



## Linda's T'ai Chi Weekly Handout March 27, 2022

Happy Spring



The birds are busy building their nests, buds are peeking forth from their dormancy, worms are moving about beneath the soil, daffodils and crocus polka dot our gardens and the days are starting to warm, a bit. Perhaps you have started to think about your gardens. Well, much like growing a garden, Qigong practice in the Spring is like planting the seeds of positive energy.

This is the time to begin anew with our gentle movements, deep breathing and focusing our minds on positive and affirming thoughts. This is not a Pollyanna comment to those of us with thoughts, feelings or life issues that weigh heavy on our hearts but an invitation to create time and space each day to settle our spirit if for only a brief time. Letting up on the gas pedal is necessary to maintain our overall health and wellbeing. "There is a season (turn, turn, turn) and a time for

every purpose” (the Byrds, 1965)

Like T'ai Chi, we are not striving for perfection but using our Qigong and Tai Chi practice to explore how our body, breath and mind integrate into our whole being. Perfection comes with time and practice over many years.

We strive to be the best we can be, of course, but mistakes are part of the learning process. We strive to experience a state of flow; being in the zone to harmonize internally and externally.

If you have not already, this might be a good time to perform “the Five Breaths” Qigong every day. You can find this as one of my videos if you wish to follow along. Qigong practice is a complimentary practice of T'ai Chi.

Peace,

Linda



The Lotus grows from deep within the mud as it seeks the sunlight. Even on dark days, we can seek the sunlight for moments of peace and calm.