



Practicing Mindfulness Through Tai Chi

- Mindfulness Ball Workshop -

Embark on a Journey of Mindfulness and Awakening

Mindful Peace Academy, Toronto

- In 2019, initiated book salons in Toronto
- In 2020, established the Mindful Peace Academy, Canada
- In 2021, officially registered the Canada Mindful Peace Association
- In 2023, established a Mindful Peace Academy in Oakville
- In October 2023, obtained “charitable organization” status
- In September 2024, established a Mindful Peace Academy in Markham



Objective

- Get to know Tai Chi Mindfulness Ball
- Basic techniques & cultivation of mind
- Mindfulness Ball meditation experience

Agenda

1. Practicing Mindfulness through Tai Chi
 - Video + First Experience
 - Discussion + Sharing
2. How do we practice the ball with mindfulness
 - Technique + Cultivation of Mind
 - Practice
 - Sharing



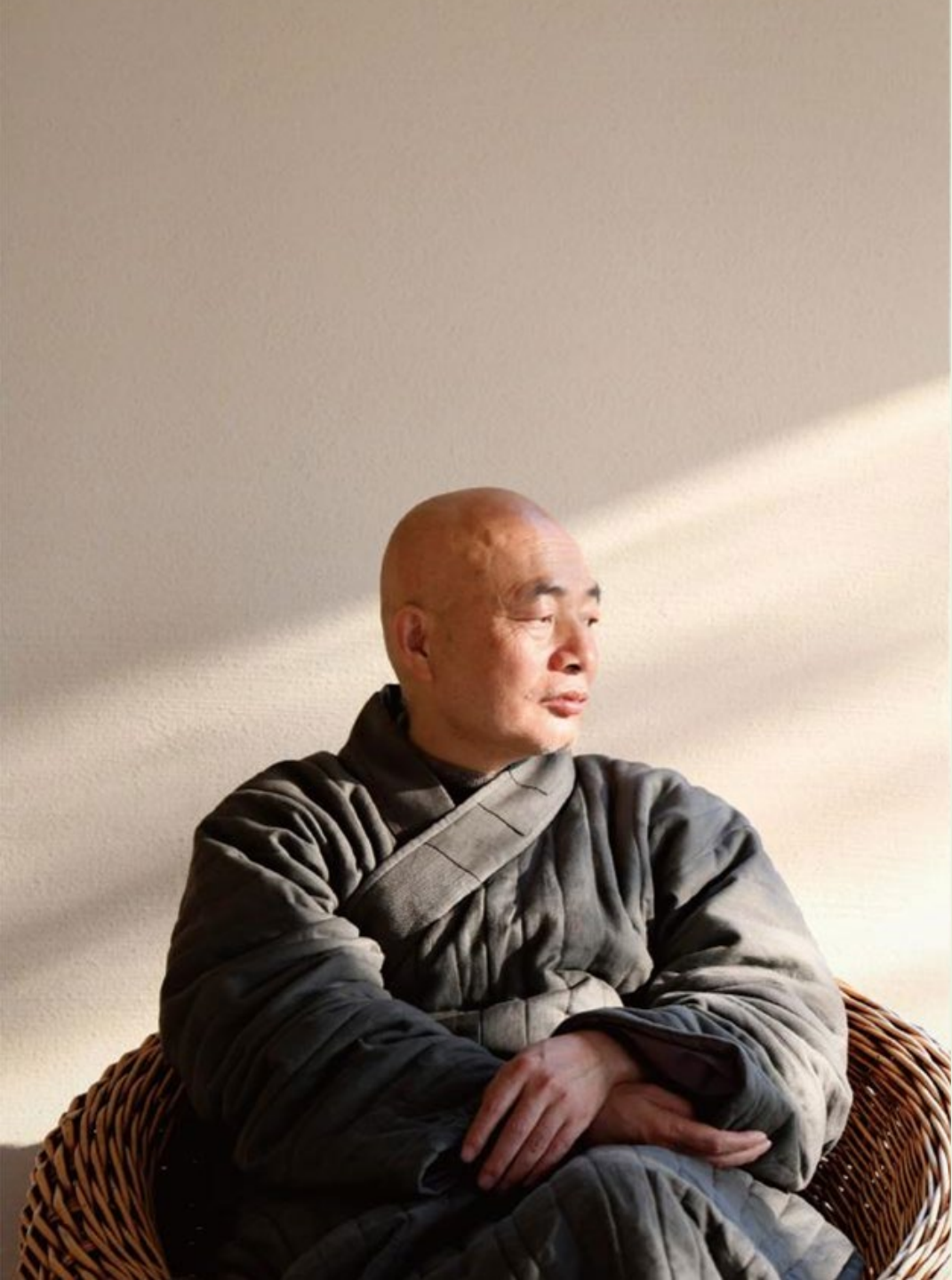
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Practicing Mindfulness Through Tai Chi



