



Nam Hoa Internal Arts

Longevity Tree ~ Looking Deeply at Gestures of the Beautiful Princess

The Gestures of the Beautiful Princess section reveals the high qualities of mind and character we wish to embody in our practice. The overall energetic quality of the princess section is nobility. At the heart of this nobility is confidence, wisdom and compassion.

BALANCE--After Pushing Up the Sky we continue by bringing our arms down with the palms facing down. Now, turning the hips to the left we slowly turn the right palm up (yang), as the left palm faces the earth (yin). This part of the princess section relates to the balancing of yin and yang.

POWER--Sinking and circling our arms counterclockwise we express the gesture of power which includes five kinds of energy that are the foundation of happiness. The five powers are faith (confidence), diligence (daily practice), mindfulness (being aware in the present moment), concentration (looking deeply into the nature of reality), and insight (of impermanence and non-self).

GRACE/EASE--Stepping behind and circling our arms counterclockwise reveals the qualities of grace and ease. Besides suppleness of movement, grace includes a state of dignity and virtue. Ease is letting go of our anxieties and worries.

HUMILITY--Turning our hips to the left we look over the left hand, which represents a mirror. The princess has let go of vanity and removes all the boundaries between herself and others.

GENEROSITY--Bringing our hands up in a gesture of giving, the princess offers joy, happiness and love. This gesture also includes giving our presence, stability, and understanding.

EQUANIMITY--Coming to the end of the princess section we express a sense of deep peace. Equanimity is the kind of peace which remains stable in extreme circumstances. It is based in the insight into inter-being, the understanding that everything is connected.

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