



Linda's Tai Chi Community Weekly Handout May 18, 2025

Finding Calm in a Storm



"In my room,
the world is beyond my understanding;
but when I walk
I see that it consists of three
or four hills and a cloud."
Wallace Stevens, 1954

Sometimes the world feels a bit noisy and chaotic. So much information comes at us from all realms and we are busy people. Ringing phones, obligations of family and friends, travel, errands and commitments. The modern world can be challenging to navigate. Of course, this is not bad in and of itself, but unless we are careful, the outer world can cause disharmony within our inner self.

Disharmony reveals itself in feeling unsettled, tense, anxious, with a general sense of dis-ease in our body and mind. The stress of it all can cause illness and make us susceptible to body ailments. There may not be anything “wrong” except for being overly stimulated.

There is an antidote for this disharmony- Qigong can restore our body, breath, mind and spirit and bring us back into balance, quiet and calm. We may not be able to control the noise and chaos around us but we can find stillness within and create space to restore.

Take time each day to decompress with some of the simple Qigong routines that I teach or perhaps one of your favorite Tai Chi postures. Strive for progress, not perfection.



A Note about Wallace Stevens: An American modernist poet 1879- 1955. He won the Pulitzer prize for poetry in 1955. He was honored with a US postage stamp in 2012.



Peace and goodwill to ALL people,

Linda