



Phoenix T'ai Chi Centre

Interesting Reading Series

T'AI CHI CHUAN

PERFECTION

No one ever reaches perfection in T'ai Chi Ch'uan...

- we are always students...
- no two people will ever perform T'ai Chi in exactly the same way...
- as it is a living, evolving, practice...
- and the joy lies in the journey itself.

HARMONY

Everyone has a different idea of what good balance is. We are all born with a kind of indwelling harmony. When we can make life experiences conform to that harmony, then we consider that to be "good".

So it is with our bodies -- we can actually sense when our bodies are in balance or are doing a physical thing properly -- our bodies feel good. It does not have to be the same way as the next person, similar, but in harmony to ourselves.

Harmony for each individual is the evaluation of our experience. It is the result of our physical, intellectual, and psychic response to that which acts upon us.