Watching the Master practice with the ball, what do I feel?



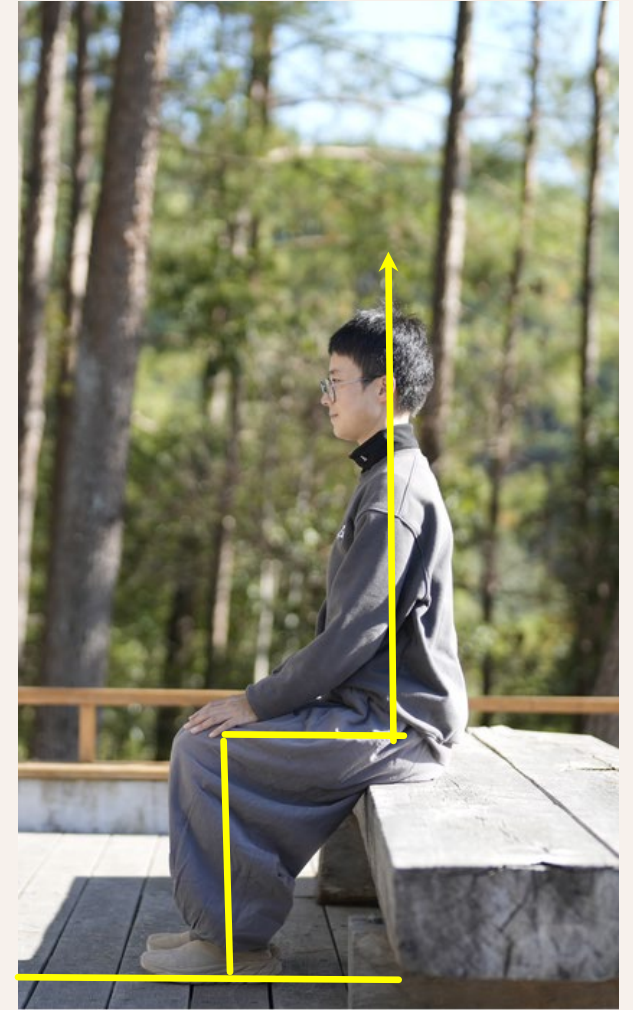
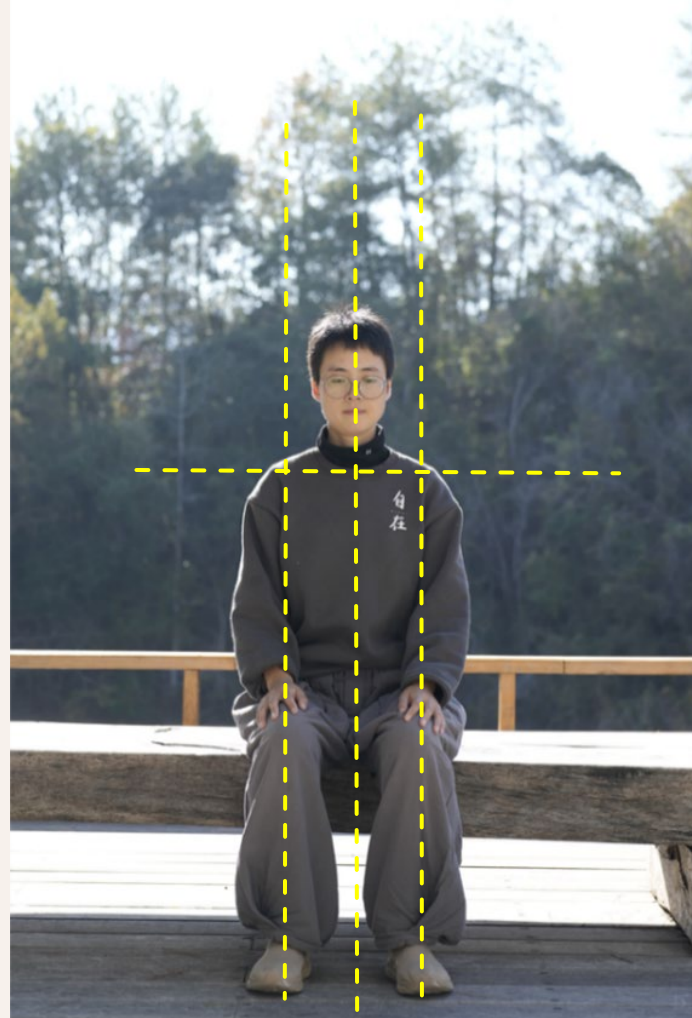


