

EASTER 2021 Update

Hello Everyone,

As we enter Spring and our second year of Covid, I hope you are all still keeping well and are maybe able to meet up with family and friends again.

Restrictions have been in place for so long now it's easy to think what's the point of pursuing anything too enthusiastically, but now that nature has awoken and the days are longer, try to rekindle any lost motivation to do a little Tai Chi or Qi Gong. Remember that there are several videos on our website which you can use to trigger any memory of lost skills. How ever little you do I'm certain that you will feel some benefit.

For those of you that find that after so long it is difficult to experience the Qi that you felt in a regular session, I would like to pass on a link provided by Jane the daughter of one of our Tibberton members who is an experienced Shiatsu practitioner. The mental technique that she describes to receive her 'Distance 5 minute healing Qi' provides one of the simplest description that I've seen to stimulate and experience Qi in those that have lost or not yet developed the ability to do so automatically on demand. The technique should be recognisable to you all as a longer version of the technique that we encourage at the start/end of our Qi Gong and TC Forms where we sink into a state of Wu Ji (the place of oneness and stillness where the breath begins) directing all energy to the Dan Tien just before we start the Yin and Yang movements of Tai Ji. The site also has information on the healing therapy of Japanese Shiatsu that she provides if anyone would like to find out more or wants treatment.

<https://mailchi.mp/e75cc219eac4/how-to-receive-a-free-distance-shiatsu-healing?e=ab94b026d3>

Apart from sending you all Easter wishes I'd like to let you know where we stand on the eventual resumptions of sessions.

If all goes well with the national covid plan I imagine that most of us will be grabbing any opportunity to visit family or get away for a holiday and so I would anticipate attendance at any regular sessions will be spasmodic for a while. It is most likely therefore that we may initially select one of our larger local venues (that also has the option of an outdoor area when weather permits) and run 1 or 2 consolidated sessions each week for a while in preference to our usual smaller venues. (Don't worry, whatever group you are in you will have covered the same forms among the same mix of expertise and we'll be recapping everything as required so no-one should feel left out.)

Unfortunately there is now a further factor that now has to be considered.

Many of you may remember that around three years ago I had a severe bout of heart arrhythmia that incapacitated me for a few weeks. This reoccurred big-time 2 months ago and so far refuses to re-sync. The hypothesis is that I have had the problem for many years but it has been controlled by 20+ hours of TC a week, many of them full-on teaching, and on reflection many past noticeable recurrences have been quickly rectified by our regular session communal Qi Gong or my own intense personal sessions.

Sadly the relative inactivity of the past year (just my daily personal session without the need to motivate classes etc.) has apparently changed the diagnosis from 'occasional' to 'persistent' and potentially late stage long-term. Although I'm OK 'at rest', the first 6 weeks left me unable to walk more than about 30yds without getting painfully breathless or complete more than just 2 or 3 movements of a form or even move Qi.

The good news to date is that I'm experiencing positive but slow progress as the latest addition to a cocktail of drugs builds up, and can manage an hour's slow hour walk (more a stroll) in the Forest without too much discomfort as long as I don't talk much, and I can now move Qi again although more than a just few short TC form movements are still unachievable, but it's early days yet.

That said, even if I am still not able to be as active as normal, my intension is that when covid regulations settle, we will restart, and I will be there, do some Qi Gong with you, and at least be able to instruct and guide you, progressively joining in when I can.

I know that some of you were already aware of my current incapacity, and sincere thanks to all those that have sent best wishes, prayers and remote Qi - not just our our members, but from T'ai Chi teacher friends both in the UK and around the world. If I haven't replied individually please be assured they are all really appreciated. I'm certainly missing my TC and seeing you all, and I'm determined to get back to the practise that I'm passionate about as soon as I can.

Meantime, stay safe and please keep checking the home page of our our website for the latest information.

Warmest Regards
Trevor

[Click here for older February update](#)