

Wudang

Twin Cities Tai Chi

9/17

A MONTHLY E-NEWSLETTER



From Sifu Paul

Greetings everyone,

The State Fair has come and gone, there's a chill in the air, and it's officially late summer. In this issue are details on our autumn Vision Values meeting, grant recap, upcoming classes, and more.

Autumn Vision Values Meeting

We will hold our community Vision Values meeting on Saturday, October 7, 3:00–5:30 at the studio. All members are welcome and encouraged to come. There will be potluck food and beverages.

Sign-up sheets for food and attendance (so we can provide enough chairs) will be at the studio.

At the meeting, we will review our accomplishments from the past year; we will present a vision and values statement and outline for the future as well. We will have group discussions to have you help shape the vision and values statement and to say what you would like the studio to continue or add to its curriculum to help achieve the vision and what, if anything, we should stop doing that is not consistent with the mission, the vision, or the values.

Let's get together and enjoy some food and social time, catch up with old friends, meet our new members, and create the kind of studio we want to have.

If you are able to help with the event, please see me at the studio or send an email, and I will let you know how you can help.



Learn the Microcosmic Orbit Meditation

The microcosmic orbit is a soothing yet powerful meditation practice that nourishes the body through increased energy flow in a circular movement pattern that has a positive impact on the overall health of the body-mind.

We will learn a standing qigong practice that opens the orbit as well as a seated practice. I have had six teachers of the orbit practice over a thirty-year period, each of them teaching it a little differently, making my practice method both integral and accessible from beginners to experienced practitioners. Here's how one of my teachers, Michael Winn, describes the orbit practice: "Even if you've learned the orbit before, or learned a different method, repeated practice is necessary for most folks to get it deeply. The orbit meditation was likely patterned after the movement of the sun and moon, which chase after each other in nature's perpetual dance. Likewise inside our body, the fire channel in the spine and the water channel in the chest chase after each other in the human version of perpetual motion.

"The orbit practice never grows old—the quality of the chi flowing in it just matures

Thanks for the Memories

If you have any photos, videos, memorabilia, or testimonials from the past year that you would be willing to share, please email us with the details or let Sifu Paul know at the studio.

and feels more wonderful. Humans are ongoing works of art, and qigong and inner alchemy are amazing ways to energetically sculpt our life."

Begins Wednesday September 13, 7:30–8:30, for 12 weeks. Cost: \$144. Free to members.

We Did it! **\$12,000** Challenge



Grant Success

We did it—we raised \$3,000 well before the September 30 deadline, earning an additional \$9,000 in matching money!

We are immensely grateful for all of the contributions that helped us reach our goal. Many of you have expressed an interest in the fund, and we are keeping the campaign open through the end of September. Additional contributions will help us expand our educational efforts to include things like more formal teacher education, instructional materials for students, and similar efforts.

Thank you again to everyone who helped us achieve this goal! The fund remains open if you would still like to donate.

With Gratitude

With gratitude and appreciation to Rondi Atkin, who is stepping down from the many duties she took on at the studio the past year. She has helped the studio navigate its new direction and her presence and influence will be missed. Thank you Rondi.

Here Comes the Sun

On Monday, August 21, 2017, North Americans witnessed an eclipse of the sun. If you were within a narrow band of the country from Oregon to South Carolina called the path of totality, you were treated to a total solar eclipse. Here in the Twin Cities, the eclipse was partial and a little underwhelming due to heavy cloud cover; the effects of the eclipse were felt rather than seen. Those fortunate enough to see the total eclipse reported that it was quite a display.

When the light of the sun is eclipsed by lesser entities like the moon, it seems a perfect metaphor for the transient nature of things and implores us to keep the light shining within. Poetically expressed by the naturalist John Muir:

"This grand show is eternal. It is always sunrise somewhere;

the dew is never all dried at once; a shower is forever falling; vapor ever rising.

Eternal sunrise, eternal sunset, eternal dawn and gloaming,

on seas and continents and islands, each in its turn,

as the round earth rolls."



Contact Us

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

Email: mail@tctaichi.org

Website: tctaichi.org

Phone: 651.767.0267

The 12 Animals class will begin learning the Leopard in September.

<< Fundraising goal achieved—and exceeded!

<< In recognition of Rondi Atkin