

# MINDFULNESS BELL



## Deep Listening

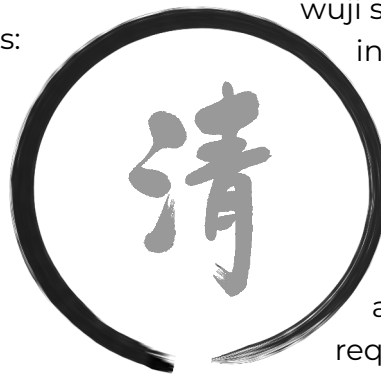
I first learned and began the practice of the art of listening and sounding of the mindfulness bell in the late 1990s. When I was a novice mindfulness practitioner, listening to the sound of the bell is a great way to “STOP” your wandering mind. To put it simply, at the sound of the bell, STOP:

- Worry, anxiety: Past, Future;
- Rushing / multitasking;
- Negative emotions and reactions: anger, blaming, regret, sadness, self-pity, self-aggrandizement, loneliness;
- Wandering mind, noises/ conversations in our mind, daydreaming;
- Desire, craving; and until present
- Detractions: social media, news, email, messaging, phone, etc.;

Until now, whenever I listened to the sound of the bell, I listened fully and attentively. Mindfully listen to the sound as it changes moment-to-moment from the loudest to its soft gentle vibration sound and to its eventual ceasing. Simultaneously, as I listened, I came back to my breathing, and I smiled. The breath binds body and mind together in space and time – allowing my full awareness of the present moment: Here and Now. No judgements – like or not like. No wondering of “what happened?” or “what’s next?” This is the potency of mindfulness in the present moment. And it is the sound of the bell that can immensely help us to derive at this state.

## Wuji Stance - Qigong/Tai Chi practice

The quiet moment before the start of the actual practice of qi gong and tai chi exercise/ form is commonly known as the *wuji* (“ultimate nothingness”, or “without polarity”) stance. As it is considered by many as the quintessential component of qi gong and tai chi practice, the *wuji* state is achieved through active relaxation, tai chi posture, *dan tian* breathing, mindfulness and visualization. The meditative state of mind – characteristic of the *wuji* state is believed to cultivate and increase *qi* circulation, while opening up the energy channels within the body. Considering its importance, modern lifestyles are increasingly stressful, and thereby represent an obstacle for practitioners to timely achieve the body mind *wuji* state requirements.



One of the unique aspects of our weekly Qi gong and Tai chi class – as an instructor, I have always encouraged students to first and foremost take the necessary time to cultivate a deeper level of *wuji* state. I have realized that this can be difficult given a short practice time available and the hectic personal schedule. In a one-hour class, or even a shorter half-hour class, I have decided to bring guided listening of the bell at the start of the class to help students arrive at the *wuji* state in an effective and timely manner. In turn, within only a short time of practice, the deep meditative state of mind associated with the *wuji* stance has provided students with a more enjoyable and rewarding qi gong and tai chi experience – not to mention providing a relaxing environment conducive for learning.

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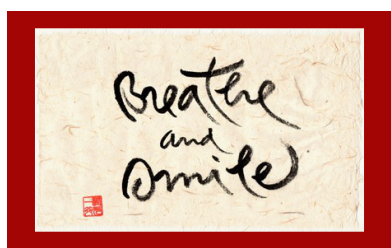


## Listening and Healing

As a mindfulness practitioner, I have personally experienced how habit energy can be a powerful driver behind our actions, speech and thinking process. Taking a few regular pauses during the day, each for just a few minutes to practice sounding and listening to the bell is a gentle way to “stop” and regain control the driver seat of our lives – lessened the stress and the ever presence of the negative habit energy that overpowered us and often rendered us helpless and to look at life as it truly is in the present moment.

All of us, at some point in our lives, have to face difficult challenges: career, family, and or health. For us, the challenge was when my wife was diagnosed with cancer.

Immediately, we realized that we had to change the way we lived our lives in order to truly give my wife a chance to beat the odds and survive. The regular mindfulness practice that involved the sounding and listening to the bell at regular interval helped to break and relinquish the habit energy of the past – strengthened the present positive intention and outlook one day at a time. With the wandering (aka. monkey) mind lessened, we have more energy to focus on the healing process. It helped to stop the unwanted negative emotions – fear, sadness, anger, self-pity, etc. To gently but effectively helped to bring the mind back to the present moment – to observe the breath, was a mean for my wife to manage and control – what I could never possibly imagined – the immense physical pain.



To discover more about the practice and benefits of mindfulness, qigong and tai chi, please contact Vu Nguyen using the details provided below.

## About the Author

Vu Nguyen is a certified (Level II) Tai Chi instructor with the American Tai Chi and Qi Gong Association (ATCQA). He regular teaches Tai Chi at the Veterans Affairs Long Beach Hospital. Also, he teaches a weekly class at the Our Lady and All Angels Liberal Catholic church in Ojai, CA.

With a firm belief that the regular practice of qigong and tai chi can bring about overall body-mind balance, wellness and self-healing, Vu offers a different approach to teaching with more emphasis on mindfulness training. With over 3 decades of mindfulness practice, Vu is keen on helping participants achieve a deeper level of active relaxation by synchronizing various breathing techniques with the slow, gentle and guided movements — foundational for enjoying the full benefits of continuous qi gong and tai chi practices.

Vu offers private as well as group classes. Please contact him for additional information by phone at (323) 977-8750 or via email at [info@taichiclarity.com](mailto:info@taichiclarity.com).

Wishing you happiness and the best of health.