



Tai Chi Home

Up from the Ground

by Joe Pandolfo

The sun stands still, they say, on solstice day. But more, it's on its longest stride, outstretched, like all the growing things reaching for it from the ground.

This is the season for touching the sky. The forest leaves are at full sail in the breeze. Every blossom opening its eyes the widest, gazing up. Time isn't so much slowing down or standing still, but expanding.

It's the cue you've been waiting for, the time to take your fullest shape. Breathe those sparks of inner spirit into a blooming flame. Make your highest reach up from the ground. After all, you belong to the sun.