

Geometric Energy Work (GEW)

**“Reawakening (Reclaim) the Minds Awareness (Control)
of Movement, Flexibility, and Health”**

The NMS Health Sciences are based on the knowledge of the structure of the human being and the universal laws of motion of this structure. A human being consists of several systems. These systems are organic, energetic, psychic, mental, spiritual, and Formlessness (Formlessness can also be stated as void or Wu Ji). The goal of NMS is to achieve harmonious dynamic balance (Further information can be found in the philosophy section under Tai Ji) within each system, between the systems, and between the human being and the outer world.

To develop and refine these systems, NMS uses a wide choice of practical exercises or geometric energy work based on Stationary positioning, Static positioning, and positioning in Motion. One may practice the geometric energy work pertaining to each System separately or combined. NMS combines various elements of different geometric energy work that create a simultaneous impact on several of the Systems.

Knowledge and understanding of the universal laws of system transformation offer us unlimited opportunities to direct our practice toward a specific purpose (intention). Practitioners, also known as researchers, can modify their practice in accordance with their personal motivations and become healthy. In NMS there is an understanding that each system of a human being consists of matter (form) and has its own functions. One of the main principles of NMS is to consciously or neurogenically control and modify the form and the quality of the myogenic functions. The understanding of this process and widening the scope of all practical possibilities on the level of each system will provide the evolution and expansion of consciousness.

In NMS, special attention is paid to the strategy and structures of the training sequences. Training sequences are sectioned into Stationary, Static, and Total Movement. These strategies and structures facilitate balancing and special consciousness modification. Any careless or unconscious movements of the arms, legs, head or torso between the energy work (Chi Kung) are not recommended in NMS, as the energy work is both neurogenic and myogenic. When only specific, conscious movements are executed, a proper foundation for correct practice is created, leading one toward consciousness in every moment of one's life.

“Good practice yields good result; bad practice yields bad result; and No practice yields no results.” (*Chinese proverb*)

Physical Examples of Strategy or sequences (*Sequences are also known as Tactics*) are:

- 1) Emphasizing joint articulations and the spine flexing or waving, as in a dragon body, are from legs to head (*Known as "ascending flow"*) and from head to legs (*Known as "descending flow"*) by alternating legs, arms and spine and working from inward or core (*Known as "centripetal"*) and from the center to the outward (*Known as "centrifugal"*).

- 2) Other directions within multi-dimensional space (*Represented in Point-Line- Surface-Cube*), Example - martial arts motion also constitute the structure of the sequencing. The structure is confined to that space (in a box). The NMS uses point / line / surface as well as other dimensional
- 3) Structures, such as two-dimensional longitudinal, three-dimensional, two-sided cube (surface), and four-sided cube (space).



From NMS Systems Manual & DVD

