

As mentioned before, each section of the book has a chapter on Changming. Changming means long life and consists of guidelines for healthy living that form part of what we call the Lishi Lifestyle. They are recommendations for what and how and when to eat and sleep and how to organise your life so that it best supports your health and maximises your chances of a long healthy life.

We pick three guidelines that are most relevant to each section of the book. If you practise them, they will help deepen your insight into Lishi, Daoism and yourself. The practise of these guidelines is a medicine that is both curative and preventative. They provide practical suggestions that will help you stay on the path as you progress on this journey towards a fulfilling and fearless Lishi Lifestyle.

A Word About Chinese

There are different ways of translating Chinese characters into English spelling. We are using what is called pinyin. This might mean that some words that you have seen spelled a certain way in the past (e.g. Kung Fu, Chi Kung, K'ai Men or Tai Chi) appear differently here (e.g. Gongfu, Qigong, Kaimen and Taiji). Don't worry though, they are the same thing.

How to Read the Book

Obviously from start to finish is a good way of doing it. The chapters have been organised in a way that progress logically and build on each other so that you get a full and rounded picture of a spiritual warriors approach to thriving in a fucked up world.

If you glance at the contents and a particular chapter calls out to you as particularly relevant, there is no harm in heading for that one first and then choosing chapter by chapter which seems most relevant for you.

A third way you could read it is to plough through all of the Daoist Principles chapters first to get an overview of the philosophy. Next, you could read about and practise each of the exercise chapters and finally read and implement Changming. It is up to you. We think that reading cover to cover is the preferable way but hey, it is your choice.

One other way, that we doubt many would choose, is to skip straight to chapter sixteen and dive into the training plan we have mapped out for you. Start practising regularly and develop your own understanding of the exercises and principles. Maybe later you can supplement your practise with some reading about the principles.

Traditionally when learning Lishi, you aren't handed all of this information on a plate like this. You study with your teacher and wisdom is shared as and when appropriate in your unique journey.

We recognise that not everyone is fortunate enough to have a Lishi class near him or her. This book is an attempt to bridge that gap but please don't become an "Armchair Daoist". Doing the exercises is way more important than the words in your head.

Support Resources

There are a number of resources available to complement and enhance the content of this book. A full list is outlined in the final chapter. Throughout the book, we will refer you to a secret webpage where we have compiled relevant videos to accompany descriptions of the exercises.

Health and Safety

Do we really need to say it again?

Take care. Don't do anything silly.

Find a qualified Lishi teacher if you can.

Seek the advice of a medical practitioner before doing anything suggested here.

Take responsibility for yourself and the choices you make.

Have fun.

Stay safe.

Don't do drugs.

Right, let's get started with the first section and see if we can help you find your true nature and path in life. Let's go...

SECTION ONE

Being Natural

When you find your natural way, you become totally fearless and accepting of who you are. You are comfortable in your own skin. When you discover who you really are, you behave in a one hundred per cent natural way for YOU. There will be a tranquillity in your actions, a calmness in your heart and a clarity in your thought.

In learning how to be natural, you discover how to embrace life fully and be guided by the Dao on a moment-to-moment basis to bring meaning to your life that so many people lack in today's world.

In this chapter, we hope to initiate the process for you of finding YOUR path in life. In the true spirit of Daoism, we want this to feel effortless.

Like a penguin (Bear with us as we paint a random visual metaphor).

Think of a penguin who has walked miles across the land battling wind and gravity. Aware that his body is not ideally designed for this environment. Conscious that his progress has been slow and that he has much greater potential.

Sliding over the ice now, down gently into the ocean. Feeling the ability to move with ease, to experience the excitement of flying under water and feeling motivated to head in an unseen direction driven by an inner calling that has always been there.

Life is full of distractions that slow us down and cloud our judgement and consequently many of us feel lost, confused and that life is a struggle at times. This creates anxiety, worry and stress and mental, emotional and physical health can suffer.