Venerable Master Jiqun

- The 10th-generation successor of the Weiyang Sect and the 45th-generation successor of the Linji Sect of Chinese Chan Buddhism
- Taught at multiple Buddhist academies and served as a graduate advisor
- Conferred the roles of guest researcher at the Chinese Academy of Social Sciences' Center for Buddhist Studies and guest professor at various universities
- Honorary Doctorate in Literature from the Buddhist and Pali University of Sri Lanka

Stage One of Basic Technique: Correct Sitting Posture

- At this stage, practitioners begin by choosing a chair of suitable height, with a seat that is moderately firm.
- When sitting, one should sit only **on the front third of the chair**, without leaning against the backrest. The **spine should remain upright**, the **waist and hips relaxed**, and the **thighs roughly parallel to the ground**. Both feet rest naturally on the floor, pointing straight forward, with a distance approximately equal to the width of the shoulders.
- Once seated, the practitioner gently shifts the body weight left and right to feel and locate the balanced pressure points of the two sitting bones on the chair surface. Then, by tilting the pelvis slightly forward and backward, one adjusts to find the neutral position of the pelvis.



Stage One of Basic Technique: Fundamental Ball Rotation

- When rotating the ball, keeps the shoulders and elbows naturally relaxed: one hand moves outward and downward, while the other moves inward and upward, turning the ball simultaneously.
- The hands should remain at opposite points of the ball, maintaining balanced force along the axis, with the hands passing through the ball's center.
- Meanwhile, ensure the pelvis remains steady, the head stays upright, and the ball's center is stable.



Tai Chi Mindfulness Ball First Experience

- At the beginning, just keep the ball from falling.
- Duration: 5 minutes
- Practice while seated, not standing
- Principle: The mind follows the hands, and the hands follow the ball





First Experience & Sharing

1. Brief self-introduction: What brought you here?
2. How did you feel during the Mindfulness Ball practice?

(1 minute sharing)

What is the “Mindfulness Ball”?

We call this ball the “Tai Chi Mindfulness Ball,” or simply the “Mindfulness Ball.” Though the simplified name omits two words, it still carries the essence of Tai Chi and mindfulness.

