



Linda's T'ai Chi Weekly Handout October 10, 2021

The Owl looks behind



The Owl Looks Behind is one of the postures in the 8 Pieces of Brocade. Eight pieces of Brocade or Baduanjin qigong (段錦) is one of the more beautiful qigong routines. Each posture in this form characterize and impart a silken quality (like that of a piece of brocade) to the body and its energy.

Not surprising, 8 Pieces of Brocade uses one of the many spirit animals found in T'ai Chi. The owl is a spirit guide that has the ability to see what others miss. It sees the deeper meaning of things and discovers the hidden treasures in life.

Owls represent wisdom, knowledge, change, transformation, intuitive development, and trust in the mystery of life. Owls can show up when we ignore or deny our intuition, our inner voice. The Owl beckons us to listen to our intuition that "knows" well before a thought or feeling has to come to our conscious attention.

Seeing an owl encourages us to discover the truth about who we are. This is not always pleasant work, as we have to walk in the darkness to finally get to the light. But the owl is there to light the path, and to help guide us along the way.

There are a number of interpretations of the symbolism of the owl. You are the best source to determine what spiritual messages are being sent to you.

Physically, the Owl Looks Behind exercises the neck muscles, our eye muscles, and relaxes stiff and tense muscles in the neck and upper shoulders. It also uses both sides of the body so the contracting and relaxing of muscles is bilateral. This should be done softly and slowly.



As we perform the Owl Looks Behind, be aware that within each of us is the intuitive knowledge of our own wisdom and truth. This intuitive knowledge guides our creativity, our choices as well as guiding our perception of unsafe people and situations. I will teach the Owl Looks Behind the week of October 10, 2021.

Stay safe and well

Peace,

Linda