In Daoism, your health and wellbeing is dependent on you finding your true path. The health and wellbeing of society is dependent on more people doing the same. As more people live into their true purpose, humankind will live into its true purpose. A purpose that none of us truly conceives of just yet but a purpose that many of us feel is there.

Until each of us finds our natural way, we are wasting energy, following dead ends, arguing and fighting, going in circles, even spiralling down. It is time to stop wasting energy and stop being distracted. It is time to start conserving your energy and to start directing it in a way that will lift your experience of life upwards.

If you read this section and do the exercises outlined you will gain a clearer perspective of what's important to you, feel motivated to do personally fulfilling activities and develop a grounded centred feeling, a deep sense of satisfaction and an inner calm that will transform your experience of life.

People might even say, "You've changed! What's your secret?"

CHAPTER ONE

Three Daoist Principles

PRINCIPLE ONE

Rooted and Centred

A Brain Centred World

Pretty much everyone has to traverse the school system before being spat out into the big wide world. School values thinking over feeling with usually at least 90% of lessons being centred on the brain learning things rather than on the body experiencing things. As a result, the brain and one type of intelligence reigns supreme and is hailed as the pinnacle towards which we should all strive.

Unfortunately, as human beings, we have a variety of intelligences and many of them exist in the emotions, in our heart, in our feelings, in our bodies and even in our energy. These don't get much of a look-in during the education process. Despite having these intelligences, they are not developed holistically and most of us feel confusion as we try to understand life through just one intelligence. It's a bit like trying to watch YouTube on a dodgy internet connection. Things don't flow, they flicker, they stutter, they don't make sense and we get frustrated and impatient.

Body Wisdom

There is a wide body of research that demonstrates your body has wisdom; that your heart has a number of neurological connections that have been described as a brain; that the gut feeling we experience is an intelligence that is faster than and bypasses the conscious mind.

In fact, by the time you think you're thinking of something, it is too late because your body wisdom is already on to the next thing. Go to the secret webpage and watch the video-clip of a baseball player catching a ball he has no idea is being thrown in his direction. Now tell me that it was his brain that thought through what to do then told his arm to move. Nah! I don't think so. His body just knew and responded automatically.

In the Daoist training that we practise and teach, we have countless exercises that demonstrate, develop and affirm the body's inherent wisdom. We're very fortunate because the Daoists have developed an alternative school.

It's a bit like Hogwarts really. If you have the eyes to see, platform 9¾ exists in many places and if you can get a ticket, you'll discover that the Daoist curriculum is centred on developing the human being as a whole. Not just strengthening your mental energy like most Western curriculums but developing abilities with your physical, emotional, sexual and spiritual energies too.

Heading In the Wrong Direction

An over developed mental energy creates confusion for a number of reasons. Firstly, it likes to dissect and create conflict. It deals in right and wrong, facts and fiction, black and white. It has huge difficulty with the grey areas in between which account for about 99% of reality.

The second confusion tactic occurs because it is so powerful from overuse compared to your other ways of knowing. This means your mind can never really sit still. Like a monkey jumping around it is constantly leaping from one branch to the next and back again. Unable to relax and be content with not knowing it will always be questioning, examining, dissecting, creating activity where none needs to be.

The third way that head energy confuses is that either it ignores or it explains in its own terms the messages you receive from your other intelligence centres. Not only does it cause and even enjoy conflict in the head but it also causes conflict and confusion between the different wisdoms that you are able to tap in to.

You Know Your Natural Way

People who learn to calm their mind, to train their mental energy to serve them instead of lead them on wild goose chases, develop a centeredness and a presence that is felt by others. You can probably think of people who you've met and you thought "Yeah!" There's usually something a bit different about them, as if they're not being pulled in different directions and instead seem comfortable in their own skin. They make you feel good but not by trying to please you, just by being whom they are.

As students and teachers of a Daoist system, we are very privileged to observe this happening, not only with ourselves but also with our students. There are ancient methodologies and practises that develop all of your energies so that who you are, is in alignment with who you are. Inner conflict becomes a thing of the past and the way you show up in the world becomes seriously attractive. People like to be around you, because you like being around you.

