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# **Astral tai chi**

**basics of dramatic performance**

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# 1. development process

For several years there had taken place a yoga practice in yoga classes in a studio where there were five to fourty participants. The training was a series that included breath exercises, strength exercises, stretching and relaxation exercises. An individual practice followed until one day there was the imaginative perception of a light circuit in one hundred eighty degrees over the head. A sensoric perception was connected with it that started to lead the body movements. The developing movements that were made passively by the individual medium spoke about the light circuit with the origin in the cosmos outside the inner being of the practicing medium. A communicative action and a non-intended practice of tai chi developed that meant an artistic action. The artistic action resulted in the development of exercises that were made to a conception with the title Basa yoga. At the beginning the conception of Basa yoga consisted of the conveyance

of the buddhistic teaching about the levels of consciousness by a language conception where entities and events of the human inner being (e.g. attributes, potentials, emotions) were verbally communicated. The language conception was the basis to find the postures of Basa yoga. Inner processes like for example pleasure, empathy and trust as well as the planets of the sun system were put into the system of the levels of consciousness of the human inner being. The titles of the yoga exercises developed from putting the levels of consciousness together with the names of the planets. Each exercise title should point to the corresponding body region and level of consciousness that should receive a benefit. After the conception and the Basa yoga exercise series had developed it was conveyed by articles, exercise photos, documentary and tai chi movies on many internet platforms in German and in English. Several photos of the exercise postures were made in Italy and Switzerland. Simultaneously a continuing practice of tai chi took place. While practicing the conception of Basa yoga was recon-

sidered. The postures were changed and there developed a new conception with the title Astral yoga from the original Basa yoga. In contrast to Basa yoga the imaginative object was changed during the tai chi practice and the developing exercises focused on the benefit of different levels of consciousness of the inner being. The exercises of Astral yoga focused on the opening of the star most of all and secondarily the strengthening of the sun of the inner being. Several films were made while a tai chi practice of this conception took place. The films were taken to find new exercises that were found together with the language of body direction. A final series of movements where Astral tai chi was characterized was realized in a movie at Gressoney-Saint-Jean on the Swiss Italian border. There were most of all those movements included in the Astral tai chi series of movements that strengthened the star as a priority and secondarily they strengthened the sun in the inner being. At the end there was made a final exercise series that was summarized in a photo shooting in Berlin. A warming up ex-

ercise series that consisted of nine parts and a spiritual verbal conception of understanding were the product of the developments. The artistic contents can be traced back to the developer Elios Schastél (artist name of the author). The article and the movie about the development of the Astral tai chi exercise series were published on the website [www.elisabeth-performance.de](http://www.elisabeth-performance.de). The series of movements is a preparation of the tai chi practice where esoteric kinds of beings from the cosmos and the paradise are performed. The interpretations of these performances are dependent on the individual medium. The dramatic performances of esoteric kinds of beings from the cosmos and the paradise with the help of tai chi include for example the sun, the sphere light, an angel, the eternal rise or the paradise itself. The final result of a tai chi practice that has a holistic world view as a philosophic aesthetic conception within a cause effect relation between the universe and the human inner being results in a mixture of dance and acting in a dramatic way.

MEDIUM 001



## 2. the philosophy

The philosophy of Astral tai chi aims at making and increasing the inner maturation process in the inner being of a human by a theme-oriented tai chi practice. This practice bases on a holistic world view within some fundamental terms like for example the human inner being, the levels of consciousness, the inner maturation process, direction and dramatic performance. At the beginning the fundamental terms are defined to avoid terminological misunderstandings in before.

the human inner being

The human inner being is a coherent system that consists of seven levels of consciousness. Next to the material part of a human it is the non-material

part that includes all values, capacities, potentials and intelligences of a human. The term soul is also used as a synonym of the inner being.

the level of consciousness

The inner being of a human consists of seven levels of consciousness. A level of consciousness is a part of the inner being that contains specific values, capacities, attributes and intelligences. Every level of consciousness of the inner being has specific good and bad potentials. The levels of consciousness have an effect on each other inside the coherent system of the inner being. They can not be separated from each other. Synonymous terms of the level of consciousness are for example the chakras of the Far Eastern teachings of the soul or the maturity levels on the staircase of realization in direction to the illumination.

## inner maturation process

The inner maturation process is the way to reach the age. In religious contexts it is often interpreted philosophically in many ways as a task of the human life. In a regular case the inner being of a human gets born without the inner maturation process. In the course of life the developing human makes accomplishments that let the esoteric kinds of beings develop in each level of consciousness. After the first level of consciousness had developed in the inner being of a human by making accomplishments there follows the development of the second level of consciousness until a human has made the inner maturation process and he has arrived at the top of his head at the seventh level of consciousness. After he had made the seventh level of consciousness in the inner maturation process his inner being leaves himself and his human body dies. By making the inner maturation process in the course of life there develop values, intelligences and capacities

that are inside the human as potentials from his birth on. Synonyms of the inner maturation process are also the process of becoming an adult or the process of becoming old. The age is inseparable from the inner maturation process whereby the age must not be mixed up with the number of the years of the life that a human has lived. There are cases where human at an age of less than five years already has the age of an adult spiritualized human because the inner maturation process was either given from the birth on or he has already made more accomplishments than the regular case and he become mature at an early age. On the other hand there are human who are without the inner maturation process though they already count more than seventy years.