In China, Tai Chi is a popular practice for health. I also practiced decades ago. Although Tai Chi is widespread, truly mastering it for genuine health benefits is not so easy. Compared to other practices, the Mindfulness Ball is relatively simple and has a long-standing history. The Wudang Tai Chi Ball, for instance, is quite famous. Our connection to the Tai Chi Ball comes through a lay practitioner from Xiamen. He has long been advocating a school of Youran Tai Chi. I was first influenced by him when I began practicing the ball.

While practicing the ball, I realized that we should integrate it with **mindfulness meditation**. This insight gave rise to the concept of the “Mindfulness Ball.” Our ball is different from the traditional Tai Chi Ball not only in its material, but also in the way it cultivates the mind and in its ultimate purpose. We do not aim to become martial arts masters through this practice. Instead, we hope that through such training, **we can cultivate physical and mental well-being, as well as deepen concentration and awareness.**

Excerpt from Master Jiquan’s “Tai Chi Builds Health, Mindfulness Brings Peace of Mind” (abridged edition)

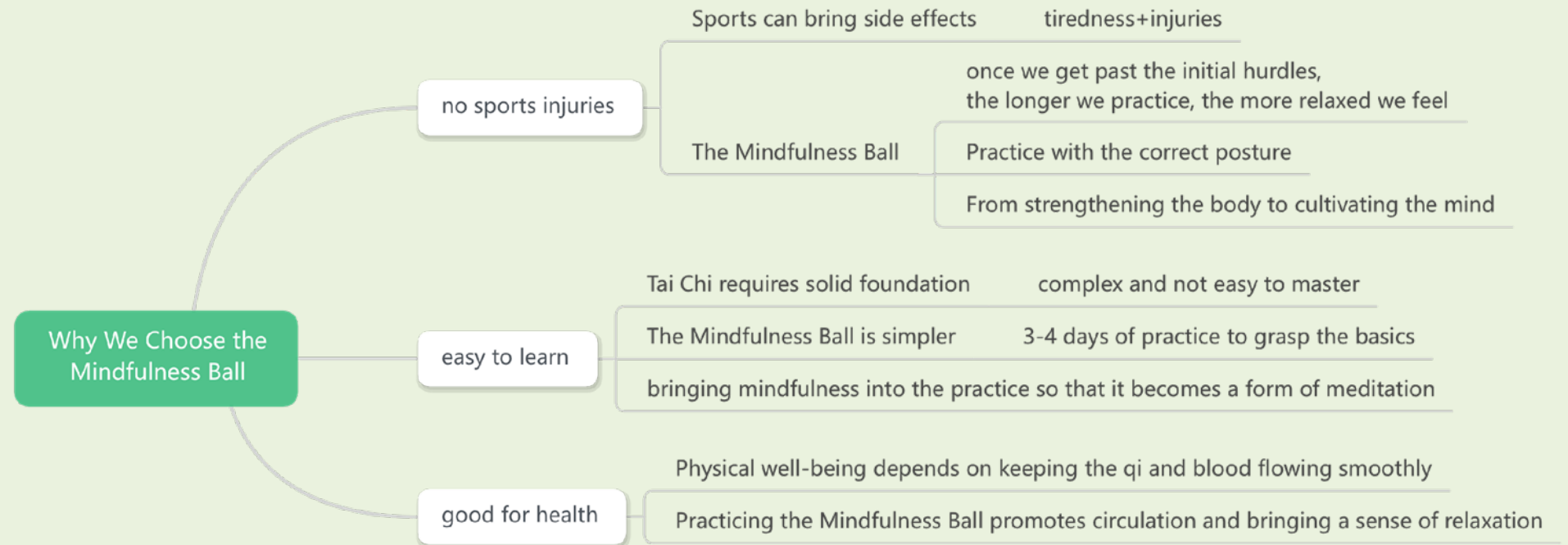


Why We Choose the Mindfulness Ball

- **In one's life, physical and mental health are the greatest wealth**
- **Benefits of the Mindfulness Ball:**

Physical health: Return the body to its natural and original state.

