

A Thanksgiving Letter from Linda 2024



Although Janis Ian had been writing and singing since the age of 12, her break-out song, "At Seventeen" won a grammy for Best Female Pop Vocal Performance. She continues to perform and write to this day. She gives most of her music away for free

on her website. Her song, "Better Times Will Come" was written after the death of her longtime friend, John Prine from symptoms of COVID 19. Here are the lyrics to her song, "Better Times Will Come" Perhaps you may find some comfort in her lyrics.

Better times, better times will come, better times, better times will come.

When this world learns to live as one, oh, better times will come.

When we greet each dawn without fear knowing loved ones soon will be near. When the winds of war cannot blow any more, oh, better times will come.

Though we live each day as our last, we know someday soon it will pass. We will dance, we will sing, in that never-ending spring, Oh, better times will come.

Thanksgiving reminds me that life is precious. Our health is precious. Our family, friends, community, society and the world is precious. We as a people and our Tai Chi Qigong community is precious. We are a better people when we respect and value all people. In spite of differences, we are One World One Breath.

I am grateful for health, family, friends and the moments of awe we experience every day in the beauty of the natural world. More importantly, I am grateful to each of you for being a part of my classes. I have students who have been with me for 9 years when I first opened my practice and some who have been with me for 2 weeks. You are all valued and appreciated.

In whatever way the world appears to you now, "we will dance we will sing in that never-ending spring, oh, better times will come."



“Keep a green tree in your heart and perhaps the singing bird will come”

Chinese proverb

Peace and goodwill to all people,

Linda