

MING YUAN

MING *means clarity, bright light, shining and clear understanding. It can also be used to describe the light of the wisdom of the universe.*

YUAN *Used in all the names of the Yuan Gong methods, Yuan in this context means accommodating, integration, totality and complete.*

Ming Yuan, the ninth and final method of the Yuan Gong system, is a method for reaching complete wisdom and shining together with the universe. It can also be called The Development of Complete Realization Method. The practice is to initiate, maintain and use Jue Cha (self-awareness, self-observation) on the activities of your Xin, consciousness, Shen and whole life in order to attain Jue Zhi (true understanding), Jue Xing (awakening) and Jue Wu (realization) – and ultimately great realization and great wisdom.

HOW TO PRACTICE MING YUAN

In contrast to the other Yuan Gong methods, where time is set aside to practice, Ming Yuan is fully integrated with all activities of life and practiced constantly.

To start with, silently recite the verse of Ming Yuan in your head: relaxed, calm, natural, integrated, unified, harmonious, Jue Cha (self-awareness, self-observation). When it has become fairly natural to do so, recite the verse with your heart, with five Xin – trust, openness, love, gratitude and Gongjing.

When you are familiar with experiencing the states described by these words, start to focus on each word one by one, starting with 'relaxed'. Continue reciting all the words but focus on relaxed. When relaxed has become a habit and you are relaxed most of the time, you can let it go and move on to 'calm' – start the verse with calm and make it the focus until you are in a calm state most of the time. Then move on to 'natural' and so on until the last element - Jue Cha. You can then stay with Jue Cha from that point onward.

JUE CHA – THE CORE OF MING YUAN

Being in a relaxed, calm, natural, integrated, unified and harmonious state and turning this into the normal state of your life is the foundation and prerequisite of Jue Cha, and Jue Cha is the most essential part of Ming Yuan practice. It should always be a backdrop for your life.

POINTS TO HELP JUE CHA – DO YOUR BEST TO:

1. Jue Cha **all the time** - apart from when you are sound asleep!
2. Jue Cha **everywhere** - whether at home, at work, in a classroom, in your car, in a shopping mall, walking down the street, alone or with others.
3. Jue Cha with **everything** - whether working, speaking to someone, cooking, cleaning, studying, surfing the Internet, resting, or thinking. Jue Cha when you walk, sit, stand or lie down; when things are going well and you feel great, comfortable or elated. When things are difficult and you feel angry, sad or fearful or are having an argument, Jue Cha will take on new meaning – this is a very good time to observe the patterns on a very deep level that come up to the surface and the opposites of the five Xin qualities that can arise into awareness. When we use the ordinary consciousness to face this part of ourselves we can feel a lot of pain, but when we are observing through Jue Cha, the experience is the opposite - there is no pain and difficulty. When truly in a state of Jue Cha, you are seeing what is really happening, and you will feel clarity, joy and strength.
4. Jue Cha **with your heart in the Wu Xin** (five Xin) state. If you are not able to have all of the five qualities on board, do your best to have one of them present.
5. Jue Cha in a **peaceful, gentle, soft and harmonious way**.
6. Be a pure Jue Cha-er - **simply be an observer witnessing what is happening**. It is not Jue Cha's obligation or responsibility to correct, enforce or control your thoughts or actions. Simply keep your awareness pure, focused and independent. This way patterns will be revealed and then we can work on them. Unhealthy patterns hide in dark places and Jue Cha shines a light into the darkness.

7. **Avoid getting disturbed** when exercising Jue Cha by keeping yourself in a relaxed, calm, natural, integrated, unified and harmonious state.
8. **Stay focused** on Jue Cha. No matter how good you think your thoughts or ideas are, refrain from using them to solve problems or manage your Jue Cha. They are all heavily influenced by patterns and most likely the products of 'ordinary consciousness', which evaluates, examines and disrupts Jue Cha.
9. **Maintain full openness, acceptance and non-attachment** towards whatever unfolds when exercising Jue Cha. Generally speaking, good use of Jue Cha will naturally lead to more and more true understanding (Jue Zhi) and an ever-deepening state of 'Complete Jue'. However, if and when this occurs will vary greatly from person to person, so relate to everything that happens naturally, with no expectations or desire for things to go a certain way, no doubt or refusal. Simply allow what is to unfold.
10. **Keep vigilant and use a 'red flag'** if in danger of losing Jue Cha. Activating Jue Cha is usually not an issue. Rather, the challenge is in maintaining and not losing it. To help with this, you can use a 'red flag'. It is like you are using a 'red flag' to observe and watch Jue Cha while you are using Jue Cha to observe and watch yourself. Make a connection between the 'red flag' and a certain state so that as soon as that state emerges, the 'red flag' automatically raises, helping us return to Jue Cha as soon as possible. For example, we can connect vigilance with the relaxed, calm, natural, integrated, unified and harmonious state or any of these individual elements. We can also make an uncomfortable feeling or state a 'red flag', so whenever we feel this way the 'red flag' will automatically raise.

CHALLENGES WITH JUE CHA

Despite being so important and meaningful, Jue Cha is not always easy to apply, and all kinds of situations and patterns could disturb it.

One very strong habit that we are usually not aware of is identifying with the 'I' of our false self when we are in the usual, non-Jue Cha state. This 'I' can often get entangled and mixed with our thoughts, ideas and behavior. For example, I am my thoughts, I am what I do, I am the anger I am feeling. When we get disturbed, the 'I'

immediately pops up and it becomes all about 'me'. This pull from the 'I' easily breaks the Jue Cha state and imposes its dominance, leading to long periods of time when Jue Cha disappears and is forgotten about. This is something to pay attention to so we can take an active role to face, work on and overcome it.

Maintaining Jue Cha requires consistent effort and perseverance. It is like lighting a fire – it needs to be nurtured and looked after until eventually it grows and brightens up everything.