Mental health: Moving meditation cultivates concentration and awareness.



02

How do we practice the ball with mindfulness?

1. Cultivation of Mind
2. Technique



Settling the Mind

“The mind follows the hands, the hands follow the ball, the ball follows the body, and the body follows emptiness.”

- The mind follows the hands — wherever the hands go, the mind follows.
- The hands follow the ball — wherever the ball moves, the hands follow.
 - **Object of focus:** the ball itself + the contact between the hands and the ball
 - **Attention:** movements remain precise and steady + the ball doesn't fall

“The mind follows the hands, the hands follow the ball.”

Grounded in stillness and concentration, the practice cultivates awareness.

- The ball follows the body — the ball and body are one in harmony.
- The body follows emptiness — both the body and the ball are inherently empty.



Settling the Mind

Essentials of Mindfulness Ball Practice

Natural — effortless, not forced

No-self — follow without controlling

Middle Path — relaxed but not loose, firm but not stiff

Enthusiasm — confidence in its benefits, with right method and guidance

Repetition — steady practice that softens the body

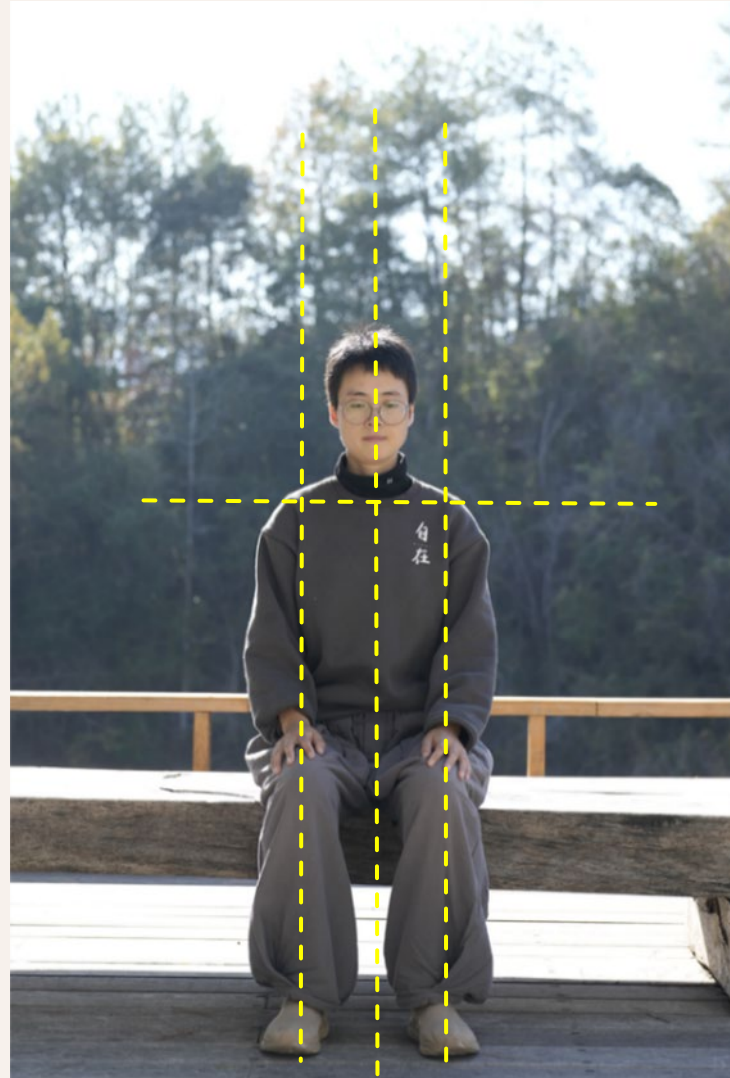
Gradual Progression — deepening step by step

From Venerable Master Jiquan's Lectures
“Tai Chi Builds Health, Mindfulness Brings Peace of Mind”
and “Practicing Mindfulness Through Tai Chi”



