



Linda's T'ai Chi Weekly Handout March 14, 2021



Spring comes to Japan 2021

Japanese Plum Trees

Photo by Yoko, T'ai Chi Student Advanced Class

Just Done

A month alone behind closed doors forgotten books, remembered, clear again. Poems come, like water to the pool Welling, up and out, from perfect silence –poem by Yuan Mei

Yuan Mei (1716–1797) born of a cultured family was a Chinese painter and poet of the Qing Dynasty. He served as a magistrate in four different provinces before resigning his position and returning to his hometown to pursue his literary interests. He has a large body of works from poems to paintings.

“Throughout his lifetime, Yuan Mei travelled extensively throughout southern China, visiting many famous mountains. On some of those visits, Yuan kept journal entries, representative of which is the *You Guilin zhu shan ji* ("Record of tours of the mountains of Guilin"). He also accepted students. Since he admired women's poetry, he took several female students and helped them publish their work under their own names.



Yuan Mei

Portrait by Luo Ping

Yuan was opposed to the strict moral and aesthetic norms of his day and valued creativity and self-expression. He advocated for women's literacy. Yuan was both famed and criticized for his Sui Garden where women would gather to compose and recite poetry. Two of Yuan's sisters enjoyed praise for their literary talent. "(Wikipedia)

May you find peace, calm and inspiration from the Poem, "Just Done"

Linda