

Natural Step Tai Chi



Engaging with what is

For many people this time of year as we move into holiday mode, present buying, more family contact, shopping, waiting in line, generally trying to juggle more things than present themselves in our normal routine, can/will appear to create more stress, anxiety & impatience in our system.

If stress, impatience, intolerance, anxiety start to arise, they can appear to be very real.

Where then, in that picture can the principles of Tai Chi help us and those around us?

Well first up is engage with Presence.

Notice when conscious awareness of external factors is contracting your internal environment.

This might manifest as the feeling that, 'Our space is being invaded' or that we are 'missing' a positive connection to those closest to us.

Maybe feelings of separateness & actions arising from the separate self manifest more vividly.

In the moment of noticing the contraction we have actually moved into the present moment, into the Now. The feeling of contraction in the bodymind is actually happening to us right at that very instant of 'Now'.

So it's quite a gift.

What usually happens next is we go into some sort of analysis/judgment of ourselves, which projects us out of the Now, "I shouldn't be feeling like this", "They are making me feel this way", and a chain reaction is started in our system which only creates more contraction.

This is where the Second principle combined with presence can help.
Stay with how you feel in the Now, no need to push away or hide from anything.

Allow what is happening to you to happen, join with it in silence, without struggling to figure out if its right or wrong, its just life presenting itself in your system, that's all it is.

Relax, stay present & soften, notice your breathing & stay in the body.

These 2 principles combined and 'played out' as it were, bring wholeheartedness into play.

This is the third principle, Heart.

We have joined with life as it is presenting itself to our being, in the present moment.

We are playing Tai Chi.

Then if we need to respond to a situation we do so from a place of stillness, a place that is not polluted by the fear that is at the root of impatience, intolerance, anxiety & separateness.

Playing some physical aspect of Tai Chi, be it the FTCM[©] or some Short Form will help the system integrate, soften, revitalize and increase our awareness of presence. It's also a great way to create some inner peace for yourself in what can be a very busy period.

all good wishes,

with love

Colin

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