



Introduction to Ming's Mirror Method

Listening with your authentic self

Amy Choi

Summary

Amy Choi has been experiencing a process over the last six years where she uses herself as a reflection of the client's story by the way she moves and speaks. She has named this way of balancing and moving the Ming's Mirror Method. This paper introduces the Method by describing how it came about and how it works.



Ming's Mirror Method – Moving. Yet quiet and still.

How the Story Began

Since I got an inspiration from the moon at the night of August 17, 2010 that I was a "psychic" while waiting for my Japanese interpreter Kayoko Sawamura to finish up her Visioncircles balance at the Kamo River of Kyoto, Japan, an interesting journey where I discover the various aspects of authenticity had begun.

For seven years now, I have been participating in the life stories of the others by what I perceive as a process of "vibrating with the others in the field" – reflecting other's stories through my stillness, movements, dances, touches, words and even dreams. In participating in their stories, I discovered the richness and complexity of the images, sounds, sensations and movements of the perceived human experiences, gathered by my senses and expressed through my body.

Like an actor on stage, "I" have had the experience of the thoughts, emotions and bodily sensations of different roles – be it a man or a woman, the living or the dead, the fetus or the old; in different times – past, present and future, which all come back to manifests at only one point in time – NOW; and in different spaces – in dreams, semi-sleeping, semi-conscious and conscious states, in any physical space or imagined space. All these experiences are reflected through my body – moment by moment, with no previous thoughts or judgment. In doing so, I found myself engaging in deep and powerful balances for the others and myself. Since 2015, I have named this way of working and balancing the *Ming's Mirror Method*.

Authentically Your Story, and Mine, Too

Authenticity

I wait and feel for authenticity - the movements, postures of the subject - all the feelings, textures, sounds, colors and movements about him/her, to show up in my body and my mind.

- Amy Choi

Moment by moment, the story of the person I am working with manifests itself. I move my body consciously while following the guidance of a flow. The flow is not pushing nor pulling me. I am just following it consciously and effortlessly as I move. The same happens to the words that come out of my mouth. I do not have to think about it. I speak the sounds and images of what comes to my mind, and touch to where my focus of attention brings me. I move and speak usually slowly. I do not have to analyze or think about my own perceptions – I just reflect what is as it comes. Somebody call this intuition. Someone call this noticing. Maybe it is.

In the first four years of discovery of this process as I was working with my clients, I found myself having strong physical, emotional or mental reactions, such as crying, yawning, changes in breathing patterns, muscle

tensions or cramps or sometimes vomiting. Sometimes the images of the clients' stories could not disappear from my mind. Sometimes they appear in my day or night dreams. Sometimes I found myself loving, hating, and feeling sad, angry or fearful about them. Whatever came up, I chose to experience them fully – in the sessions, and most importantly, in my life. At one point, I was stressed by my own images and sensations that I thought I was experiencing psychosis. Nevertheless, by going through the experience over the years, I found myself becoming clearer and clearer when I work with the Ming's Mirror. My sessions became more smooth and educational – talking and moving at ease with no pushing or pulling. Very often, I just wait for the next move to come. I experience less and less reactions when working with clients. The reported results of clients also became more profound. The Ming's Mirror has also become the way that I work with and manifest the story of myself. It has become a spiritual journey for me.

The Ming's Mirror Process

In 2015, I came up with these words which I found to be the closest description of the Ming's Mirror process so far:

- | | | |
|-----|--|--------|
| 1. | My million hearts are one. | 我萬心如一。 |
| 2. | I come back to the present. | 我回到現在。 |
| 3. | I come back to here. | 我回到這裡。 |
| 4. | I come back to my centre and come back to my origin. | 我守中歸元。 |
| 5. | I open my field. | 我開放場域。 |
| 6. | I am clear and transparent. | 我晶瑩通透。 |
| 7. | I focus with my whole spirit. | 我全神貫注。 |
| 8. | I notice as is. | 我如是覺察。 |
| 9. | I experience as is. | 我如是經歷。 |
| 10. | I reflect as is. | 我如是反映。 |
| 11. | I trust the process. | 我相信過程。 |
| 12. | I create in the moment. | 我即時創造。 |
| 13. | I go back to the source. | 我回歸本源。 |
| 14. | I manifest my Self. | 我呈現本我。 |

The above are not procedures or steps. They are attitudes and state of being.

Ming's Mirror and Art

As the Ming's Mirror Method evolves and develops over the years, I found that it is not only a way of balancing but an art form, too. In some of the balances, the facilitator may become a performance artist, reaching the states of "truth, goodness and beauty". TRUTH is the process of noticing the flow of life and sensory sensations, reflecting the story in the moment. GOODNESS means that no matter-how painful or sorrowful the life stories are, we still hold the HOPE that things will get better in life and that gentleness still exists between and among each other as human beings. BEAUTY shows up when the body and verbal languages are being used to manifest stories moment by moment, trusting the process.

The Story Continues.....

Last but not least, Ming's Mirror is about being open to the mystery of life, trusting its flow, experiencing it fully. I wonder what is next manifestation for the story of the Ming's Mirror Method.



Ming's Mirror Method In Action. Photo taken at the Authentic Female Casework Workshop in Zhengzhou China, June 25, 2017

References

Authentic Self Note Pad (Amy Choi's collection of poems - often written after Ming's Mirror experiences):

* Chinese original:

http://www.brainbodycentre.com/index_topic.php?charset=big5&did=204069&didpath=/7513/107334/171012/204069

* English translation:

http://www.brainbodycentre.com/index_topic.php?charset=eng&did=204069&didpath=/7513/107334/171012/204069

How to be a Good Kinesiology Practitioner, Speech by Carla Hannaford, Ph.D., at Japan World Kinesiology Conference, Kyoto, 11th October, 2011. (Dr. Hannaford talked about the explanation of the Ming's Mirror after she has seen a demonstration.)

* English Original:

http://www.brainbodycentre.com/member/14763/diy/Carla_speech-Japan_Kinesiology_Conference_2011_ver3.pdf

* German translation:

<http://www.brainbodycentre.com/member/14763/diy/160111CarlaMingsMirrorMethodedt.pdf>

* Playing In the Unified Field, Raising and Becoming Conscious, Creative Human Beings by Carla Hannaford, Ph.D., Great River Books.

* Energy Kinesiology Panel Discussion with Charles Krebs, Ph.D., James Oshman, Ph.D., Matthew Thie, Amy Choi, moderated by Juan Carlos. 2012 International Kinesiology Conference in Spain (with English and Chinese subtitles)

https://www.youtube.com/watch?v=KJ5pQkDQ_fl



Biography

Amy CHOI Wai Ming from Hong Kong is a kinesiologist, balance facilitator and a course author. She is a pioneer in integrating Chinese Qigong and Kinesiology, and the developer of a balancing method called Ming's Mirror. The courses she authored, mainly Qigong Movement Balances Series and the Authentic Self Series have become an integral part of a work called Qinesiology. Amy has taught in China, Hong Kong, Taiwan, Germany, Japan, United States, Malaysia and Indonesia.

Contact

Amy Choi Wai Ming
Brain Body Centre Ltd., 22/F
Mongkok Harbour Centre
638, Shanghai Street
Mongkok
HKG-Hong Kong
Phone 00852 2323 4927
Phone mobil: 00852 9254 5449
amychoi@brainbodycentre.com
www.brainbodycentre.com