

Natural Step Tai Chi for Health & Conscious Living

November Newsletter 22.8

Hello everyone,

Its been a while but from what I can see you each appear to be enjoying Tai Chi & the gifts it brings. Certainly the laughter is a good measure of your enjoyment. Do let me know what's going on for you should you feel moved to do so. I'd really like to know! As it happens this newsletter kinda ended up longer than shorter once it got started. I wanted to touch upon something that is arising in the school, in each class & in each of you, regardless of how long you have been coming to classes or where you might have currently arrived in your practice. I'll follow up with a *practical info*, dates n things shortly.

Time? ~ Time appears to pass quickly as each season goes by & the years simply vanish. Extraordinary until we realize that 'time' is an illusionary device. A helpful tool that perpetuates its illusionary nature, but since the past doesn't exist and the future is yet to happen it would be more accurate to say that this moment passes quickly into the next moment & so on. Each moment takes place in a timeless space & immediately moves into the next, timeless space, an eternity of space that cannot be stopped & measured.

As we go deeper into our practice of *meditation in movement* we become less attached to what is arising in the mental self. Our mental self image is the place where we are brought up to believe that time exists & that's where we are operating from. Yet everyone's experience so clearly reveals that it doesn't.

Funny that we don't notice this.

In our practice, be it Foundation Form, Short or Long Form, even warm ups, by tuning into & through the senses we drop into the physical self & become conscious to the space of simply being, at rest, at ease, natural. The identification with mind & time have now dropped away. Our essential nature, the truth of what we are is revealed, a conscious presence, thats all, simply that. This presence, our true nature is always there, it doesn't come and go like time or thoughts, it is the constant field into which time & thoughts are manifested.

Funny that we rarely notice the truth of what we are & yet its always there.

The poem below was passed along to me by a fellow student.

Many thanks to Heather, I hope you enjoy & appreciate its heart.

See you soon.

You reading this, be ready, ~ a poem by William Stafford

Starting here, what do you want to remember?

How sunlight creeps along a shining floor?

What scent of old wood hovers, what softened sound from outside fills the air?

Will you ever bring a better gift for the world

than the breathing respect that you carry wherever you go right now?

Are you waiting for time to show you some better thoughts?

When you turn around, starting here, lift this new glimpse that you found;
carry into the evening all that you want from this day.

This interval you spent reading or hearing this, keep it for life -

What can anyone give you greater than now?

starting here, right in this room, when you turn around?