



Linda's T'ai Chi Ch'uan Community Weekly Handout

April 20, 2025

Earth



April 22, 2025 is Earth Day, an international celebration of the Earth. The theme, “We are One” is similar to the theme for World Tai Chi and Qigong Day. Earth Day celebrates the kinship with the earth, humanity and the natural world, just like Tai Chi and Qigong.

In Tai Chi and Qigong, the earth, one of the 5 elements, represents grounding, stability, and balance. It symbolizes the solid foundation upon which all movement and practice is built, emphasizing the importance of a rooted, grounded stance. This connection to the Earth fosters a sense of calm and centeredness, enabling practitioners to move with fluidity and control. Tai Chi and qigong is rooted in the feet, controlled by the waist and expressed in the fingertips.

We can easily be distracted by the movement of the arms and hands, but truly, the essence of Tai Chi and Qigong is rooted in the ball of our foot, the bubbling well spring.

In the lore of Tai Chi and qigong, our energy comes from the earth through the bubbling well spring and cycles through our body, connecting to the energy of the universe and back to our bodies.

In the earth element, we focus on being centered and still.

Perhaps, you will discover the stillness that lies within.

Peace

Linda