



Linda's T'ai Chi Weekly Handout June 19, 2022

Summer



We welcome the start of summer, the June solstice, June 21<sup>st</sup>. In the Northern Hemisphere, the summer solstice occurs when the sun reaches its highest and northernmost points in the sky. Our Australian friends celebrate the start of winter.

The Chinese character for summer is an image of a man standing under the scorching sun. The heat of the sun warms the fruits of our heart, creating the most succulent and expansive energy of the year- joy and love. In Traditional Chinese Medicine (TCM) summer is the peak of nature's growth so it is the best time for each of us to express the most yang part of our being (bold, bright and active). It is time for us to live life to its fullest, nourish our spirit and to venture to places we have not gone before physically and emotionally. The brightness of the sun encourages us to go outdoors and to be more active through movement and play.

The summer element in the T'ai Chi world is fire. In our body, fire connects to our heart fire that is the human force of unconditional love and acceptance.

Surrounding the physical heart at the center of the chest is a reservoir of qi, called the Middle Dantian or heart center. A Dantian is an area in the body where qi gathers, is refined, transformed, and stored. The energy generated here is the vibration of love and compassion. When the Middle Dantian is weak or stagnant we feel irritated, unfulfilled, rejected, hypersensitive, shy, disturbed, lonely and miserable. When the Middle Dantian fire is strong and radiant we feel loving, compassionate, awake, patient, understanding and are open to love and be loved. Compassion means "with passion." The compassion frequency fuels us to experience life in every possible reality, to accept all beings and circumstances with pure love and awareness.

When you perform your Qigong or T'ai Chi, focus on being open, expansive, heart centered and bold.

It is no wonder that on July 7<sup>th</sup> at 12:30 PM, we will take our Qigong practice to Zuanich Park as we connect with the beauty of the water, the wind, clouds and with each other. We return to the 10 AM Qigong at Hillcrest October 1, 2022.

Parts of this letter is excerpted from Marisa Cranfill and her videos *Six Healing Sounds and Qigong for Stress Relief*,

Peace and goodwill to all people, *Linda*