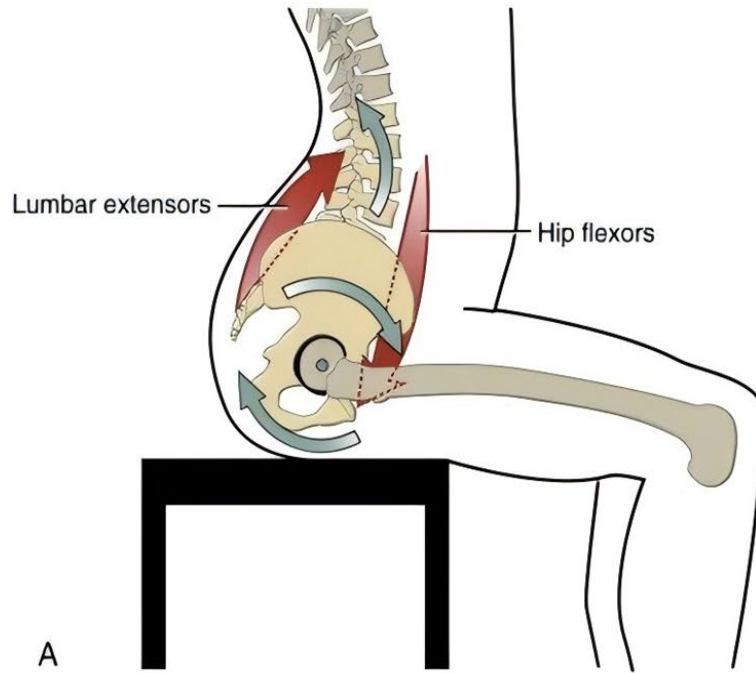
Settling the Body

- Begin by choosing a chair of suitable height, with a seat that is moderately firm.
- When sitting, one should **sit only on the front third of the chair**, without leaning against the backrest. The **spine should remain upright**, the **waist and hips relaxed**, and the **thighs roughly parallel to the ground**. Both feet rest naturally on the floor, pointing straight forward, with a distance approximately equal to the width of the shoulders.

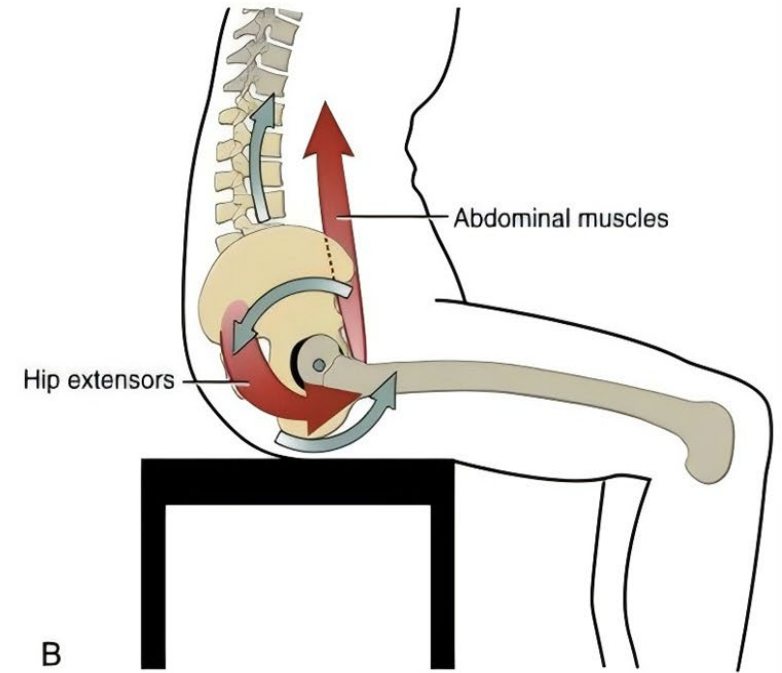


Settling the Body

Once seated, the practitioner gently shifts the body weight left and right to feel and locate the balanced pressure points of the two sitting bones on the chair surface. Then, by tilting the pelvis slightly forward and backward, one adjusts to find the neutral position of the pelvis.



