

Also La Spezia has its flag



La Spezia: a small but very pretty and welcoming town (at least this is my opinion ... probably because I was born there !!!) also this year wanted to make its “bella figura” and, after a few showers on Friday evening and night, displayed a very bright sun during the days of the stage with a very warm temperature (so unusual in Autumn)!

The area inside the Palazzetto was clean, roomy, warm and bright – decorated only with simple yellow flowers, symbols of this stage, and with the Viet Tai Chi banner.

With a discreet but appropriate musical background, M. Phan Hoang led an exemplary stage, very intense and intriguing (fascinating) ... let me say “as usual”, but this last stage was the best of all.

The love and dedication with which M. Pahn Hoang prepares and runs his stages is so obvious that one can only participate passionately with soul, body, mind and spirit – this becomes a thread which ties and creates a feeling among all the people of the group like a unique breath. This happened also this

time.

During the journey back home I went through all what had happened the two days before and I thought about how I felt, what I was taking back home with me not only in terms of information but also of food for thoughts, ideas and emotions.

I felt very ... happy and ... above all very lucky (in those moments I’m even more aware than usual) ... I wondered why I felt so happy and the main reason was that I had been present during those two days as a humble co-author (as the Master says) in that moment and in that circumstance with the awareness to participate (and also to contribute!) to a unique, important and profound moment.

So it came into my mind the renowned Italian cappuccino of which the Master so often speaks – its taste is so difficult to describe and explain to those who have never tried it – I thought that there is a great difference between reading a document about the stage or asking somebody what happened and taking part personally in such a stage (“to be there”).

To study the form TUYEN SINH (the form whose reference will be La Spezia) on your own rather than listening to other people while they tell you about the beautiful and interesting Brush Art – not to mention the details about the DAI LAO, the breathing techniques or about the warming up in small places or the introduction to KAI MON, etc. ... without listening and “tasting” the atmosphere that only the Master Phan Hoang can create – I would say it is a great pity! Because in this way I think one misses an opportunity to understand a bit more about the spirit and the depth of Viet Tai Chi

I must say that personally now I appreciate much more than before the small details among words of the Master, the shades of tones or of words about forms or concepts already known rather than the new technical form to be added to the already long list of forms that are just there waiting for the right time to be practiced regularly, which is the necessary key to open the richness of their essence.

In occasions such as this stage, I have the impression of making a giant leap forward along the path of personal growth, of increasing significantly the amount of information inside each of the nine famous drawers of knowledge which have been mentioned many times by the Master and all these make us enthusiastic and happy.

Iva

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