

Dear Tai Chi Students, Friends, and those who may find this letter of value.

There are times when we as individuals have issues, circumstances, problems, that reach a place where things start to feel close to overwhelming, challenging to be with, and difficult to move through. Now our society for a while has had these continually developing problems, and issues. Due in part to ignorance [the lack of **dynamic** knowing] and fear [with it's closed density, and protective "walls"], is producing some of the worst of what people feel and hold in their **hearts**, then manifested in hatred and violence toward other, vulnerable human beings.

Times like these challenge us as to what we feel, what we believe, what is "reality," and what we are moved to do. I believe in these times it's very important to seriously consider what is happening, and how you feel about it. And from the **internal guidance** generated from serious consideration, it's very important to be moved to **right action**. Right action can be **substantial**, such as political activity as part of a group or individually; it can take the form of being of **service** for some important **cause**; or it can manifest as other ways of participating that contributes to the reparation and **healing** of the negative influences that are impacting us all.

Also, important are the categories of **insubstantial** things like **prayer, circle healing**, Buddhist prayer water wheels and prayer flags, and activities that promote **love, faith, and hope**. We need to bring all sincerely intended positivity to bear on the present situation.

And we need to continue to do what is important in our daily lives. They are the things that nurture us, strengthen us, and give us **purpose** in life.

Doing your Tai Chi as often as you can is an incredibly effective way to let impactful things move through your being, your body, **heart**, mind and **spirit**. Your Tai Chi practice strengthens your capacity to do **right action**, whether **substantial** or **insubstantial**.

We all need to be Warriors, in the sense of being the "best of what we can be," contributing the best of our **love and light** for ourselves, our brothers and sisters, and **our world planet**.

I am sending you all an abundance of **love, light, and best wishes**.

LOVE,

Lenzie J. Williams
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