



Linda's T'ai Chi Weekly Handout February 18, 2024



This past week we celebrated the Lunar New Year with the Red Envelope exchange. This is the third year I have shared this tradition with you. I have attached a prior weekly handout where I write about the tradition and mythology of the red envelope.

I believe that when choosing the red envelope, the envelope is actually choosing you. It is your intuition that draws you to select a particular envelope from the number of envelopes presented. The content of the envelope is what you need, not what you want.

This year, the envelopes contained one word- Mind, body, or spirit. T'ai Chi and Qigong when performed correctly coordinates the mind, the body and our spirit. To accomplish this, we must be calm, soft and relaxed.

The mind, body, spirit connection is at the root of T'ai and Qiqong. As we perform the postures, we are attempting to feel the flow of our energy. Let's take a deeper look at these concepts.

The mind is not our brain. The brain is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body. (John Hopkins) The mind is our perception of life, ourselves and how we see and experience the world. It is concentration, focus, beliefs, awareness and how we make sense of how we fit into the world and how the world interacts with us. It is the person-in-environment fit.

The body is our physical being. Our physical being is a product of genetics, familial history, and life choices. We can treat our body well and take care of our physical being or we can neglect our physical being and experience the consequences of such neglect. We can be kind to our body if we choose.

Our spirit is not part of our physical embodiment but rather our essence, feelings, creativity, our resilience and inner voice. It is what connects us to the greater universe.

So, the envelope chose one of these concepts for you. It is up to you to consider and ponder why. What is the meaning for you today, tomorrow and the future. The meaning may change over the course of the year depending on what you need. Not what you want. If we listen to our intuition, we will know what we need. We just need to listen to our inner voice. Peace and Goodwill to all, Linda