

Hello!

I hope that the march of the seasons is treating you well.

According to traditional Eastern philosophy, we have now entered the water phase of Energy. It is the time of stillness, hibernation and spirituality. It is not a particularly great time for new beginnings or major changes in your life's direction but an excellent time for reflecting on what it is that YOU want out of this existence and how to become more true to yourself. Estate agents and job agencies know this. There is always a slump in for them before and just after Christmas. If you find yourself in a situation where you must make a major life decision at this time of the year, the Taoist sages advice would be to take it slowly.

Just as some hibernating animals stir half way through their sleeping period to stock up on carbohydrates, the water phase of Energy gives us an intermission and lets the Earth Energy take over for nine days on either side of the Winter Solstice. For many cultures, this is a time of celebration and feast but remember that it can also be a very difficult time for many people. With this in mind, I will be running the first "**Winter Solstice Meditation**" on Monday 19th December. In this session, I will show you a series of meditations that will help you to bring light into your life in the dark time of the year and appreciate the spiritual aspect of the season. This course is limited to six places so if you are interested, please book early. As the giving season approaches rapidly, a donation to a local charity will be included within the course fee.

The **Tai Chi Upgrade Course** is creating interest. There are still places left so please join in if you would like to explore the Energies that exist for us all within the Tai Chi form or if you practice another martial art/healing art, it is useful to really get to grips with how to use **intent** to create Energetic change and know that you have done it. I have attached a photo of the happy bunch that took the course in Devon and the poster for the course. I have also included links to the Tai Chi Union and Tai Chi finder below, both of whom have been kind enough to include the course on their event listings. Discounts are available for club members and senior citizens.

Upcoming Events:-

- Tai Chi Upgrade Course – 27th November at the Angel Hotel in Bourne. You can do the morning for £40.00 or the whole day for £70.00
- Microcosmic Orbit – Monday 12th December at Wake house in Bourne. You can either do the first part for £38.00 or the full course for £98.00.
- Winter Solstice meditation - Monday 19th December at Wake house in Bourne starting at 10:00 for approximately two hours. The investment cost is £12.00, but this investment cost includes a £2.00 donation to Bourne Wellbeing and Mental Health Support Group

Links:-

<http://www.taichifinder.co.uk/events/seminars-and-workshops/details/1024-the-tai-chi-upgrade-course>

<http://www.taichiunion.com/events.php>