



*Tai Chi Home*

## **Up and Out**

by Joe Pandolfo

Of all the seasons that turn in a year, Spring is the miraculous one. However deep the roots slept in the grip of winter, beneath however many blankets of snow, they'll wake and begin stirring when the earth starts tipping back toward the sun.

Centuries of natural wisdom led the Taoists to recognize Hare and Dragon as hosts of what we call March and April. The Hare has a bright eye like Mercury peeking over the horizon. The inner and outer fire in Dragon's eye carries all the energy of swirling Spring wind.

This season embodies energy on the move. Thunder will wake up the Spring fields. The first growth, the inner spark of new fire, pushing upward and outward to grow into some magnificent crown.

The season is in you, too. Notice it, how it feels. A new year is awake and there's some new thing you're ready to reach up and out to... ready to grow into.