

Tai Chi

The Little Woman and The Magic – a true fairy tale

Once upon a time, in the deep dark woods, there lived a little woman. Her house was beside a lake that was so beautiful she would gaze in wonder for hours at a time. The only thing that would spoil her contentment was that she had very sore feet.

One day the little woman came out of her woods and into the town to see the Magician about her sore feet. The Magician said, “You have arthritis in your feet. Take these pills and they will make your feet better.”

And they did, for a while. Then the little woman met the Tai Chi Fairy who said “Come with me to learn Taoist Tai Chi and it will make your feet feel better.” So the little woman learned to do Tai Chi. However it didn’t make her feet feel better, it made her feet feel WORSE. But, the little woman kept doing Tai Chi because she really enjoyed it.

Time passed and the little woman went back to see the Magician. She said “These pills don’t work anymore” The Magician said “I will give you some magic pills and they will make your feet feel better.”

And they did, for a while. But the Tai Chi Fairy said “Keep doing Tai Chi and it will make your feet feel better.” So the little woman kept doing Tai Chi.

Time passed and the little woman went back to see the Magician. She said “These pills don’t work anymore.”

The Magician said “I will give you some pills with the most Magic. However, they will also do nasty things. These are my nasty magic pills and they will make you feel better and worse, all at the same time. Take two pills every day and they will make your feet feel better.”

And they did, for a while. But they also did nasty things and as a result the little woman felt better and worse all at the same time.

But the Tai Chi Fairy said “Keep doing Tai Chi and it will make your feet feel better.” So the little woman kept doing Tai Chi.

Time passed and the little woman went back to see the Magician and said “These pills help my feet, but they are really nasty.” The Magician said “Take only one pill per day and the magic will stay and the nasty will go away.”

But the Tai Chi Fairy said “Keep doing Tai Chi and it will make your feet feel better.” So that is what the little woman did, yet the nasty did not go away. But the Tai Chi Fairy said “Keep doing your Tai Chi and it will make your feet feel better.” So the little woman kept doing her Tai Chi.

Time passed and sometimes the little woman would forget to take her magic pill and her feet still felt better. The little woman decided not to take the nasty magic pills anymore and her feet still felt better.

She went back to the Magician and said “I don’t need these nasty magic pills anymore because my feet feel better.” And the Magician said “There is so much magic in these pills you don’t have to take them. You just have to keep them near you.”

But the little woman said “No, the magic is not in the pills. The Magic is in Tai Chi.”

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