



Linda's T'ai Chi Weekly Handout April 24, 2022

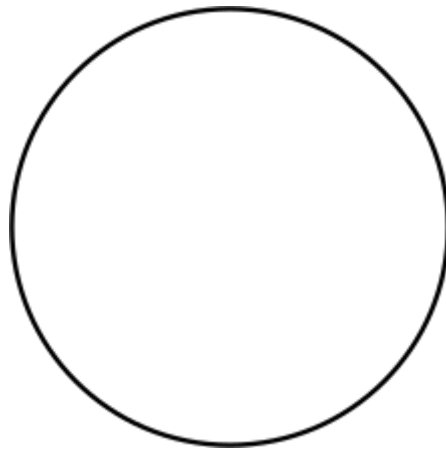
Seeking and Finding Quiet



April 27, 2022 is International Noise Awareness Day. I am attaching a newsletter from "The Newsletter of the Right to Quiet Society for Soundscape Awareness and Protection." Many of you know one of our Tai Chi members, Karl Raab who is an active member of the Society. You can find his article on page 7 of the newsletter. He is also the VP of the Right to quiet.org. These are a-political groups that educate and advocate for the reduction of noise pollution in our environment. (I apologize if any of these attachments appear political; certainly not my intent or message.)

LBH Enterprise, LLC April 24, 2022

I bring this to you because quiet (Internal and external) is a foundational principle in our T'ai Chi practice and the ultimate goal of performing T'ai Chi and Qigong. When we begin our routines, we begin with "wuji". Wuji means stillness and nothingness. In the Chinese mythical understanding of the universe, before light and dark, cold and heat, there was nothing. This is represented in the early T'ai Chi symbol. We discover our inner stillness and quiet through deep breathing, relaxation, softness and quiet. We often "quiet the eyes."



Early T'ai Chi symbol before differentiation of Yin and Yang, before complimentary opposites.

On Wednesday April 27<sup>th</sup>, perhaps each of us can seek and find a few minutes of quiet. Your heart, mind and soul will be eternally grateful.

Peace,

Linda