



Linda's T' ai Chi Weekly Handout September 8, 2024

Autumn



Fall

Nature lets go of the old to make way for the new

In a few weeks we will welcome Autumn. The qi (energy) of Autumn symbolically is represented by the moment a tree lets go of its leaves. After the leaves fall to the earth, they compost and become nourishment that fuels renewal of life in Spring. As the days shorten, the darkening of the season provides us the space to release, surrender and descend to our center so that we can listen and discover our inner being. This is the time to slow down, turn inward and to listen to our inner voice and what is going on around us.

As the leaves change and fall to the earth, we too can let go of stress, tension and the old ways of doing things. Sometimes we hang onto things in our life that no longer healthy or serve a worthwhile purpose. Autumn is time to release and live more authentically,

In Qigong and Tai Chi, Autumn is considered the metal element (one of the five elements) which relates to the lungs and digestive system. Through the act of breathing, we inhale the outside environment and our Lungs are able to transform those inhaled molecules into something that oxygenates our blood and helps with the removal of toxic substances. In short, our Lungs are miraculous. As our Lungs are able to help us connect within and without, the Large Intestine also has similar functions.

Through the Large Intestine, we reabsorb water and important nutrients before the body ejects the waste. The Large Intestine is the last pit stop of digestion and as such, the Large Intestine acts as a gatekeeper. These two organs are paired together because their functions complement each other and facilitate communication. In the fall, we nourish and strengthen

our lungs and digestive system. In the fall, we must protect ourselves from cold. Being warm and nourishing our bodies with warm drinks and foods like pears, apples, pumpkin, nuts, seeds and tea per Traditional Chinese Medicine sources.



Landscape with fall foliage

Attributed to Shen Zhou Chinese

Ming (1368–1644) or Qing (1644–1911) dynasty

Peace, Linda

