



## Linda's T'ai Chi Weekly Handout August 13, 2023

Once again, I have one of my students to thank for bringing me a lovely reference to T'ai Chi that she found in a book that she is reading. I share this with you in this week's handout. The reference comes from a fictional book by author Thomas Perry (his full Bio is below). Thomas Perry (b.1947) is an American mystery and thriller novelist. He is a prolific writer and has won various awards for his books.

The story is not about Tai Chi but the main character, Jane Whitefield, practices Tai Chi daily. When asked about why she likes Tai Chi, the character responds, "part of the idea is that after a while the body makes the movements flow into each other without consulting the mind. This isn't exactly about fighting. It's about not fighting. Your opponent is fighting, but you're watching. He attacks, but you've already begun to yield space. He strikes but you're not really there. You only passed through there on your way to someplace else. You bring his force around in a circle, add yours to it and let him hurt himself." (the author uses He to describe the opponent. This makes sense within the framework of the story)

What a lovely and accurate description of T'ai Chi Ch'uan- Creating space, yielding, rounding, using circles and spirals, mind over matter. After all, Tai Chi is an internal art. The external is just an extension and expression of the mind.

Perhaps you can find a way to perform your Tai Chi from this perspective. It starts with deep slow controlled breathing. Peace, Linda

Scroll downward for a bio on Thomas Perry



The Lotus – a symbol of honesty and goodness

Thomas Perry Bio

### Writings

Perry's work has covered a variety of fictional suspense starting with *The Butcher's Boy*, which received a 1983 [Edgar Award](#) from the [Mystery Writers of America](#) for Best First Novel, followed by *Metzger's Dog*, *Big Fish*, *Island*, and *Sleeping Dogs*. He then launched the critically acclaimed [Jane Whitefield series](#): *Vanishing Act* (chosen as one of the "100 Favorite Mysteries of the Century" by the Independent Mystery Booksellers

Association), *Dance for the Dead*, *Shadow Woman*, *The Face Changers*, *Blood Money*, *Runner*, and *Poison Flower*.

Perry developed a non-series list of mysteries with *Death Benefits*, *Pursuit* (which won a [Gumshoe Award](#) in 2002), *Dead Aim*, *Night Life*, *Fidelity*, and *Strip*. *The New York Times* selected *Night Life* for its best seller selection. In *The Informant*, released in 2011, Perry brought back the hit-man character first introduced in *The Butcher's Boy* and later the protagonist in *Sleeping Dogs*.

*The Informant* was awarded the 2012 [Barry Award](#) for Best Thriller.<sup>[1]</sup> *Eddie's Boy* received the 2021 Barry Award for Best Thriller. In 2021, *Vanishing Act* was included in *Parade's* list of "101 Best Mystery Books of All Time".

## Biography

Perry was born in [Tonawanda, New York](#), in 1947. He received a B.A. from [Cornell University](#) in 1969 and his Ph.D. in English Literature from the [University of Rochester](#) in 1974. He has been a laborer, maintenance man, commercial fisherman, weapons mechanic, university administrator and teacher, as well as a television writer and producer (*Simon & Simon*, *21 Jump Street*, *Star Trek: The Next Generation*). Through January 2020, Perry has published 27 novels. He lives in Southern California with his wife, author Jo (née Lee) and their two children.