

T'ai Chi Kineo

T'ai chi kineo is a body-movement technique. The key points of the technique are the 'seven elements of movement', the 'three circle principle' and the 'principle of the three modulations'. These allow 'kineo', the state of highest perception of the self in movement. The technique facilitates access to movement in the same way as the music notation system gives access to music. The directness and simplicity of this approach offers a perception of what is, beyond right and wrong, in the here and now. This leads to an experience of acceptance and wholeness in movement.

This essential additional perspective of movement is enormously valuable for strength-oriented consulting. Processes are not only perceived and experienced on a cognitive, intellectual level, but also become tangible and perceptible on a physical level. This encourages perception of the process as a whole.

Just as the experience of movement takes place in the here and now so does appreciative inquiry examine positive experiences in the here and now. In each case the foundation is real-life experience, and the energy and perspective experienced.

t'ai chi kineo is zen
Teck Cheng Neo

Zen-meditation

The secret of Zen is sitting – just that, nothing else, in an attitude of deep concentration, without aim, without striving for profit. This intentionless sitting is called Zazen. Za means 'sitting', Zen means 'meditation, concentration'.

The practice of Zazen effectively promotes physical and mental health, restoring both to their natural state. Zen can neither be contained in concepts nor described in intellectual terms. It must be practised; its very essence is practice and experience.

'The spirit we have in the Zazen exercises is the great spirit. We let rational thought be still, along with our emotions, and we just sit. Whatever may happen to us, we just sit. If something happens, it doesn't perturb us. It is as if something were happening in the immeasurable vastness of the sky. The sky does not care what bird is flying across it.'
Shunryu Suzuki