

Being Persistent

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The grand universe... functions under the influence of the four fundamental forces, with planets orbiting the sun at high speeds while also rotating on their axes. Despite the constant rotation and revolution, the system maintains a stable appearance resulting in a remarkable balance.

The human body is a small universe... filled with various organs, tissues, cells, and systems that work together in perfect harmony through countless biological and chemical interactions. Throughout the journey of evolution, human and universe have continuously been intertwined as one.

Nature has a subtle structure and function that governs the universe and our bodies. This natural law involves the stages of formation, existence, destruction, and emptiness. It is important not to abuse them when they are strong and to take good care of them before they become weak. Prevention is always better than a cure, so it's vital to nourish both the body and mind for good health and overall wellbeing. Relax and sit in an upright position. Open our palms and position them on our laps with palms facing upward. Keep our eyes open and inhale through nose and exhale through mouth three times. Then close our eyes and listen to our breathing. Focus on the concentration point '6' to start meditating...

Absorbing cosmic energy through concentration points purifies the meridian pathways, calms brainwaves, and restores the flow of 'chi'. Daily meditation helps keep the body energized and strong. It is also a process of cultivation, experimentation, and enlightenment for the inner soul.

Learning and practicing Da Da Meditation is simple. The key is to remain persistent. Here is an inspirational poem by a famous poet, Zheng Banqiao, for encouragement...

'Bamboo and the Rock'
Grip onto the mountain vigorously and do not let go.
Build a solid foundation and remain rooted in the crevice of the rock it upholds.
Despite tens of thousands of strikes, it still continues to grow.
Regardless of whether from east, west, south or north, as the harsh wind blows!

By Ms. Esther

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