



Linda's T'ai Chi Weekly Handout May 5, 2024

Cycles of Nature

The chirping of the birds, the greening of the trees and foliage and the beautiful sunsets alert us to nature's cycle as spring fully unfolds before us.

T'ai Chi and Qigong follow these cycles in our postures, movements and breathing. The ancients spent a lot of time observing and recognizing the many cycles of nature:

These cycles can be: 🌿

- seasons
- moon and sun cycles
- tides
- movement of water from the earth, to the sky and back
- unfolding of life's stages from childhood to adulthood
- elemental cycles of Wood, Earth, Metal, Water and Fire
- Flow of Qi - through the body, meridians and between a person and their environment

Qigong doesn't aim to 'control' nature's cycles - rather to respect and Flow with them.

🏃 **If we are energetic in the spring - we should move.**

🌿 **If we feel the need for grounding - we should spend time in nature (Earth element).**

🙄 **If we need rest because our Qi feels deficient - we should rest.**

By aligning our Qigong practice with nature's cycles, we connect with a deeper level of awareness and responsiveness.

Some days our breath may soften, inviting us to cultivate gentleness and ease.

Other days, our stance may lower, anchoring us more firmly to the earth.

And occasionally, we may feel an irresistible urge to expand and soar, mirroring the boundless energy of the universe. ✨

The key is to ask yourself:

“What do I need right now?”

Then quietly listen, observe and practice according to your nature!

Peace and goodwill to all people
Linda

NOTE: Some of this content comes from friends and resources within the Qigong teaching community