



Linda' s T'ai Chi

Weekly Handout June 20, 2021

Two Roads Diverged in a Yellow Wood



The Road Not Taken

Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves, no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Robert Frost was born on March 26, 1874, in San Francisco, Frost drifted through a string of occupations after leaving school, working as a teacher, cobbler, and editor of the Lawrence *Sentinel*. His first published poem, "My Butterfly," appeared on November 8, 1894, in the New York newspaper *The Independent*. In 1962, he was presented the Congressional Gold Medal. Robert Frost lived and taught for many years in Massachusetts and Vermont, and died in Boston on January 29, 1963. (Wikipedia)



I know for certain that my life would be qualitatively different had I not taken the road that led me to teaching T'ai Chi. Performing and teaching T'ai Chi is a sustaining part of my life. I also know that were it not for T'ai Chi, my recovery from last year's illness would have been slower and less successful. The road I chose has truly made all the difference in my life. With appreciation for all of the less traveled roads each of us has chosen. I share with you this moment of awe. Perhaps you will discover inspiration or a message just for you that can make a difference in at least your mind today.

A Moment of Awe in the Visual Arts

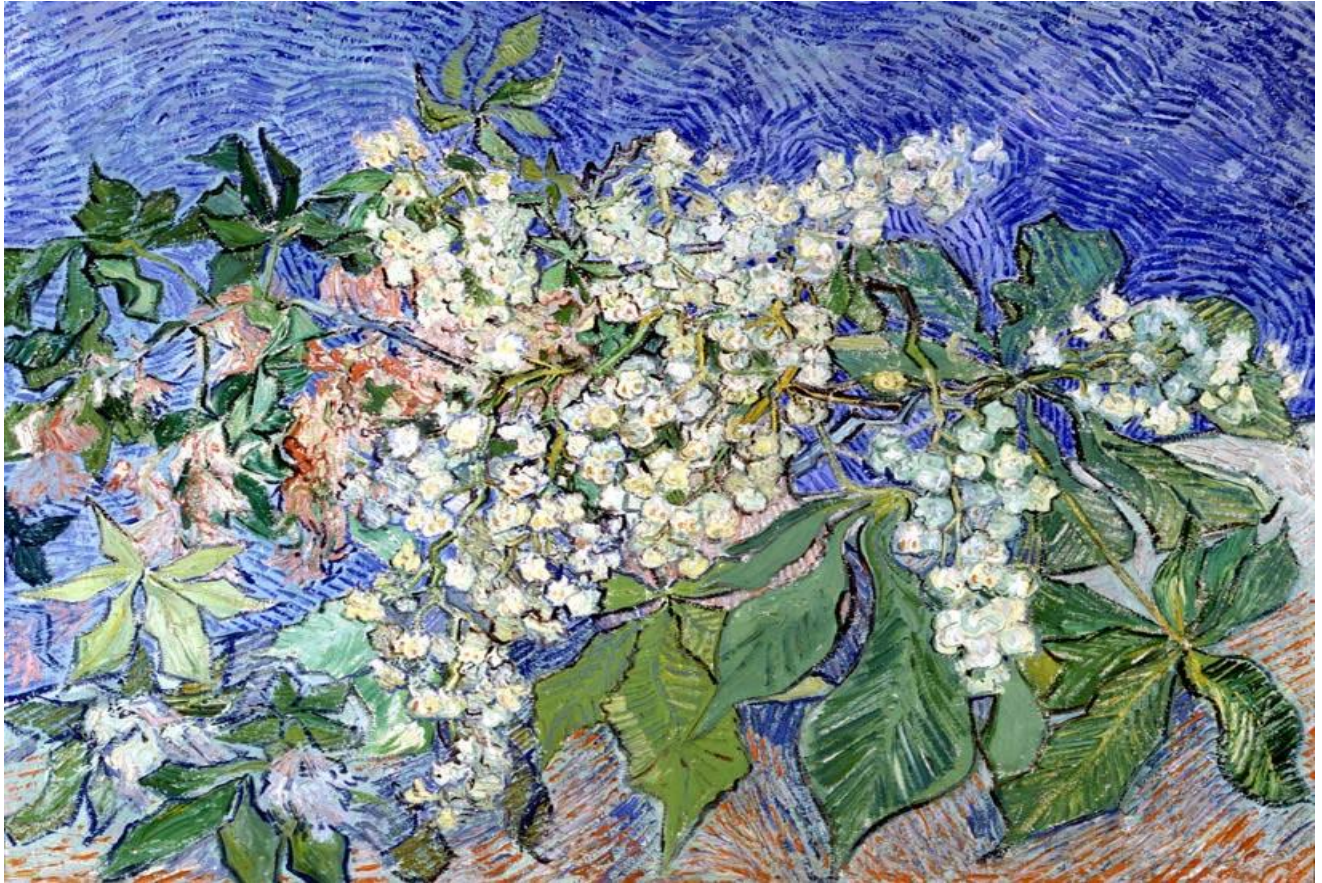
I have selected a few paintings that I enjoy. Various artists from different cultures and styles invokes in me a sense of calm, awe and gratitude for the beauty of visual arts.

