

# Silk Reeling

By Colin Donohoe

In silk reeling, the movement is continuous. If one thing moves everything moves. All movement is directed from the center. This is also one of the core principles of Tai Chi. The center leads the body.

In silk reeling there is changing weight and turning. We change weight by moving our center either more to the left, or more to the right. For beginners it is good to focus on breaking the movement into 4 parts.

1. **Shift weight right**
2. **Change (hands position)**
3. **Shift weight right**
4. **Change (hand position)**

The benefits of tai chi are increased relaxation, mindfulness, balance, increased energy, flow, softness, presence, harmony, and the continuous cultivation of internal power.

Internal energy is present in all life, but blockages can occur and frequently do. These exercises serve to assist with encouraging the flow of the internal energy through the meridian energy network which leads to increased wellbeing and relaxation, which in turn reduces stress and removes tension.

People carry a significant amount of tension in the body so practicing tai chi and qi gong can help greatly in undoing some of this negative tension.