



## **Linda's Tai Chi**

### **Weekly Hand-out January 12, 2020**

At the end of each class, we breathe deeply from our abdomen; touch our fingers together ever so lightly that we hardly feel the skin to skin touch. The lightness of the touch represents our capacity to lighten our spirit when we breathe deeply, focus on the present and give ourselves permission release all tension from our body and soul.

#### History of the Lotus Flower

The lotus flower is known from the fossil record to have existed between 145.5 million years and 65.5 million years. At that time, it existed in both the Northern and Southern Hemispheres. As the Earth cooled and dried over time, the flower's habitat shrank significantly, with particular reference to the ice ages that occurred between 1.8 million and 10,000 years ago.

The lotus flower is native of the Old World, and can be found growing from Iran in the west to Japan in the east. It grows in Kashmir, India, as well as far south as Queensland, Australia. There's even a hardy species of lotus, scientifically named *Nelumbo komavorii*, which can be found in Vladivostok, Russia. The lotus comes in all colors but it is the *Nelumbo lutea*, the American yellow lotus that is the only one native to the United States. It grows naturally in large ponds and lakes as far north as Ontario and south to Texas and Florida.

#### The symbolic nature of the Lotus

What is it about the Lotus that has captured the soul of people?

The life cycle of the Lotus is extraordinary. From the deep mud far from the glow of the sun, the lotus grows, reaching the light becoming to many the most beautiful flower ever. The Lotus flower is regarded in many different cultures, especially in eastern religions, as a symbol of purity, enlightenment, self-regeneration and rebirth.

Its characteristics are a perfect analogy for the human condition: even when its roots are in the dirtiest waters, the Lotus produces the most beautiful flower. The lotus flower is one of the most ancient and deepest symbols of our planet. The lotus flower grows in muddy water and rises above the surface to bloom with remarkable beauty. ... Untouched by the impurity, lotus symbolizes the purity of heart and mind. The lotus flower represents long life, health, honor and good luck.

It truly has endeared the heart and soul of people. It is a very popular tattoo with as many meanings as one can imagine

- Patience
- Purity
- Mysticism
- Direct Spiritual Contact
- Emptiness from Desire
- Enlightenment
- Love and Compassion for All Things
- Self-Awareness
- Faithfulness During Spiritual Development
- Rising Out of Suffering

When we close our class, we form the lotus flower with our hands and place our thoughts of kindness, hope, gratitude, belief in self and self-awareness. At those moments of self-doubt, confusion, uncertainty, or even sadness, let these thoughts carry you through.