Enjoy



Birds and Plum

Painting by Pu Zuo (1918- 2001) depicts flowers and birds; favorite subject of paintings in ancient China, offering a kind of special aesthetic interest. Flower-and-bird painting originated from the Tang Dynasty (618-907). This art form slowly advanced from initially serving as an ornamental pattern for daily utensils, then later serving as symbolic, metaphoric and allegorical elements in the background of figure painting. Finally, flowers and birds are seen in independent themes.



Blossoming Chestnut Branches

Painted by Vincent van Gogh during the artist's Auvers-sur-Oise period in May 1890, the final year of his life. Auvers-sur-Oise is a commune on the northwestern outskirts of Paris, France. It is associated with several famous artists, the most prominent being Vincent van Gogh. This was also the place where Vincent van Gogh apparently died by suicide. (Wikipedia)

The painting was one of four missing after a high-profile theft from the Foundation E.G. Bührle gallery in Zürich on February 10, 2008. The work was found nine days later in a parked automobile in Zürich, along with one of the other stolen paintings, and was returned undamaged to the gallery.



The Great Wave off Kanagawa

Japanese: 神奈川沖浪裏

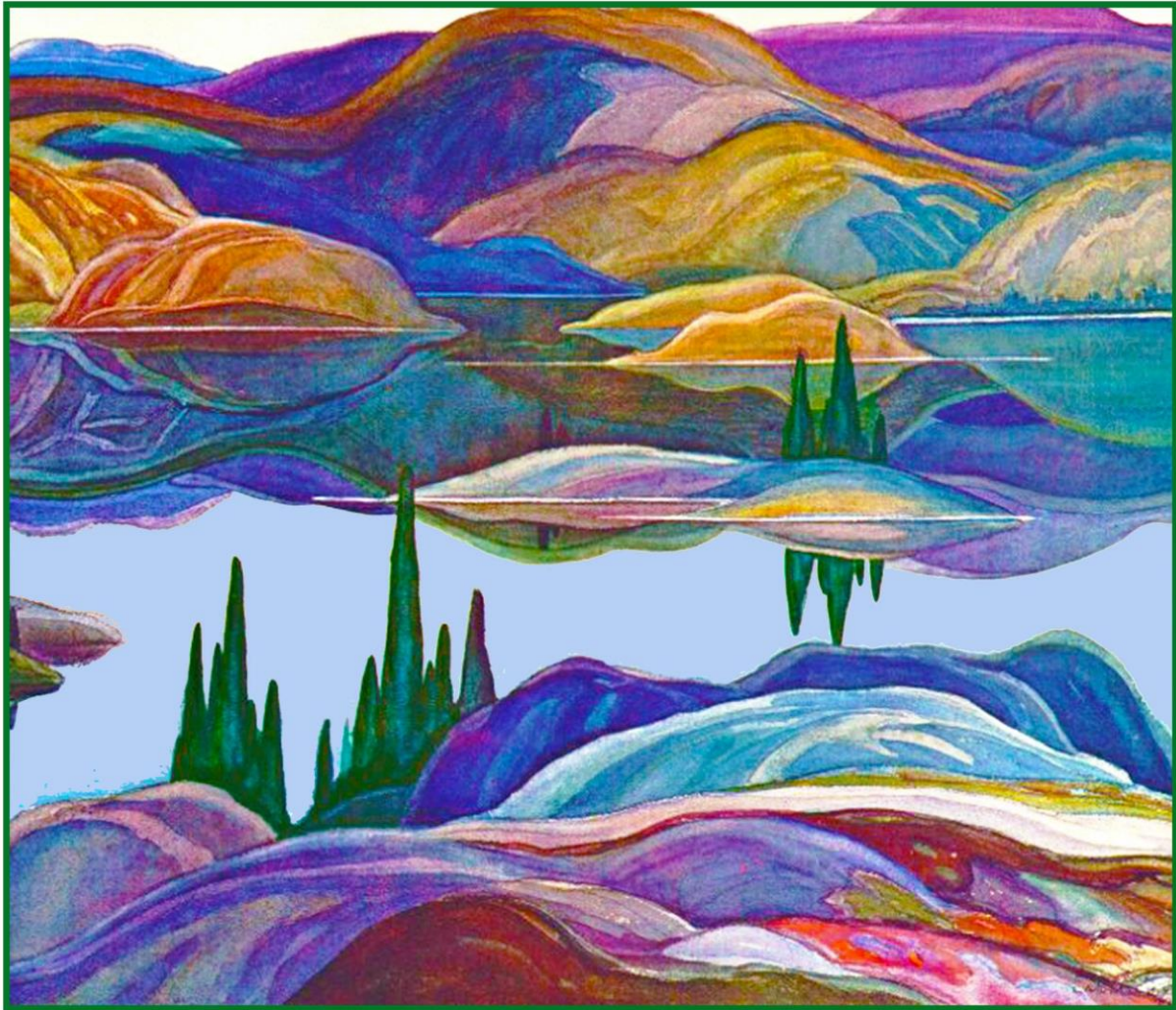
"Under the Wave off Kanagawa" also known as ***The Great Wave*** or simply ***The Wave***, is a woodblock print by the Japanese artist Katsushika Hokusai. It was published sometime between 1829 and 1833. The image depicts an enormous wave threatening three boats off the coast in the Sagami Bay while Mount Fuji rises in the background. Sometimes assumed to be a tsunami, the wave is more likely to be a large rogue wave. It is Hokusai's most famous work and is often considered the most recognizable work of Japanese art in the world.



