

Willow Whispers News Group

Volume II Issue X

Monthly Willow Creek News

January 2003

TAI CHI -


There are two crucial elements for a spiritual journey - communication (the inner work within yourself). Plus - community - (the support of and by fellow travelers).

This is the style of Tai Chi Chuan practiced by more people than any other. Most of the popular forms today evolved from the Yang.

Tai Chi is the name for a specific symbol, the double fish, which is symbolic for the interaction of Yin & Yang. This started out with only 13 basic movements which kept expanding until this discipline of life style became 108 movements, called (Lessons).

With this balance of opposing forces of nature. This inter-action, that gives Tai Chi Chuan its name. Before the formation of existence as we know it, according to the ancient Daoist theory, there was **Wu Chi**, or the Great Void. It is similar to the theory we have in the West about the Big Bang.



 There was a state before the Big Bang and it is only after the Big Bang that reality as we know it was created. First there was Wu Chi & suddenly, for some reason, Tai Chi appears. Tai Chi is two - the polar opposites of Yin and Yang. Up down, in and out, black and white, male and female, night and day, hot and cold, etc. Out of these two extremes, Yin & Yang, spring everything in existence. Between black & white lie all of the colors of the rainbow. Between hot &

What is important for our study of Tai Chi Chuan is the idea of Wu Chi or stillness, & Tai Chi as the interaction of Yin & Yang. So Tai Chi is a martial art based on the interaction of yin & yang, the idea of balance. Many people, myself included, sometimes refer to the martial art as Tai Chi, which as I stated before is incorrect, but easier to type & speak, so we speak this.

This story was from Michael Gilman which this web site has a link to. The Gilman Studio of Tai Chi has provided correct teaching and instruction with gracious guidance in a supportive atmosphere since 1973 which may become your journey through life.



- The Moving News Paper -

We are proud to announce that Willow Whispers has successfully moved from hardcopy to cyber copy. We have made plans of enlarging the size of Willow Whispers. The understanding is that we are very close to starting from the very beginning. This is new territory for us.

We are able to do more than before. Also, color that use to be a great expense seems to costs the same as black & white. There are many areas for us to learn from so we may offer you better news. Also we shall be able to create a better looking & functioning news paper and web site. - Reporter's Communiqué -

<http://www.WorldResource.org>

Where the abstracts of tomorrow are published today!

Winter Reminder-

You may find this inconvenient, but the cold winds of winter are blowing through the trees that ounce held leaves. Here is a list of items you may want to check on.

- 1) Try checking your furnace.
 - 2) Please have your chimney checked.
 - 3) Think about disconnecting all outdoor hoses from faucets.
 - 4) Try not using any outdoor cookers until we get more rain.
- Windy conditions are dangerous!
- 5) Have your vehicles winterized. Put your tracker & other farm or ranch equipment in or under a shelter.

Willow Whispers Pipeline -



Nature Of Our Ecology

Every Little bit alerts us & others, like Mother Nature, of a trashy area or neighborhood we are part of. Any discarded cardboard, paper, cigarette butts, cups or straws will do damage. These may be helpful ideas:

Try using tin cans or clay pots for your out door ashtray. Place any unwanted trash where it can be disposed of properly.

Where ever we live we are a family or community that are responsible for keeping our environment clean and looking beautiful. Please **DO NOT** place any waste such as motor oil, automobile batteries or tires in any dumpsters. Try to recycle everything. Every time someone leaves waste, the nature we live in is again damaged!!

Willow Whisper's Dispatch -

Be Part Of Democracy That Ends All Apathy

Vote during every primary that will be held in your District. If there is a primary runoff or general election, please vote. In order to participate in any democracy you must vote to prevent your healthy democracy from becoming an unhealthy government.

Notes From Our Editing Staff -



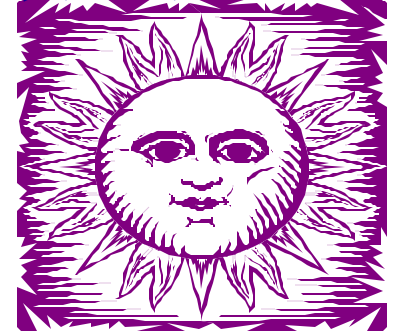
Your Kindness ?

You may never do a kindness too soon, Because you will never know how soon It will be too late.



Not everything that counts can be counted; although not everything that can be counted counts

Albert Einstein -



The Butterfly -

If you love something, set it free. If it comes back, it was, & always will be yours. If it never returns, it was never yours to begin with.

Share your knowledge. It's a way to achieve your immortality.



Looking For Luck ?

According to legend or folklore, wearing your birthstone brings good luck & protection. Each birthstone is said to have its own magical properties that may help ward off evil spirits or cure various ailments. What is the myth behind your birthstone?

January-Garnet: A durable gemstone found mostly in a dark red color, but available in other colors.

Myth: Provides guidance and protection in the night; shields you from nightmares; enhances your strength plus endurance; as your birthstone reduces swelling and joint inflammation.

Art Gallery Commentator -

<http://www.WorldResource.org>

Where the abstracts of tomorrow are published today!

KWANZAA CELEBRATES SEVEN PRINCIPLES

The holiday of Kwanzaa starts on December 26th.

This is not a religion; although this celebration was started 35 years ago.

The seven-day holiday builds positive traditions around American experiences and African roots. Each of the seven days focuses on one principle.

These seven principles are: umoja, or unity; ujima, or collective work and responsibility; kujichagulia, or self-determination; kuumba, or creativity; ujamaa, or cooperative economics; nia, or purpose; and imani, or faith.

The holiday's celebrations focus on family and friends.

Each day, a new candle is lit to symbolize one of the seven principles. The candles are held in a candleholder called a Kinara.

Akinara in lights was one of the symbols the city of Duluth illuminated recently in its Bayfront Festival of Lights display.

During Kwanzaa, children and adults gather to tell stories, sing and discuss the principles.

On the last day of the holiday, with seven flames alight, people gather for a feast and exchange homemade gifts. Mostly the gifts are what you have grown and made, cooked, fried or baked yourself.

Gifts from nature are part of the focus through this celebration. Community celebrations also are a part of this holiday.

This year, the 10th Kwanzaa celebration is from 5-8 p.m. Monday. It's open to the public and will feature food, entertainment and cultural presentations.

This is a relatively new holiday, Kwanzaa was founded in 1966 by blacks. Families pass on their own traditions, including special foods, songs and rituals that tie the generations together.

Kwanzaa gives families an opportunity to reflect upon the past and forge new beginnings.

-Willow Whispers Pipeline-



<http://www.WorldResource.org>

Where abstracts of tomorrow are published today!