



Linda's T'ai Chi Weekly Handout October 23, 2022

Our Inner Voice

Sometimes at the end of our class as we perform our Wu Shu greeting, we call forth a name in our mind of a person who in our past believed in us; a person who had faith in us, who saw something special, had confidence in us and provided a sense of safety and calm. This person is part of your posse as I call it. A person who persons who speak to you when you need guidance, direction, and confirmation you are on the right path. This inner voice, your posse, also recognizes danger well before you are consciously aware of a dangerous situation. Trust it.

The person you call forth in our Wu Shu greeting is part of your intuitive process. In T'ai chi, this is the spirit animal of the owl. Your inner wisdom that understands things and knows things well before your conscious awareness. Intuition is the ability to understand situations immediately without having to consciously think about it. Some people call this a "gut feeling" which is why people believe intuition is a feeling instead of a rapid thinking process. Your inner voice may come to you as a funny feeling deep inside, a nagging thought, a worry, a persistent thought that won't go away or a sense that something is wrong- an un-ease in your body.

Intuition comes to you as a feeling but in fact is a thought process. It just happens at break-neck speed. Our human brain can process 11 million bits of information every second. But our conscious minds can handle only 40-50 bits of information every second. Built into our limbic system, is the ability to recognize situational patterns. It

stores information and experiences we have developed over years of living. This inner voice is part of your safety net to let you know when something or someone is not safe. But it is also part of your creative spirit. The spirit that guides you in your creativity.

Your inner voice is with you at all times. It stays with you and guides you at all times. It does require you to listen; to be still and to trust yourself.

May the owl be with you always and with your posse,

Peace, *Linda*