Red Hills with Flowers

1937

Georgia Totto O'Keeffe (1887-1986) was an American artist known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes. O'Keeffe has been recognized as the "Mother of American modernism". (Wikipedia)



Mirror Lake Ontario

Franklin Carmichael RCA (1890-1945) was a Canadian artist and member of the Group of Seven. Though he was primarily famous for his use of watercolors, he also used oil paints, charcoal and other media to capture the Ontario landscapes of which he was fond. The Group of Seven also known as the **Algonquin School**, was a group of Canadian landscape painters from 1920 to 1933. I love the vibrant colors of this piece.



Past Times
1997

Kerry James Marshall was born in Alabama in 1955 and grew up in Watts, Los Angeles. He is a 1978 graduate of the Otis College of Art and Design and currently lives and works in Chicago. His exhibitions at The Museum of Contemporary in Los Angeles and Chicago cemented his stature as a painter and placed his name on the lips of contemporary collectors all over the world. This painting sold for \$21.1 million. Shucks, my bid fell short at \$20 M. Maybe next time.

I do hope you found this a moment of awe, appreciation and calm. T'ai chi postures move through space and time in harmony with nature and the natural world. It pulls the energy up through our bubbling well spring, into our lower dantien and moves our qi throughout our body, released from our fingertips onto the palette around us and returns.

Peace,

Linda

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