



Linda's T'ai Chi Weekly Handout March 24, 2024

Spring Has Sprung



A backyard somewhere in Bellingham WA

Ah, Spring has arrived and a few bright sunny days lightened our sprit. So far, the deer and bunnies have not discovered my daffodils but plenty of opportunities over the next few weeks for them to discover these tasty treats.

Spring is a season of renewal and regrowth. It is the season where we renew our commitment to improving and sustaining our health and wellbeing. Spring is a wood energy that symbolizes vitality of the yang energy. We focus again on the ball of our foot, the “Bubbling well-spring” that represents the gate that either permits or inhibits the earth Qi (Chi) from rising and entering the body. The prime factor here is balance. If our balance is good, the foot relaxes and the natural energy flows into the body.

The ancient Chinese believed that energy of humans and the universe are connected. Many of our Qigong and Tai Chi routines come from this relationship between the universe and nature. By performing Tai Chi and qigong we are invited and encouraged to live in harmony with the natural cycles of the earth. We often begin our classes with a simple Qigong breathing technique called “earth energy rising, heaven descends. “ In traditional Chinese medicine and philosophy, humans are the conduit between the energy of the earth and the energy of the universe.

As we leave behind the Yin energy of the winter , our spirit and body awaken to the more expansive Yang energy. We breathe deeper and a bit slower to gather and absorb all of the energy that the earth has to offer. We expel the stagnant energy from the darker and colder months and increase our blood circulation to help supply fresh and flowing Qi throughout our body. Emotionally, as nature blossoms, grows and renews, so do we. It is a great time to become more active and refocus our efforts on what is important to us- new projects, new relationships or recommitment of existing ones.

The elements of growth and rebirth in traditional Chinese medicine are nutrition, herbs and teas, acupuncture, massage, acupressure, meditation, Tai Chi, qigong and a balanced and healthy life-style. This will fall nicely into the workshop/seminar Maureen, one of our advanced students and I are planning for you sometime next month. Stay tuned.



Food for the season according to Traditional Chinese Medicine sources: Fennel, rice, buckwheat; possibly pungent flavors (garlic, paprika, ginger) in case of accumulated dampness left over from the colder months. Sour flavors, because they stabilize liver yin energy (the liver is our focus in Spring). Other foods to consider are green in color with neutral, cool, or warm energy: Green tea, spinach, celery, a little more raw foods and sprouts. Some other good choices include grapes, dates, figs, apples, cherries, bananas, and apricots. Sorry, I don't see chocolate on this list but surely this must be an oversight on their part.

Peace and goodwill to all people

*Linda*



Somewhere, USA



Beautiful Lake Frederick, VA





Abbotsford BC Canada



Arizona , USA





Japan



The planting of cherry trees in WA, DC originated in 1912 as a gift of friendship from the People of Japan. In Japan, the flowering cherry tree or “Sakura” is an important flowering plant.