



Linda's T'ai Chi Weekly Handout July 3, 2022

Time Travel Qigong

Our new Time Travel Qigong routine is based on the concepts and principles of Primordial Qigong. Since Primordial Qigong is longer than most of the qigong routines I teach, I have borrowed from this beautiful form and created the Time Travel Qigong.

Our time travel qigong is based on the idea that there is an energy force within us and all around us. The energy from the earth merges with the energy of the universe and merges with our own energy. The earth is represented by yin energy-the soil and water while the heavens are yang energy- the cosmic influences of the stars and moon.

It is a beautiful understanding of the earth and universe. Just as there is a life force in nature there is a life force within us. It is our mind, body and spirit all connected to something greater than we.

We begin by facing east- the beginning, the start. As we cultivate our qi (chi) pulling from the earth and merging with the heavens, we start our travel back in time with our mind, back to a place, event, person or situation that was peaceful, satisfying, safe and warm. As we continue gathering qi, we bring that feeling and experience with us back to the present. It is like guided imagery. During times of stress or unrest, we can bring that experience to the forefront of our mind, to destress, relax and calm. Each posture is soft and yet strong and bold.

May you enjoy these moments of peace, Linda