



Tai Chi Home

The path home

by Joe Pandolfo

In a long winter night, the path home can disappear. A chill sinks in as things get darker, every step surrounded by the unknown.

But there's a way to transform all that - to find lost trust, and tap the inner wisdom. The Taoists say the trick is to just go deeper. Let your shoulders down. Let the ground underfoot hold you and keep you. Breathe out long and slow til you reach the bottom of your breath, til the fear in your heart releases.

And overhead, reach into that pool of swirling stars to touch the Pole Star... always in its place, steady and centering, ready to guide you home.