



Linda's T'ai Chi Weekly Handout

April 16, 2023

The Goal of T'ai Chi Ch'uan

When performed properly, T'ai Chi helps us to become “Strong as an oak, flexible as a willow and mindfully clear as still water.”

Practicing the 5 Breaths Qigong on a regular basis is good for our mind, body and spirit connection, and will help us achieve the goals of T'ai Chi- inner and outer harmony.

When performing the 5 Breaths Qigong, find a space where you feel safe and calm. Clear your mind of the past and the future. Begin by feeling the energy of the earth through the bubbling well spring – the ball of your feet. Begin deep breaths in through your nose as you raise your arms, and breathe out slowly as you lower your arms. Quietly repeat each phrase out loud or in your mind. Perform each one twice seeking a softer quieter feeling in your body, mind and spirit. Enjoy the moment you are creating

1. I give my body permission to be soft, calm and relaxed.
2. I give my body permission to create space in all of my joints.
3. I give my body permission to elongate my spine- my string of pearls, being tall but not straight; rising from my tailbone to the top of my crown – the spirit rising.
4. I give my body permission to harmonize internally- my breath, flow of blood, and energy
5. I give my body permission to harmonize externally- the wind, rain, sun and to harmonize with the energy in the space I have created to perform the 5 Breaths



Peace, Linda