

Essay V | Bridge : When Stillness Begins to Move

第五篇 | 桥接 : 当静定开始流动

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Abstract:

This brief essay serves as a bridge—connecting the preceding explorations of yielding, centering, process, and Wu Wei to their simplest foundation: the felt sense of being here, in a body, on solid ground. It suggests that before we can embody any of these wisdoms, we must first feel the earth that holds us. From this ground, philosophy becomes experience.

摘要:

这篇短文为过渡之桥, 连接前文对柔顺、执中、过程与无为的探讨, 归于最朴素的根基: 在此处的身体感知, 立于大地之上的真实感。它提示我们, 在体悟这些智慧之前, 需先感知承托之土。立足于此, 哲学始成体验。

Main Text

正文

After exploring the nature of strategic stillness and the ground from which aligned action arises, a quiet question remains.

在探讨了战略性的静定，以及调和行动得以生发的根基之后，一个安静的问题仍然悬而未决。

If the most effective action is born from a state of attentive pause,

如果最有效的行动，源自一种专注的停顿，

if clarity emerges not from forcing, but from listening—

如果清明并非来自强迫，而是来自倾听——

then how does such a state sustain itself once movement begins?

那么，当身体开始移动时，这种状态如何得以延续？

It is one thing to speak of alignment in stillness.

在静止中谈论“调和”是一回事；

It is another to carry that alignment through space, weight, and change.

在位移、承重与变化中持续这种调和，则是另一回事。

Most of our movements in modern life are task-oriented.

现代生活中的大多数动作，都是以任务为导向的。

We move to get somewhere, to finish something, to overcome resistance.

我们移动，是为了抵达某处、完成某事、克服阻力。

Motion is often treated as a tool, a means to an end.

在这样的范式里，动能一旦形成，注意力往往随之消散。

In that paradigm, attention collapses the moment momentum takes over.

But there exists a different possibility.

但是否存在另一种可能？

In certain embodied traditions, movement itself is not a departure from presence, but its continuation.

在某些具身传统中，运动并非从“同在”中出走，而是“同在”的延续。

Alignment is not something achieved and then lost once the body shifts; it is something that deepens through motion.

调和不是在身体移动时被丢失的东西，而是在运动中被加深的状态。

Attention does not disappear when the body moves—it learns how to travel.

注意力并不会在行动中消失——它只是学会了如何随身体一同流动。

This raises a subtle but profound inquiry:

这引出了一个微妙却深刻的探问：

What does it mean to move without abandoning listening?

如何在行动中，不放弃倾听？

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属于 HanFlow 系列：太极正念运动模块

To act without leaving alignment behind?

如何在移动中，不离开调和？

To allow action to unfold as an extension of awareness, rather than a break from it?

如何让行动成为觉察的展开，而非对觉察的中断？

These questions do not belong to theory alone.

这些问题，不仅属于理论。

They belong to lived, moving experience.

它们属于真实的、正在移动的体验。

And it is here—at the meeting point of stillness and motion—that practices like Tai Chi quietly reveal their deeper relevance.

而正是在静与动的交汇处，太极这样的实践，悄然显露出其更深的意义——

Not as an exercise to master, nor a tradition to explain, but as an exploration of what it feels like when presence learns to move.

不是作为一门需要掌握的技艺，也不是一种需要解释的传统，而是一场关于“当同在开始移动时，会发生什么”的探索。

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