



T'ai Chi Chih® Workshop - Joy Through Movement with Amy Tyksinski  
October 14-15, 2023 - Windsor, CO

### Participants Write Pyramid Poetry

At a recent October 2023 T'ai Chi Chih weekend workshop (theme "Joy Through Movement") in Windsor, Colorado hosted by Rebecca Paulson and facilitated by Amy Tyksinski, participants were asked to write a Pyramid Poem (or two...or three...) Writing pyramid poetry is, "Like eating peanuts," claimed Justin, "You can't stop at just one."

Pyramid Poetry is a form of poetry originated by Justin Stone and designed to reveal our inner Knowing through its intuitive approach. Please note: the structure of Pyramid Poetry is 1<sup>st</sup> line – 1 syllable, 2<sup>nd</sup> line – 2 syllables; 3<sup>rd</sup> line – 3 syllables; 4<sup>th</sup> line – 4 syllables; 5<sup>th</sup> line – 3 syllables; 6<sup>th</sup> line - 2 syllables; 7<sup>th</sup> line – 1 syllable with the final syllable expressing something emphatic!

We  
Are all  
Connecting  
Sharing heart-felt  
Open thoughts  
Touching  
Chi  
By Rebecca Paulson

Here  
We Are  
In the Midst  
Spirit Surrounds  
Join Our Hands  
We are  
One  
By Bonnie Schowalter

Touch  
Inner  
Makes a thrum  
Unwind gears up  
Tension holds  
Let go  
Drape  
By Holly Hershman

Joy  
Children  
Soft Pure Love  
Be Still and Hear  
Heaven's Song  
Back to  
Birth  
By Georgine Brinkman

Lose  
Yourself  
Study Chi  
Energy knows all  
Come to Class  
Study  
Chi  
By Bonnie Schowalter

Trust  
Your now  
Unfolding  
Experience  
In Kindness  
Always  
JOY!  
By Marie Dotts

Snow  
Winter  
Slumber Deep  
Awake Stretch Rise  
Calm Still Peace  
Go Forth  
Hope  
By Georgine Brinkman

Ache  
Not Mine  
Must I care  
Movement grows strong  
Revulsion  
Settle  
Down  
By Holly Hershman

Both  
Stillness  
Circular  
Movement Flowing  
Expressing  
In me  
LOVE  
By Marie Dotts

Smiles  
New Friends  
Connection  
Having so much fun  
Together  
Learning  
Joy  
By Lucinda Furman

Joy  
Is Movement  
T'ai Chi Chih  
Is based on this  
So T'ai Chi  
Chih brings  
Joy  
By Jen Coffey

Who  
I Am  
Often Busy  
Moving then Pause  
In Silence  
I am  
Here  
By Jer Jennison

Peace  
Coming  
Over Me  
Like a Rainbow  
Elusive  
So Bright  
Gone  
By Lucinda Furman

Chi  
Life Force  
Prayer to  
The Universe  
Flows through my  
Heart and  
Soul  
By Cheryl Kasai

What  
Wants to  
Move through me  
To be known now  
Then to land  
In my  
Heart?  
By Chris Jennison

I  
Struggle  
For Knowledge  
Of what is to  
Come from the  
E-ter-  
Nal  
By Carol Love

Inside  
Stressful  
Coming Back Behind  
Really Being Alive Again  
Who can I  
Bring Along  
With  
By Anonymous

Write?  
Who? Me?  
Go for it!  
Spontaneous  
Creating  
Surprise  
Smile  
By Chris Jennison

Joy  
Oh Joy  
How much Joy  
T'ai Chi Chih Brings  
So much Joy  
To my  
Life  
By Jen Coffey

Pause  
Center  
Listen quiet  
Be Sure to Breathe  
Then to Feel  
T'an T'ien  
Waits  
By Jer Jennison

*"Carry the Ball"*  
Strength  
In Leg  
Turning Hip  
Massage Organs  
Bright Aware  
T'an T'ien  
Joy  
By Chris Jennison