



Linda' s T'ai Chi Weekly Handout

March 7, 2021

The internal essence of T'ai Chi

"Say, Pooh, why aren't you busy?" I said.

"Because it's a nice day," said Pooh.



"Yes, but—"

"Why ruin it?" he said.

"But you could be doing something Important," I said.

"I am," said Pooh.

"Oh? Doing what?"

"Listening," he said.



"Listening to what?"

"To the birds."



“And that squirrel over there.”

“What are they saying?” I asked.

“That it’s a nice day,” said Pooh.



“But you know that already,” I said.

“Yes, but it’s always good to hear that somebody else thinks so too.” he replied...

~ *The Tao of Pooh, Benjamin Hoff*

T'ai Chi is a listening art form. We listen to our breathing, our body, our movement through space and time. We listen to our inner voice; our intuition and we listen to what is around us. We can't do that when we are distracted by the constant sound of TV, the radio, and other outside noise. We need quiet to listen.

May you find moments of quiet in your life

Peace, *Linda*