

**2015 Year of the Sheep**  
**Jane Golden's Tai Chi Intensive**  
**Creative Writing Inspired by the Prayer Flags, and our Tai Chi Brother, Bill**

Our Tai Chi Billy Goat  
In a Single Whip of a moment in 2015 he transformed  
Like a Snake shedding his earthly skin  
Following the circle of Yin and Yang  
With a breath he relaxed his push  
And his energy spread  
Becoming fish and birds and Redwoods

In 2015 under the Redwoods  
While breathing and relaxing  
Following the Tai Chi circles  
I saw a snake moving like a single whip  
A goat pushing up a hill  
2 fish swimming in the creek  
A crane flying through the sky  
All borne from Yin & Yang

I like to slither like a snake  
I like to fly like a bird  
I like to stand like a Crane  
I like to swim like a fish  
I like to climb like a goat  
When I play Tai Chi  
When I breathe in the Redwoods  
When I relax  
Push becomes Single Whip  
And I understand Yin & Yang  
In 2015

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In this year 2015  
devoted to the energies of the ram.  
I sink deeply into the sensitivity  
of my feet  
And learn to smile as I make my way up life's  
steep slopes.  
Breathe

Relax  
Be still

Listen  
The redwoods whisper their secret songs of silence  
As the snake needs not push to move with grace and ease,  
she soars along the ground with the wings of a bird  
Tai by itself does not stand alone  
gathering chi we become  
the ultimate supreme form

As two fish I embrace the delicate balance of Yin and Yang  
How does a crane befriend?  
With a single whip  
I AM

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Once upon a time  
In the year of our goat,  
2015  
There lived a crane who practiced tai chi in the redwoods.  
This laughing bird saw a snake attempting the single-whip  
against a double fish.  
Listen, thought the crane  
Breathe and engage the  
yinyang to relax and push.  
The wind blew, the flags fluttered and  
All was good.

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(prayer for Brother)  
Yin Yang  
Snake bird!  
it's 2015!  
Relax Breathe  
Push your pisces  
Single your whip  
and Ram-on  
Ram on into the Redwoods  
Marry the Moon  
and unleash your chi!  
Your crane will fly

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### **Sighs**

The wind in the redwoods  
The bird gliding  
The fish swirling  
friends absent  
Breathe  
Relax  
    Tai Chi camp  
    2015  
    year of the Ram

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## Yin Yang

There is always a moon  
visible or not, slim as a fish  
or full as a first breath.  
You stood right there and pushed  
hands with me a whip  
of sturdy strength, tying

worlds together, hardhat and neck tie,  
And over each landscape a single moon,  
your moon. The loss of you is a whip,  
a tide that pulls us like fish  
toward some great center. then pushes  
us back to land, to breathe

Ordinary air, grateful, grieving, your breath  
no longer part of our one tai  
chi breath, pull in, push out, relax.  
Behind redwoods, the moon  
hides in a bright sky. We fish  
for words, for how to remember, to whip

these flags into poems, dancing goat, the whip  
of wings as a crane bugles its song, breath  
and flight, strike and claw, two fish.  
Ah, they remember, a tarp tied  
over sleeping bags, friends up late under the full moon,

peace a gift, a gentle push

back to what matters. Always two – push  
needs, receive, no end to up tethered by the tender whip  
of love, bourbon and the mountain moon.  
And this too – breathing and not breathing.  
We continue, cut your roses, summer tai chi camp returns.  
Cody works near a river full  
of wild fish.

The world is still here. 2015's crop of fish  
rest in pools behind your house. At camp a breeze pushes  
the redwood branches, raven and flute are turned  
into song with something sweet—a small whip of a note from the top  
of the trees, a breath of delight, we are grateful for the moon.

We are thankful for the inexorable push  
that drives us out of bed, full of breath,  
joined in a sea of chi. We smile, Billy, under your moon.

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## The Holy 13

The fish swim round and round  
    in endless relationship.  
When I relax and breathe the  
    redwoods come alive  
The bird and snake may dart  
    and coil, but the goat is  
    master of the push. What is  
    he pushing us towards in 2015?  
Tai Chi of course – it will take more  
    than a single whip of fate to  
    veer me off that path – wait!  
I take that back! I'd rather  
    not challenge fate in any way  
    whatsoever ... Let it soar like  
    a crane, on its giant wings,  
    dipping and rising in the mud  
    and the sun, in its eternal  
    migration through the yin and the  
    yang of it all.  
– Nicole

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you have heard Jane Golden say:  
“make your shoulders disappear in order  
to get into your body.”  
But amen, amen I say unto thee,  
I hear Bill Cassidy say:  
“make your body and mind disappear  
in order to get into your divine nature.”  
or was that the Buddha? – Hmmm... Are Bill and  
the Buddha one or separate?  
– Ella

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The year, 2015.  
Ram breathes chi beneath the redwoods.  
There is no push in tai.  
The double fish,  
The bird and snake,  
The crane takes flight in a single whip of its neck.  
Yin becomes yang becomes yin again.  
    And again.  
Relax, all is.

