



Linda's T'ai Chi Weekly Handout October 4, 2020

### Setting the Mind

"The mind should come first, the body later

The body should follow the mind as a shadow follows an object

All movements are directed by the mind, not by exerting muscular strength."

From The Classics

Relaxation is the cardinal rule of T'ai Chi Ch'uan. The Classics tell us that we need to "give up and follow the opponent." To give up means to relax completely. Relaxation is a state which requires great mental poise. Next it is necessary to pattern the body after the relaxed state of mind. This means no tension. Lack of tension creates the correct body posture necessary for using T'ai Chi for self-defense. As we have come to learn, the relaxed state has benefits beyond the fighting form. A soft body is good for our overall health and wellbeing by decreasing stress and the related hormones that lead to increased inflammation.

Sounds easy but it is not. And, it is certainly not easy under the circumstances we find ourselves in currently. But, that means it is more important to find time during the day to "stop the world and get off", take a break, and give our brain a chance to recoup and re-sort.

"Be alert as a hawk ready to seize a rabbit,

When quiet, resemble a mountain

When moving, be as a river

When storing energy, be as bow with its string drawn

When releasing energy, be as an arrow being shot."

Thank you all for your continued interest and support of our classes.

Stay safe and well and enjoy the piece of art.

Peace, Linda



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