

The Yuen Method – A Simple Teaching Summary

This document offers a **clear, practical overview** of the Yuen Method for learning and personal practice. It is not a certification or replacement for formal training. It is intended to help you understand the *principles, mindset, and basic application* of the method.

1. What the Yuen Method Is

The Yuen Method is a **structural strengthening approach**.

It focuses on: - identifying **weaknesses** in a system (body, mind, emotions, energy) - correcting those weaknesses **without force, intention, or effort**

The practitioner does not heal, fix, or direct. Correction occurs through **neutral awareness and precise reference**.

2. Core Principle: Weakness, Not Problems

In the Yuen Method: - Pain, symptoms, emotions, and confusion are **results**, not causes - The cause is always a **structural weakness at the centreline**

The cause can be: - misalignment - collapse - compensation - timing error - dependency - loss of reference

You do not ask *why* something happened. You identify *where the system is weakening the centreline*.

3. Neutrality (Not a Skill – A state)

Neutrality means: - no desire to change - no emotional investment - no intention to heal - no identity as a helper

Neutrality allows the system to correct itself.

Simple Neutrality Check

Ask internally: > “Am I reacting?” if you are; you are not neutral

4. Reference Systems

You can only correct what you can reference.

Common reference systems include: - anatomy - nervous system - emotions - beliefs - energy - space - time - consciousness

A vague issue becomes workable when it is **referenced precisely**.

Example: Instead of “anxiety”, reference: - breathing rhythm - adrenal response - temporal pressure - emotional holding

5. Finding the weakness via INSIGHT.

Ask yourself, about the problem/pain/situation

“What is weakening my centreline?”

Do not analyze. Do not explain.

Simply notice what you feel.

Allow that feeling to develop and inform you.

6. Correction

Bring Energy into the centreline with a flash of intention to strengthen the centreline to what is weakening you.

Correction is: - instant - effortless - non-emotional

If nothing changes, continue to check your insight.

7. Distance and Time

In the Yuen Method: - distance does not matter - time does not matter

Corrections are structural, not physical actions.

8. Common Mistakes

- Trying to heal
- Wanting results
- Using imagination
- Becoming emotionally involved
- Creating stories
- Identifying as powerful

All of these create weakness.

9. Ethical Use

The Yuen Method emphasizes: - self-responsibility - non-dependency - clarity of role

You are not fixing people. You are allowing systems to return to strength.

10. Practice Orientation

Begin with: - self-correction - neutrality training - simple scans

Precision develops over time. Speed comes from clarity, not effort.

Final Note

The Yuen Method is best understood as:

Structural awareness with instant correction

Simplicity is a feature, not a limitation.