

Edited From Toward Harmony Tai Qi & Qigong

Your qi naturally shifts with the seasons of the year. If you want your qi, your life energy, to flourish, then it is a good idea to adapt your practice to conform with these natural cycles.

We are transitioning from Fall to Winter. Throughout the Fall, the life energy of everything in nature - including the life energy in each of us - moves inward. At the beginning of Winter everything shifts away from any kind of movement, toward stillness and quiet and this process continues deep inside us.

Until Spring, practice in such a way that you gather **in** more energy than you let out. Emphasize the aspects of your exercises which involve gathering energy. Put less emphasis on the upward, outward, or downward aspects of your activities and play with how you can gather energy into yourself. Keep doing the other aspects, but emphasize the gathering more.

Try to practice in such a way that everything inside of you becomes quieter. Let quiet pervade all levels of your being - physical, energetic, emotional, spiritual.

As you exercise, move, stand, or sit as smoothly, quietly, and effortlessly as possible.

Expend only as much as energy as you must.

Relax your emotions and try to let them become calmer rather than more charged.

Try to let your mind settle.

Seek quiet even in activity.

Allow yourself to follow the natural energy flows of Winter.

Since we are part of nature, when nature's energies shift, the energies in our bodies also shift and adjust.

In fact, we have to expend life energy in order to make these adjustments. Our internal energies are rearranged, and we have to grow comfortable with the new arrangement.

This is why people often become unexpectedly tired during changes of seasons.

The best way to manage such transitions is to recognize that the seasons are changing and to relax into the process. Allow yourself to be tired and slow down your outer activities a bit - or even a lot - to compensate.

Once your system arrives comfortably into its new seasonal mode, then you should feel less tired and more in synch again.