



Linda's T'ai Chi

Making the Most of your T'ai Chi Learning

There are 3 aspects to good T'ai Chi learning and practice - body, breath, and mind. How we "think" greatly influences our flow of qi (chi) or energy and our overall health. To learn something new, we must have the "beginner's brain"- open and accepting of the learning process. We can't expect perfection. But, so often what we think and how we think affects how we learn.

There are many aspects of thinking that gets in the way of positive learning- anger, negativity, frustration... and needing to be perfect.

When we learn and practice T'ai Chi it's ideal to strive for excellence, but sometimes, being okay is a good outcome. Being a bit better than the week before or the month before is the better goal. Progress over perfection.

When we strive for perfection, it can put too much pressure on ourselves. With too much pressure, two things can happen. First, the creation of stress disrupts our qi (chi) flow and we can't relax, we can't go with the flow and we can't have fun.

The second and maybe the worse thing is that we stop trying. We give up. Who wants to be under pressure and stress all the time? No one.

The moral of the story is to stop trying too hard. Relax, take your time, and enjoy the journey. Focus on breathing, doing the best you can and trust that it will all come together in due time.

I can't tell you when I went from being a beginner, to an intermediate student to teaching. It happened over time. Actually, I still see myself as a student. You, my students, are my teachers. I learn something every time I lead a class.

Enjoy,

Linda