



Linda's T'ai Chi Weekly Handout Novmeber 3, 2024

Take 3 Big Deep Breaths



We never step into the same river twice.

Life is always changing, like the seasons, like our streams, lakes and oceans. Here we are coming to the end of autumn as winter approaches. There is an ebb and flow to life. Ocean tides are strong as they crash against the shore then become calm and still. Trees once full of greenery and blossoms turn color and shed their leaves. The moon is full and bright then disappears into the morning sun. In our T'ai Chi and Qigong, we, too, follow the ebb and flow of energy as we move forward and then return, always shifting our energy and weight to our forward foot to our back foot. Our movements mimic the rhythmic nature of life.

We don't know what life will bring but in preparation, take 3 deep breaths and enjoy the moment. Find joy, peace and calm in art, music, family, friends, books, pets and nature.

The soft November days are here,

The aftermath of blossom's year.

-Sara Louisa (Vickers) Oberholtzer (1841-1930)



Sara Louisa Oberholtzer (née, **Vickers**; was an American poet, activist, and economist interested in the uplifting of humanity. Oberholtzer was one of the speakers at the first meeting of the National Council of Women in Washington, D.C. (1890), at the World's Congress of Women in Chicago in 1893, at the Geneva, Switzerland meeting in 1903, and elsewhere. She aided in instituting the university extension movement. She died February 2, 1930, and was interred at West Laurel Hill Cemetery in Bala Cynwyd, Pennsylvania. Bala Cynwyd sits in the lower corner of Pennsylvania and established by Welsh settlers, thus the spelling.

Wishing all peace and calm and goodwill to all people, *Linda*



Whatcom County, Washington



Frederick, Virginia