

There are two directions of the meditating mind - a focusing down to an intense point of contemplation, or a wide-angle vision which does not so much as shut out the world of the senses as mirror it clearly and love it without clinging. This latter is the meditative way that appeals to an alert and noticing mind which promising to reduce the tendency to reverie or anticipation. Of the kinds of practice that follow way, one, a Chinese method called Tai Chi Chuan, is a moving meditation that also disciplines the restless body. As an art form in physical movement, it resembles a slow dance, but it is more properly a kind of yoga, a healthful exercise.

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