



Linda's T'ai Chi Weekly Handout September 26, 2021  
Tiger Emerging Qigong



Chinese god of wealth, Tsai Shen Yeh

In spiritual traditions and many cultures, *spirit animal* refers to a spirit which helps guide or protect a person on a journey and whose characteristics that person shares or embodies. It is also metaphor, often humorous, for someone or something a person relates to or admires. (Wikipedia)

A spirit animal is characterized as a teacher or messenger that comes in the form of an animal and has a personal relationship to an individual. Other names might be animal guides, spirit helpers, spirit allies, power animals, or animal helpers. It is believed that you do not choose the animal, rather it chooses, or has already chosen you.

As a spirit animal, the meaning for the tiger is said to be **willpower, courage, and personal strength**. Some recognize tigers and dragons as powerful symbols representing the balanced forces of yin and yang. The Chinese god of wealth, Tsai Shen Yeh, is often shown sitting on top of a tiger to emphasize his power.

As we perform “Tiger Emerging” we keep in mind that we sink the chest, (this automatically lowers and relaxes your shoulders) breathe deeply, evenly and slowly from our lower dantien (at our gut). As the Tiger rests in the cave, we imagine our inner Tiger calm and relaxed. Breathe in through your nose, deeply and slowly.

As the Tiger emerges from the cave, we breathe out through our nose, with energy, strength, courage and perseverance. As your Tiger emerges, reengage with this spirit that gives you the fortitude and courage to persevere when difficulties arise, and they will.

Think about a time you used your courage and Tiger spirit to tackle something difficult; something that required great inner strength. Call on that time as you face a difficult time, perhaps now. Your Tiger spirit is with you always. Sometimes it is lost or forgotten. Sometimes it is gets caught up in the monkey brain (clutter, anxiety, worry) but when called upon, it emerges. It is always with you.

Peace,

Linda

