



Linda's T'ai Chi Weekly Handout October 13, 2024

The Beauty of Autumn and a Moment of Awe



**When the leaves are flying
Across the azure sky,
Autumn on the hill top
Turns to say good-by;**

By William Carman

William Bliss Carman (April 15, 1861 – June 8, 1929) was a Canadian poet who lived most of his life in the United States, where he achieved international fame. He was acclaimed as Canada's during his later years.



Autumn

In the Summer, we expended energy (Yang) and enjoyed the warmth of sun. In the Fall, we have to conserve and save our energy (Yin) to prepare for Winter.

Grief is an emotion associated with autumn in qigong and Chinese medicine. In qigong, autumn is a time for letting go and going with the flow. It's also a time to honor grief and other emotions. . As leaves and foliage die and fall to the earth, we can feel a sense of grief and sadness, knowing that the dying brings new life in the spring. Such is the cycle of life – the yin yang of living.

In Qigong and Chinese medicine, autumn is associated with the element of metal. This season's organs of focus are the lungs and the large intestine. Their functions align with the rhythms of autumn in Chinese medicine. Through mindful breathing, we can support our body's immune system, especially during exhalation, which aids in detoxification. The large intestine plays a crucial role in releasing what we no longer need. Autumn

highlights qualities of value, discernment, and appreciation. Metal strips away the superfluous, leaving behind what's essential.

Autumn encourages us to Let go and declutter our mind and our environment. We can rid ourselves of unwanted ideas, people who may be toxic to us, stuff we have collected we no longer need.

While summer is associated with the emotion of joy, autumn is associated with both courage and sadness. You can probably feel this for yourself, because, in autumn, things are dying. The light is dying, for one thing, as Earth's orbit around the sun and tilt on its axis combine to carry us in this hemisphere further away from receiving the sun's rays most directly. The days are getting shorter. Plants and trees are winding down their cycle of growth. Sadness – and courage – are natural emotions as these changes are taking place.

And, now a Moment of Awe- The universe is amazing



The aurora borealis over a home in Fairhaven October 10, 2024

Enjoy and Peace,

Linda