



Linda's New Year Message for 2023

At the stroke of midnight December 31, 2022 we celebrated the passing of time from the old to the new. Welcome to the Chinese Year of the Rabbit. If you born in a year of the rabbit you are known to be gentle, quiet, elegant, and alert as well as quick, skillful, kind, patient, and very responsible,



If the mythology holds true, the previous 2- year period of struggle and hardship should fall into place and we enter a time of tranquility and calm. Wouldn't that be nice?

The Rabbit is the fourth of all zodiac animals. Legend has it the Rabbit was proud—arrogant even of its speed. He was neighbors with Ox and always made fun of how slow Ox was. One day, the Jade Emperor said the zodiac order would be decided by the order in which the animals arrived at his party. Rabbit set off at daybreak. But when he got there, no other animals were in sight. Thinking that he would obviously be first, he went off to the side and napped. However, when he woke up, three other animals had already arrived. One of them was the Ox he had always looked down upon.

The moral of the story is that the race is not always to the swift. In our practice of T'ai Chi, this is very true. We each learn at a different pace. Some students learn faster than others, some learn quickly, plateau and then continue forward. Some even feel their growth stall- out or worsen. This is all normal. Learning is more of a step ladder than a linear process. We each have our own pace of learning and our own style of learning. Some learn at a slower pace and feel they get behind the others in class. Not true. It is not a good idea to compare our learning to others. Stay the course and you will meet your goals in your own time. T'ai Chi is a journey, not a destination.

The rabbit teaches us calm and tranquility. The ox teaches us patience and perseverance.

May 2023 be a good year for each of us as we face the future with confidence, patience, hope and courage.

Peace to all,

Linda