



Linda's T'ai Chi Community Weekly Handout March 9, 2025

Spring Forward



*...my heart with pleasure fills
And dances with the daffodils.*

William Wordsworth, English poet (1770-1850)

As we turn our clocks forward to Daylight Saving, our spirit springs forth as we awaken from the winter's stillness and darkness. If we choose to live a Nourishing Life, (Yongsheng) we align our body, mind and spirit to the flow of the season. Perhaps we rise a bit earlier in the morning and find ourselves drawn to the outdoors, the sun, and the signs of new growth,

Spring is the Wood Element, (one of the five elements) that invite growth, expansion, renewal, and transformation. What a glorious time of year. We face Spring with hope and a desire to spring forward into the light.

Spring awakens our spirit. We are invited to seek the light and as we perform our Tai Chi and Qigong, we strive to imagine ourselves as a tall tree, our roots reaching downward into the nourishing soil at the same time extending our spirit skyward embracing the heavens. Our spirit rises.

Spring is the season of planning and vision and we take time to consider the year ahead. What do I want to cultivate? What seeds of intention do I wish to sow? Time for growth perhaps? In our Tai Chi and Qigong we move with both a sense of stillness and purpose. We recognize that our deliberate and intentional movements can lead to profound change in our mind, body and spirit.

Spring is the liver and its coordinating organ the gallbladder. Together they detoxify the body and regulate hormonal balance. Emotionally these organs restore emotional balance and support courage and judgement. The body is restored and toxins are removed from the body. It is a good time to gently stretch our tendons and ligaments as well as stretch our muscles to increase range of motion and the ability to move with ease.

Spring represents a New Day as life awakens and our spirit feels ready for a new start.

“It’s a New Dawn, it’s a New Day, It’s a New Life for me,,,,,,feelin’ Good”.

From The Broadway show, “ The Roar of the Greasepaint- the Smell of the Crowd, first performed on stage in 1964, written by Anthony Newley and Leslie Briscusse.



If weather permits, we can see the March 2025 Full Moon- the Worm Moon named for the presence of worms in the earth that come with the warming of the soil. Peace, Linda