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Prayer flags wave like clouds in a breeze  
Reminding us to relax, breathe, listen--  
And feel shoulders drop & disappear.  
Thighs sigh and shout in response  
Feet root in yielding earth.  
Spirits sing, remembering why.  
Interpretation matters:  
Two, zero, one and five and up to eight.  
This year, good fortune, infinity, connection, letting go.  
Envisioning Bill, hearing Mara, Knowing ourselves.  
Jane leads us in a holy circle, wholly present.  
Tai Chi Camp 2015  
June 20, 2015  
– Laura

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It is 2015  
the year of the  
sheep.  
We gather to  
do tai chi  
honor, balance  
yin and yang  
under the Redwoods  
breath, relax  
single whip,  
snake creeps down  
crane flies

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### TAI CHI NOIR

TIME: The Present  
SCENE: Wide shot of a busy street in a major first world city.  
Camera zooms in on the Two Fish walking into a Starbucks.  
INTERIOR: The fish take their place in line of creatures waiting to order.  
1<sup>st</sup> FISH: “Relax, Yang, the Ram will never look for us here.”  
2<sup>nd</sup> FISH: “I don't know about you, but I'll breathe easier when we're back in our own element.”  
BARISTA: “And for you, gentleman?”  
1<sup>st</sup> FISH: “Sing shot w/whipped cream”  
BARISTA: “SINGLE WHIP”  
2<sup>nd</sup> FISH: “Grande Tai Chi”  
BARISTA: (smiling) You mean CHAI TEA?  
2<sup>nd</sup> FISH: “Uh, yeah, whatever...”  
(lowers his voice)  
“Yin—do you really think the Crane will wear a wire? I don't trust him...if push comes to shove he'd eat us for breakfast without a qualm.”  
1<sup>st</sup> FISH: “Yeah, he'll do it. We've got enough on his connection to the Redwood Cartel to put him away for 2015 years. What I can't figure out is how he got the snake and the raptor to co-operate—they're natural enemies.”  
2<sup>nd</sup> FISH: “I guess he's a born diplomat—too bad he chose the dark side. But if he pulls this off

we'll finally bring the Ram down.”

1<sup>st</sup> FISH: “And get a promotion.”  
(THE FISH TOAST EACH OTHER.) FADE TO BLACK...  
– PJ (because she and Bill loved movies)

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## TAI CHI STREAM OF CONSCIOUSNESS

2015 is the year of the Ram/Goat  
Doing Tai chi in the Redwoods under a new moon  
Relaxing & Breathing  
Single Whip, White Crane... Double Fish  
Don't play Koi,  
    you know it's hard, but you love it.  
Push, Pull, like YinYang,  
both sides in balance.

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A Small Theology  
in memory of my friend Billy, Bill, William Cassidy  
Bodegan, Theologian, Supper Club Member, Tai Chi Practitioner

Breathe to Relax  
Relax to breathe  
and so breathing, to relax.

If you breathe,  
You will relax.  
You cannot will to relax--

But if you breathe  
You will relax so  
Breathe. Relax. Just breathe.  
– Delia Moon

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To Relax  
To be in the redwoods  
To remember Bill  
To be here now  
To join with another and practice exchanging energy  
To seek the full in the empty, and the empty in the full  
To see the Yin Yang in all things  
To move like clouds  
Up & Down  
To have the fluidity of fish  
To move like a snake and bird  
To make an Eagle's beak  
To stretch like a crane  
To have the power of a ram  
To breathe

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With a single whip  
Snake sheds our skin  
with a push  
our posture transforms  
redwoods dance tai chi

the cycle of life is  
instantaneous and timeless  
when we breathe  
exhale is death  
inhale birth  
Relax → Repeat

there is nothing more pure  
than the moment  
– Michelle Luna Semet

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Ram relaxes down  
Up Soars Crane into Redwood  
Listen to Yin Yang.

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Listening  
Listening I feel pain  
Listening I feel joy  
Listening I find balance

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Breathe  
    in the redwoods  
to the  
Sounds of  
    double fish  
    cranes  
    goats  
    snakes &  
        birds  
While relaxing  
    with  
    tai chi  
– KK

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How I Lost My Shoulders

It was 20:15 when all through the town,  
A breath could be heard when it was up, when it was down,  
The Bird & the Snake were dancing with glee,  
When a Single Whip appeared in a tree.

The Yin & The Yang were out of balance that night,  
The Crane & The Ram got into a fight,

The Fish swam in circles, doing some Tai Chi,  
Relax & then Push brings back balance you see.

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2015 Redwoods  
2015 Golden Practitioners

Breathe in, breathe out  
Breathe in chi, Relax  
Push out chi, Relax

Two Birds, unwinding  
Tai Chi is born  
Snake creeps down  
Yin and Yang

Single Whip – Push  
Double Fish  
Foolish Goat  
White Crane, Push

Tai Chi  
Breathe  
Relax  
Yin and Yang Forever  
– John T.

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Under the redwoods  
I search for relaxation  
Like fish; Hard to catch

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Crane and dragon dance  
under the crescent moon  
Tai Chi Smile.  
– Kristine

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Golden Days – 2015 Ram  
Relax with Tai Chi:  
Single Whip.... Push.... White Crane  
Breathe in the Redwoods  
Snake & Bird, Yin and Yang  
Double Fish....  
Heaven on Earth

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My Prayer

My creator who is the  
GRAND ULTIMATE of YIN-YANG

Thank you for this gift  
that is TAI CHI.

Inspired by the BIRD  
and the SNAKE

My Spirit sings its joy  
in praise of you  
& the breath of life you

GRANT ME

Ohhhh matakiasee

(all my relations)

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Are you looking for me?

I am in the next seat

My shoulder is against yours.

You will not find me in the stupas,  
not in Indian shrine rooms,  
nor in synagogues,  
nor in cathedrals,  
not in masses,  
nor kirtans,  
not in legs winding around your own neck,  
not in eating nothing but vegetables.

When you are really looking for me,  
you will see me instantly--

You will find me in the tiniest house of time.  
What is God?

He is the breath inside the breath.

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