Shhhh!

Which would you prefer, tranquillity and clarity or restlessness and confusion?

When you spend time learning to quiet your mind, you will be able to make that transition to your preferred state. In fact, your preferred state will become your default state, the place where you reside most of your time. Now, depending on where you are currently, there will likely be some work involved, a need to practise and a commitment to develop your ability to control and direct your attention and your energy.

We should tell you up front that as lovely as the whole Daoist path sounds, at times it could feel like the toughest thing you will ever do. Obviously, we don't want to put you off but it's important to flag up that this path is not for everybody. If you want a magic pill or an app that does the work for you or if you are someone, who confuses 'feeling good' with personal development, then this path may not be for you.

If however, you have a mind-set that is willing to be challenged in order to become stronger, if you are willing to acknowledge your fears, confront them and then leave them behind, then accessing the wisdom that resides in a quiet mind is within your grasp along with all the benefits that come with it.

Getting Centred

First step is to bring awareness into the body. Where your attention goes, your energy flows so bringing your attention in to your body immediately changes things. In the Daoist arts of Lishi, we place our attention in specific places that have specific effects and over time lead to specific results. We will get in to some of these in the exercise sections of each chapter but for now just try noticing how you feel in your head area as you read these words.

Maybe there is a weight, a tightness, a pain, a buzz, a flow, or a vibration in your head area.

Now, whatever the sensation is, bring your awareness to your shoulders. Notice how they feel. Do they feel different from your head?

Does the sensation in your head travel down to your shoulders when you bring your attention there?

Can you bring the sensation from your head down to your shoulders?

Try it.

Now do the same thing as you bring your awareness to your chest.

Does your chest feel different?

Bring the sensation from your head and shoulders down into your chest.

After 20 or 30 seconds, travel down to your belly bringing that feeling with you.

Then your thighs.

Then your feet.

Hold your awareness there as you allow whatever feeling was in your head to drain down your body and empty out through your feet.

When you're ready, take a deep breath and stretch. Keep your awareness in your body as you softly bring yourself back here.

Let Your Body Decide

In this place, of having a whole body awareness, consider whether you would make better or worse decisions about your life. Any aspect of it, big or small. Think of a small decision you need to make but haven't yet. Something that maybe you weren't sure about previously.

Ask your body about it.

Listen.

So, does it feel like there's any benefit to bringing your awareness into your body?

Does it give you a different perspective on things?
Could you get better at this?

Would you like to get better at this?

Well you can.

There are no limits to how often you can practise this. In Lishi, we use the body as a focus for our attention a lot. When we are doing Taiji or any of the other Daoist Arts they become meditation in movement as we develop a very deep connection with our body.

If you're not attending a class yet that's no problem as you can simply do the exercise above whenever you feel like it. Loosely keep track of how you are getting on. In time, your strength and ability to drop out of the mind and into your body will improve.

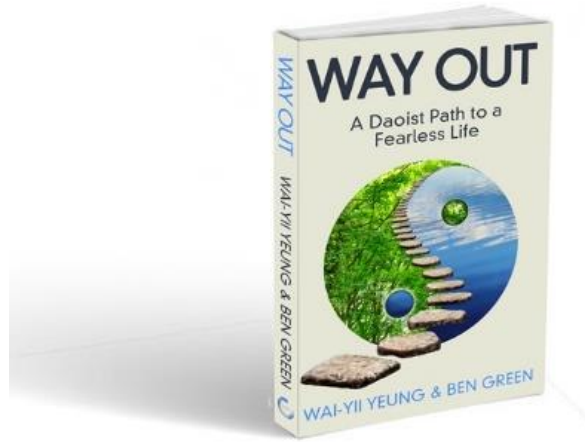
This is the first of three Daoist principles that we introduce in Chapter One. To see what else you will discover when you buy the book here's the full book contents.

If you want to read on, you can get the book [on amazon here](#)

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