



The Fire Element of Summer Weekly Handout July 11, 2021



(Not this fire, the internal Fire that is your energy)

One of the goals of T'ai Chi is inner and outer harmony. Harmony within our mind, body and spirit, and harmony with the outside world. Traditional Chinese Medicine and Tai Chi uses the Five Element Theory as a study of relationships with nature.

The Five elements are Fire, Wood, Metal and Earth. I will write more about each element at another time but for now, I focus on Fire.

According to Qigong, summertime is the time of year when the Fire element is strong and the energy of our heart is flowing fully and is plentiful.

The Yang energy which is warm, bright like the sun and flows close to the surface means that we are full of energy coming out of the winter. We also have pent-up energy from months of isolation and distancing from people.

This is the time to take advantage of our renewed energy. Your Tai Chi practice should focus on using your inner energy, your qi to make your postures smooth, intentional and coordinated as you empty and fill,

You can also use your Fire energy to complete a project you have had noodling around in your mind, pursue a new interest, and encourage the health of your body, mind and spirit, Engage with people, travel if you can. Meet new people; you have the energy from Fire to do this. Revel in the fact that we all came through this past year plus a few months with a renewed sense of purpose. Your energy will replenish easily, it is already there. We just need to be in touch with our inner Fire.

This is one reason I encourage Tai Chi in the Park. We reconnect with nature, the warmth of the sun, the water, the air and the community around us.

Peace,

Linda

