



## Linda's T'ai Chi Weekly Handout

October 24, 2021



I have been writing about spirit animals these past few weeks in my weekly handouts. Whether you believe in spirit animals as internal guides or not, within each of us is the ability to call on our inner strengths in times of need.

Perhaps you think of these qualities as personality traits that you were born with or acquired over the years. Perhaps you consider these qualities a gift from a mentor, a parent or someone older and wiser who helped you identify these inner strengths. Perhaps you consider these qualities a gift from God. Or, perhaps you consider these inner strengths a natural part of being human that we can call upon when needed.

I happen to believe that we are all endowed with these gifts but we have to choose to recognize them and use them. So, I write about animal spirits to encourage each of us to recognize our strengths.

I have written about the Tiger, a spirit of courage and perseverance. Separating wild horse's mane is the spirit of adventure, a journey we may embark upon and freedom. The owl is our intuition that speaks to us when we may not even be consciously aware. The owl looks behind and lets us know to pay attention to what is around us and within us.

Today, I write about a lovely spirit animal, the Dove. We 'fly like a dove' is one of the postures in our qigong routine, Shibashi.

The dove represents peace, blessing and new beginnings. The dove is a hopeful and optimistic spirit animal



The Mourning Dove can be found in Washington State

As we perform the flying dove, maybe we can keep in mind that in spite of hardship and set-backs, we have the capacity to start anew. That is the message of the dove.

Peace,

Linda