anterior pelvic tilt



posterior pelvic tilt

Regulating the Breath

- Sit according to the posture guidelines, resting the ball naturally on your thighs.
- Completely relax your shoulders and arms, close your eyes, and take three deep breaths.
- Then return to natural breathing, quietly regulating the breath for 2–3 minutes.
- (After long hours at a desk or upon waking, you may combine the deep breaths with gentle spinal flexion and extension.)



Holding the Ball

- Hold the ball with both palms at opposite points, keeping its center aligned with your chest.
- Slightly turn your waist, then rotate the ball with one hand on top and the other below.
- Keep shoulders and elbows relaxed; hold the ball with moderate strength—firm enough so it does not fall.



Rotating the Ball

- When rotating the ball, keeps the shoulders and elbows naturally relaxed: one hand moves outward and downward, while the other moves inward and upward, turning the ball simultaneously.
- The hands should remain at opposite points of the ball, maintaining balanced force along the axis, with the hands passing through the ball's center.
- Meanwhile, ensure the pelvis remains steady, the head stays upright, and the ball's center is stable.



Concluding the practice

- Slowly bring the rotation to a stop and rest the ball gently on the thighs.
- Place both hands around the ball, holding it against the lower abdomen. Close the eyes, calm the mind, and relax the body.
- Breathe naturally, resting awareness in the Dantian (about three to four finger-widths below the navel), and quietly regulate the breath for 1–2 minutes.
- Loving-kindness Back Patting: use a hollow palm or light fist to gently tap the shoulders and back.



Elementary Mindfulness Ball Practice Agenda

- Sit upright with a stable posture, and cultivate the Four Immeasurable minds
- Preparing (Settling the Body, Calming the Breath)
- Practice
- Concluding the practice (Let the breath return to its natural rhythm. Keep your awareness at the lower abdomen.)
- Loving-kindness Back Patting
- Sharing
- Dedication of Merit





Mindfulness Ball Experience

“The mind follows the hands, the hands follow the ball, the ball follows the body, and the body follows emptiness.”

Natural — effortless, not forced

No-self — follow without controlling

Middle Path — relaxed but not loose, firm but not stiff

Enthusiasm — confidence in its benefits, with right method and guidance

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Gradual Progression — deepening step by step





Sharing & Reflection

1. During the practice, how well did I maintain focus? When I noticed my mind wandering, how did I react?
1. “Maintaining awareness of all movements and the entire process” — what did I actually become aware of while turning the ball?

(In pairs, share for 2 minutes each.)

Tai Chi Balances the Body; Mindfulness Awakens the Mind



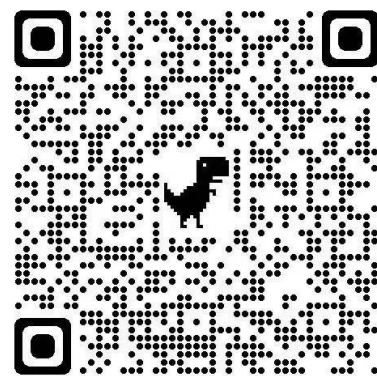
Tai Chi Mindfulness Ball is not only a practice for health, strengthening the body, but also a skillful means of mindfulness meditation, a cultivation of the mind. It draws upon the methods of Tai Chi Ball while integrating the essence of mindfulness practice, harmoniously uniting these two treasures of Eastern wisdom. In doing so, it opens to a broader value and meaning.

Our aspiration is to bring the Mindfulness Ball practice to the whole world, enabling everyone to realize this beautiful vision:

“Tai Chi balances the body; mindfulness awakens the mind.”



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