



Linda's T'ai Chi Weekly Handout May 29, 2022

**Let Your Garden Grow**



Gardens need a few things to sprout and blossom; a little sun, a little shade, regular watering, a space to grow and from time to time, a bit of fertilizer to nourish the soil for healthy growth. Without these basics of life, our gardens will wither and die. People are like gardens. We need the basics of life to nourish, bloom, to thrive and grow.

### **We need Sun and Shade**

The yang energy of the sun generates the production of vitamin D that supports bone health and has been linked to lowering blood pressure and promoting a healthy state of mind. And, we need to balance that with the yin energy of the shade that provides a reprieve from the heat of the sun and protects us from the Ultra violet rays that with prolonged exposure is harmful to our skin.

### **We need regular watering**

Our cells are made up of about 60% water; our brains are about 80% water. We need water to exist. Water Carries nutrients and oxygen to cells, lubricates our joints, lessens the burden on our kidneys and liver by flushing out waste products and helps dissolve minerals and nutrients to make them accessible to our body (Mayo clinic) Humans can live for weeks without food but only 2-4 days without water.

### **We need space (environment) to flourish**

We need to be in and create an environment that is safe, healthy, peaceful and supportive of who we are as a person. We need to feel comfortable and at-home in the space we create. And, from time to time, we need to “weed” our internal and external garden, removing toxic people, clutter, noise, unhelpful habits, poor diet and unhelpful thoughts.

## **We need a little bit of fertilizer**

It is essential that we make time to replenish our soul with music, art, poetry, nature, and friends. We need to make time to reflect, heal, imagine, ponder, wonder, create, rejuvenate, rest, and to listen to our inner voice.

T'ai Chi and Qigong practices are the cultivation of a healthy body, a bright clear mind and a peaceful spirit.

May your garden flourish and nourish,

Peace,

Linda

