

# Wudang

Twin Cities T'ai Chi

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A MONTHLY E-NEWSLETTER



## From Sifu Paul

Greetings, everyone, and Happy New Year!

A new year is a wonderful time to reflect on the passing year, to accept the setbacks, and give thanks for the beauty and bounty of the recent cycle of seasons. The studio had an extraordinary year of growth and stability in 2017, and we are excited to build on that momentum in the coming year. We look forward to sharing the gift of movement and meditation with you in 2018 and are grateful for your membership in our expanding community.

## Last Call for New Studio Logo T-shirts

The studio shirt sale will close January 15. Sign-up sheets are in the studio's main practice hall for either the traditional black T with white type and logo or the new white shirt with black type and red logo. Usher in the new year with one of each.

## Seeking Testimonials

Do you have a testimonial about your experience with T'ai Chi or other practices at the studio that you would like to share and that we could use on the website or in the newsletter? Anything that has made a positive impact, from the simple to the dramatic, would be welcome. Write and place your testimonial in the idea box in the back of the main practice room, send it to the studio email, or give it to Sifu Paul at the studio. Testimonials with a name attached are personal and have more impact, but anonymous statements are welcome, too. Thanks.



## May the Chi Force Be With You at MarsCon

If you love both T'ai Chi and science fiction, you may be interested in lending a hand to Kim Husband, who will be hosting three introductory sessions in T'ai Chi, Qigong, and T'ai Chi fan at the MarsCon sci-fi convention March 2, 3, and 4 in beautiful Bloomington. See Kim at the studio for more information.

## Class and Schedule Changes

The Tuesday-night 43 Postures and Push Hands classes are changing places. 43 Postures will now meet from 6:00 to 7:00 p.m. and Push Hands from 7:00 to 8:15. There will be a 15-minute bone-rooting qigong practice between classes.

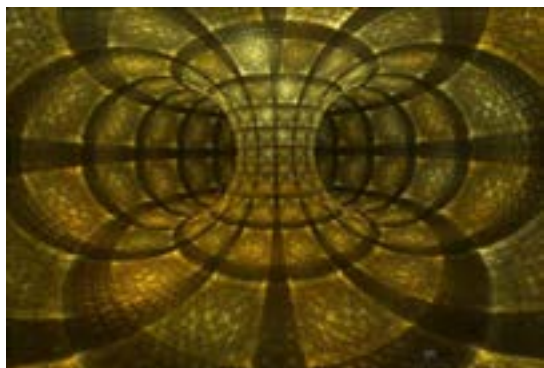
If you have finished the Solo Form, come and learn the first symmetry of the 43 Postures Form that teaches applications for Ward Off,

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Want to help present  
T'ai Chi at MarsCon  
in March?

Roll Back, Press, and Push. For those who know this symmetry, we will work on reviewing other symmetries in the 43 Postures form.

The Wuji Gong Primordial T'ai Chi form begins Wednesday, January 3, at 7:30 p.m. Don't let the name fool you; this is not a T'ai Chi Ch'uan form. It is a sophisticated internal qigong-like practice that is easy to learn, is fun to do, and makes your dreams come true. See you there.



## You Are What You Repeat

The sun rises slowly over the horizon, moving steadily toward its zenith at solar noon, and then descends in the western sky to complete a cycle of light at sunset. The onset of darkness brings forth the moon in one of its nine phases, only to recede as the sun begins its illuminating arc for yet another period of daylight. This circadian rhythm repeats until we transition through the seasons, only to return and begin again, a year older and hopefully wiser.

As night falls, our brain waves diminish from alpha waves to the dreamlike theta waves. They descend to their lowest point during deep sleep, then elevate during the REM sleep that follows until resuming the full electrical charge of the beta state upon awakening, when the brain is at high alert around midmorning. The heart beats a steady cadence some 2 billion times in an average life and is mirrored by the expanding and contracting pulse of the breath—our most important source of energy.

Life as we know it is based on rhythm. Our world is a symphony of rhythms produced in nature, the universe, and ourselves. We can set our own rhythms in an attempt to control

nature and each other, sometimes with negative results, as modern life has lost much of its attunement to the natural cycles.

The practice of T'ai Chi can return us to the natural cycles within. The gentle and natural rhythm of the Solo Form, with its expanding and contracting nature, slow, deep breathing, and hypnotic repetition of postures, overcomes the stresses and off-rhythm nature of a life driven by mechanical time. It is important for us to continually refine our movements through repetition and the attention to detail that brings about this return to the natural rhythm and vitality within us.

The best time to practice is at the same time every day. Let this time become the foundation for your daily schedule, and you will establish the rhythm of your day rather than letting external events dictate the rhythm you have to follow. Let T'ai Chi serve your purpose and not contribute to your stress. If you don't have time one day for a complete practice, do a shortened form, a section or two of the Long Form, or even a few postures during your practice time. T'ai Chi done with intention and rhythm will bring us into balance and deepen our enjoyment of life.

*"The true use of music is to become musical in one's thoughts, words and actions. One should be able to give the harmony for which the soul yearns and longs every moment. All the tragedy in the world, in the individual and in the multitude, comes from lack of harmony, and harmony is best given by producing it in one's own life."*  
—Hazrat Inayat Khan

## Contact Us

For timely updates, follow Twin Cities T'ai Chi Ch'uan on **Facebook**.

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Let your T'ai Chi practice shape your day rather than vice versa.