

How to develop real internal power



If you want to develop real power, power that doesn't fade with age, power that you can continue to develop for the rest of your life, then what you're looking for is "internal power." It's nice to be young and strong and have energy to waist, but that kind of "external" ability has a shelf life. If the power you can generate depends upon youthful athleticism, it will fade. If you develop the ability to generate and transfer force internally, your power will increase with the years. Internal power relies on acquired skill rather than brute force. You won't get younger, but you can always get better!

There are four primary phases to developing internal power:

Phase 1: Align your structure

Aligning your musculo-skeletal system for maximum efficiency is the first step in shifting your reliance on brute force, to reliance on skill. Before you can generate a lot of power the body must be made into a conduit that can handle that power. Imagine your body like a set of plumbing pipes. If the pipes have kinks, and misaligned joints, what happens when the water pressure is increased? You spring leaks. Energetic leaks in our structure translate into wasted energy, loss of power, pain in the joints, and even chronic injury. By aligning your skeletal structure before you begin to generate force, you ensure a path for that force to follow.

Aligning your structure is more than just assuming a proper stance; it requires that we bring balance to the whole body. We all have habitual imbalances in our musculo-skeletal systems. To return balance to our structure, we must strengthen the weak areas and stretch the tight areas. There are specific *qigong* and *yogic* exercises that do just that.

Phase 2: Opening your internal pathways

Once you've sealed the leaks in your structural alignment, it's time to clear out any obstruction to the smooth transference of energy through the body. The primary block is tension. Most of us carry excess tension in our muscles (and minds) throughout the day. We spend more energy than necessary when performing physical tasks (usually due to poor alignment). This phase can be challenging because the body (and mind) are used to dealing with energy in a particular way. Breathing exercises and slow, meditative movement, like *Tai Chi* (one of the original arts of internal power) are specifically designed to teach you to release unnecessary tension and allow energy to transfer smoothly through the body.

Phase 3: Coordinating energy transference

While maintaining your structural alignment and relaxed body-state, you can begin to coordinate the actions of the legs, torso, and arms so that the entire body becomes a force generating and force transferring engine. It's in this phase that you begin to learn the pathways and patterns energy will travel during internal force projection, or *fa jin*. This phase is difficult and takes time to master. If you try to transmit explosive force through the body before you can maintain structure and relaxation while moving, and properly guide that force to an emission point, you're likely to injure yourself. If you go through the training step by step, not only will you learn to generate extraordinary force, but to absorb and redirect incoming force (from an opponent) and use it to your advantage.

Phase 4: Energetic Intent

This is the most advanced phase of internal power development. In the previous phases, the body was our main concern. In this fourth and final phase, the mind plays the primary role. Energetic intent is the power of the will in the body. During this phase you concentrate on relying less and less on "physically" generated movement. Instead you use your intent-to-move to generate your actions. This may be difficult to grasp for the reader who is unfamiliar with internal disciplines, or has not gone through the previous phases of training. The process of developing internal power is the process of connecting the mind to the body. Eventually, there is no perceivable difference between the intent to act, and the execution of that action. The body will generate power effortlessly, and you will feel as though you've done nothing at all. The effect of your actions, however, will say something quite different. This is the level of the white-eyebrowed master who seems to be using some kind of magic as he overcomes younger and stronger opponents. That being said, you don't have to be a white-eyebrowed master to have internal power.

Unlike the brute, 'external power' of young muscles, this kind of power doesn't come automatically. It requires specialized training and guidance, but you will never lose it. If you want to develop this skill, then you must go through the necessary steps: learn how to align your structure, open internal energy pathways, coordinate transference of force, and develop strong energetic intent, and you will develop real internal power.

What is your first step?

Call (954) 227-8080 to schedule your free introductory lesson, and begin your journey toward true attainment.