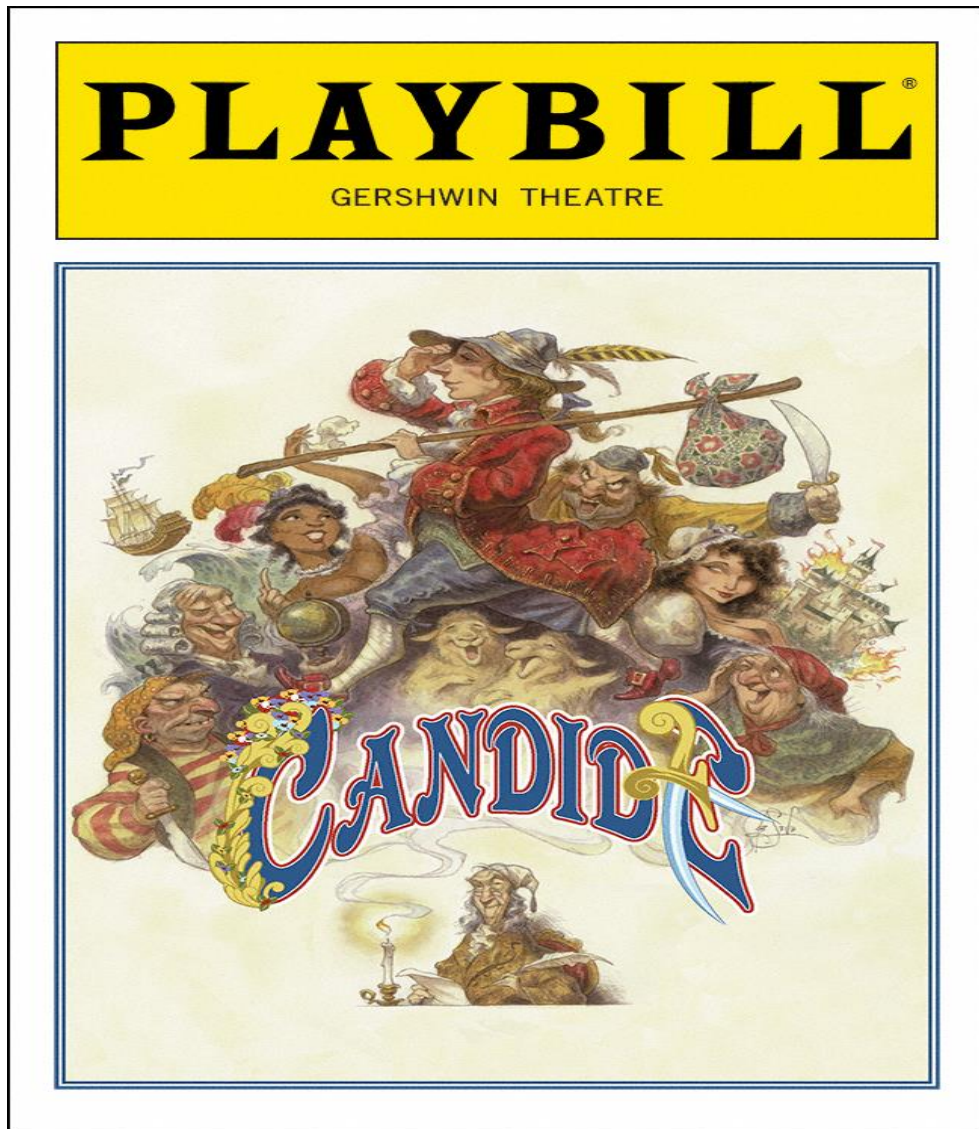




Linda's T'ai Chi Weekly Handout April 7, 2024

Make Your Garden Grow



**“Candide** is an operetta with music composed by Leonard Bernstein and lyrics primarily by Richard Wilbur, based on the 1759 novella of the same name by Voltaire. The operetta was first performed in 1956. *Make Our Garden Grow* is the closing number from the operetta. After a journey that has brought young lovers Candide and Cunegonde from Westphalian idyll to disaster at sea, to Spanish bordello, the ravages of war, and back again, the cast unites at a simple farm to start anew”. (Hollywood Bowl website)

In the finale to Leonard Bernstein's operetta Candide, the characters resolve that the only solution to the world's moral quagmires is to “tend your garden” by living simply, productively, and hoping for the best. This realization follows countless misfortunes and futile searches for happiness. Here is a verse from the song, *Make your Garden Grow*. (Wikipedia)

“You've been a fool and so have I  
But come and be my wife  
And let us try before we die  
To make some sense of life


We're neither pure nor wise nor good  
We'll do the best we know  
We'll build our house, and chop our wood  
And make our garden grow  
And make our garden grow”


In Traditional Chinese Medicine and Qigong, Spring is the season of renewal and growth. ☸ It is the time of the Wood element - when it's good to begin a new project and let your Qi rise to the surface. It is the time for a fresh start.

Each time we begin a qigong routine or a T'ai Chi posture, we begin anew. A fresh start each time. It's almost as if we have an untilled garden - and we can plant and cultivate anything that we want during our practice. So, how shall we make our garden grow? Of course, we can define our garden as we wish. We can attend to our body, our mind

and or our spirit to begin again- a fresh start. These are 3 harmonies all connected by our energy.


We ask ourselves, what do we want to grow? What do we want to cultivate?

 Peace and calm

 Energy

 Creativity

 Healing

 Kindness and compassion

We can also grow our relationships, our perceptions of the world and our community, We can choose to cultivate and grow our hobbies and interests. We can also shed what is no longer useful or working for us. If do not weed our garden, the weeds win. It is hard to give up on things but sometimes we need to let go of things that hold us back as we make room for things that make us happy, content, fulfilled and content. I have had the obsession to finish a novel that I do not enjoy or like. I have come to the place that if the book is no longer enjoyable, I put it away, uncompleted. It took me awhile to come to that I must admit. It certainly opens up the time to start a new book , one that is enjoyable and engaging.

What will you choose to cultivate this season? Is these something you need to shed in order to cultivate and.....

## Make your Garden Grow





Japan

Peace, Linda

