

Connecting to Spirit through Tai Chi - 2008

by Caroline Demoise, Author of *The Inner Path of Tai Chi – A Spiritual Journey*

Meditation is regarded as a pathway to spiritual connection, but sitting down to meditate can be challenging for people and it was for me for many years. Tai chi is another effective way to connect with your essence, the awareness within that experiences direct connection to the spiritual world. When you move your body slowly and mindfully, with the intention of experiencing awareness rather than thinking, you become more closely aligned with spirit. The slow movements of tai chi are calling you home, inviting you to experience your essence, your spiritual nature and the peace within. It is the slowness of movement that invites both mind and body to relax and harmonize with higher consciousness. Tai chi teaches your mind to relax and connect with inner silence. In this silence you resonate as spirit.

Silence is being in the present moment and this “now moment” is your connection to the spiritual world. During the process of becoming silent, you are receptive and available to experience a higher consciousness. The silence you find underneath your thinking mind is your connection to the oneness underlying all life. In this awareness of connection you experience a deep abiding peace and a feeling of joy. Tai chi teaches your mind to relax and connect with inner silence. In this silence you resonate as spirit. The mental quietude experienced during tai chi is a gateway to your spirituality. Through the silence you explore and become aware of your inner world. The time you spend sitting quietly with yourself, relaxing the mind of its incessant thoughts, focusing on slow, deep abdominal breathing as the mind and body realign and resonate with spirit is an investment in connecting with your authentic, higher self. This silence recharges the battery of your very being.

As you practice tai chi you are transformed gradually over time. Often you notice a subtle softening of the hard edges of your judgment, a reduction in your need to be right and less reaction to people and circumstances with anger. You notice a growing ability to be aware of yourself and others from a place of neutrality, experience an increase in compassion, and find it easier to accept differing points of view. Life is change. The only thing over which you have control is your response to the ever-changing situations and circumstances of your life.

The very essence of tai chi is to harmonize with nature, which is the same as harmonizing with divine energy. The very essence of tai chi is to harmonize with Tao, the creative principle operating in the universe and another word referring to divine energy. The very essence of tai chi is to harmonize with the consciousness that has been referred to as God, Buddha and a variety of other names by faith traditions around the world. Meditation and tai chi are leading you in the same direction, like different spokes in a wheel toward your center to experience direct contact with the divine by quieting your mind, encouraging the flow of universal energy within your body and connecting to universal consciousness.

Additional information on tai chi can be found at www.innerpathtaichi.com. Caroline teaches Sun Style Tai Chi classes in Chapel Hill, NC and emphasizes the spiritual aspects of tai chi.