



T'ai Chi Ch'uan

Linda's T'ai Chi Weekly Handout June 5, 2022

Harmonizing Externally

Our 5 Breaths Qigong encourages us to focus on the basic principles of T'ai Chi: A body and mind that is calm, relaxed and soft; joints free from tension; a spine that is tall and elongated, not straight but tall, an internal world in harmony with itself and finally, a body mind and spirit that in harmony with the outside world. These are the 5 Breaths Qigong.

I have been thinking about harmonizing with the outside world; our external harmony. I find it easy to find synchronicity with nature, the wind, sun, rain, flowers, fragrances from the earth, light, dark, water and the stars. Also, easy, is to harmonize with members of our class as we move and breathe as one. It is very satisfying to feel the room come into equilibrium. To be in harmony externally requires us to be aware of what is around us. That is my problem. I am overly aware.

I am struggling with harmonizing with the world. World Tai Chi and Qigong Day tells us that we are "One World, One Breath," but the nature of conflict, tragedy, discord, and overwhelming pain and suffering in our communities, country and the world family leaves me feeling at times disjointed, distracted and frankly, exceedingly, sad and helpless.

During one of my moments of gratitude, I find myself being grateful to the Hillcrest Church and St James Church. They have opened their doors to us and given us a home for our Qigong/Shibashi/Tai Chi classes. I am very appreciative of that kindness. They ask nothing in return. Besides opening their doors to groups like ours, Hillcrest feeds the hungry through the Southside Food Bank. So, I was thinking if I can help our local community by piggy- backing on the mission of Hillcrest to feed the hungry, it might ease my mind a bit and allow me to feel like I am doing something to help harmonize with our community. There is nothing more disharmonizing is hunger.

Food insufficiency is a problem for many families. Not having enough food or the right food, has far reaching negative effects on overall health and wellbeing for people of all ages. It is impossible to achieve a balance of health and wellbeing when hungry.

This is what I propose: For the rest of June, if you choose, bring one of the items listed below to class. I will collect in and take it to the Hillcrest Food Bank.

- All-purpose cleaner
- Pasta sauce
- Coffee
- Spam
- Healthy cereal (i.e., Raisin Bran, granola, Shredded Wheat)
- Toothpaste
- Shampoo & Conditioner

There is no expectation that you participate, none at all. I know many of you already give-back to your community in your own ways. But, if you feel at times as I do, and this small gesture may help alleviate some of the feelings of disharmony, I hope you will join me and perhaps feel more in harmony with a world that is, of late, out-of- harmony.

Peace, health and wellbeing for all,

Linda