



I make conscious efforts these days to counter my tendency to be docile, more so now with working from home. In a Dream Workshop, it was suggested that this tendency could be a reason for my having frequent flying dreams [balancing waking/sleeping hours]. Though I had such dreams since young, I thought it an interesting idea. So when feeling low for no apparent reasons, I may do something active instead, impromptu house chores or walking to a local shop. Mostly I gain more energy afterwards or if not more energy, things feel clearer somehow.

I'm still thinking about 'following' energy concept suggested in the workshop.

Tai Chi teacher early on commented on a stubborn tendency to hold arms tightly by my side, not allowing sufficient gaps in my armpits to allow chi to flow freely. I've been more conscious of this while doing other things and it seems to have positive effects overall.