



Tai Chi Home

Let Go of the Ground

By Joe Pandolfo

This time of year Spring wind is quite a thing. One afternoon you notice it feels different...it's got a lively warm touch.

In the Chinese lunar calendar it's the month of the Dragon, when a fantastic stir of change is weaving through the air; even more, in this *year* of the Dragon.

In the moment, here at the edge of the marsh, the air is awake with the focus of a hawk, ready to swoop.

This is the season of vision and shifting, time to take flight... riding the spirit of the striking hawk, the spiraling dragon. To take flight, you've got to let go of the ground. Feel the wind under your wings, sweeping heaven and earth.