



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

Your Red Envelope Message



Surely as cometh the Winter, I know there are Spring violets under the snow.
—R. H. Newell, American poet (1836-1901)

Beneath the white of the snow, Spring awaits to continue the cycle of the seasons. Your Red Envelope revealed to you a message about where to focus your attention this coming year. Like the spring violet under the snow, deep within you lies the next cycle in your life. It is up to you to decipher the underlying significance of the message that goes beyond the surface. It may take some time to unravel the true meaning so be patient.

It will be worth the time you take to consider the substance and importance of the message. Then, the next step is to incorporate your learning into you Tai Chi and Qigong practice as we coordinate and integrate body, mind and spirit.



Peace, Linda