

From: TCCcommunity guide@tcccommunity.net  
Subject: Sandy's December 2013 T'ai Chi Chih Newsletter [Test Email]  
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To: stephen2816@mac.com  
Bcc:



## A Newsletter from the Guide of T'ai Chi Chih



### Justin's Insights

#### Change

The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for evolving, such as T'ai Chi Chih and Meditation, when they ask for it, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.

September 1991

Justin's quotes reprinted with permission of Good Karma Publishing.

#### Chi Reflections

When we inhale, the air comes into the inner world.  
When we exhale, the air goes out to the outer world.  
The inner world is limitless,

### Evolution of the Form as felt from the inside out

Dear Teachers and Students of T'ai Chi Chih,

How many of you are evolving... or have evolved? Judging from our T'ai Chi Chih Community, each of you has, although some of may be unsure. We know for sure that when life is moving along without bumps in the road, we are in a good space, and we want to hold onto that, right? But without obstacles we have little opportunity for inner growth or change. It is when we are fully engaged in life with all its challenges and difficulties, that we find more opportunities to make choices.

This inner growth brings us closer to the person we were created to be and closer to the uncarved block. Our job is not to add to or recreate something new, but to strip away all that is false in order to cut through to the essence of who we truly are. Our practice of T'ai Chi Chih has a way of taking care of that for us. It is a spiritual practice, one that evolves us to the core, or better said, back to our core.

The Six Principles of Movement are at the core of the T'ai Chi Chih practice and teaching, the Essence of who we are in the form and who we can become because of the form: Empty and filled to the brim at the same time. It is what happens whenever – even if for a fleeting moment – we experience that T'ai Chi Chih is doing T'ai Chi Chih, and the "I" is completely out of the way, dissolved. Of course the False Self returns immediately to take delight in the accomplishment, which is why it is called the false self in the first place. But all the same, this experience brings us to a new dimension of practice and of life, and a new level of evolution. It is at this level that we can truly say: I don't remember what I was like before TCC.

As the T'ai Chi Chih form changes with each new insight, learning and ah-ha moment, we begin to change. Justin wrote: "We begin to change and so does our world." And what I mean by 'changes' is that we feel the form differently, we may flow a bit softer, or deeper, or from the tan t'ien in a more realized state. And all of this leads up to "embodying" the T'ai Chi Chih form in a changed way... and therefore the Evolution of the Form as felt from the inside out.

And as you reflect on your form this month, ask yourself these questions: "What has changed inside me?" and "How has my world changed?"

Wishing you Peace and all good,

Sr. Antonia Cooper, OSF



and the outer world is also limitless.  
We say "inner world" or "outer world" but  
actually,  
there is just one whole world.  
~Shunryu Suzuki

## **T'ai Chi Chih Events:** **T'ai Chi Chih® Intensive**

**January 15-19**

**St. Joseph's by the Sea Spiritual Center**

**On the Beach at Mantoloking, New Jersey**

**\*ENHANCING THE INTRINSIC  
ENERGY FLOW\***

**Led by Teacher Trainer, Pam Towne**

**Designed for teachers, teacher  
candidates and serious students**

**The focus of the Intensive will be on  
How to Move for the greatest flow  
of Chi**

**Flowing from the Center, Yinning &  
Yanging correctly, Moving with  
Softness**

**The heart of the Intensive will be  
refining & deepening your T'ai Chi  
Chih practice.**

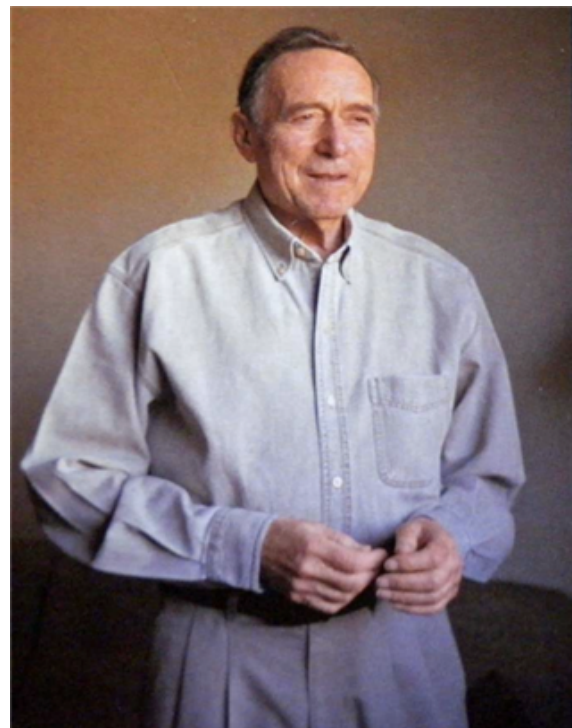
**You are invited to attend this empowering 4 day TCC  
experience. Intensives are especially important for  
those who want to become TCC teachers as part of  
their preparation for accreditation, but also extremely  
valuable for those who want to deepen their  
understanding & practice of TCC without going to  
Teacher Training.**

**Intensive info can be found on the TCC Community  
Calendar at [http://www.taichichih.org/calendar-of-  
events/](http://www.taichichih.org/calendar-of-events/) or by contacting SiobhanHutchinson through  
e-mail at [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com) or phone  
at 609-752-1048.  
You will want to attend an Intensive...**

**If you are a TCC Teacher:**  
**to deepen your own practice & appreciation of TCC**  
**to refine how you move for a greater flow of Chi**  
**to learn how to better prepare candidates for  
Teacher Accreditation**  
**to learn new teaching techniques for your classes**  
**to connect with other teachers & the larger TCC  
Community**

**If you are a Teacher Candidate:**  
**to better understand the depths of TCC practice**  
**(there's more than meets the eye)**  
**to discover what needs to be changed in how you**  
**move before you attend Teacher Accreditation, then**  
**have several months to integrate those changes**  
**to experience doing several hours of TCC each day**  
**with a group of delightful people**

**If you are a Serious Student who has been practicing  
TCC at least 1 year:**  
**to immerse yourself in TCC for 4 days without  
having to attend an Accreditation course**



Justin Stone (1916 - 2012)

Photo from the back cover of T'ai Chi Chih Photo Text, the basic text for T'ai Chi Chih.

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Justin Stone can be ordered through your local T'ai Chi Chih teacher or through Good Karma Publishing.

<http://www.gkpub.com/books.php>

T'AI CHI CHI PHOTO TEXTBOOK APPS for both *iPhone* & *Android* phones can be downloaded and purchased online for only \$9.95.

★ The apps consists of time-lapsed photography of the originator, Justin Stone,

*to have an in-depth experience of TCC  
to understand the principles of How to Move the  
TCC way  
to explore your TCC practice like never before!*

*The cost for this empowering 4 day course is still an  
incredibly low \$200 + room & board. The January  
Intensive is being held at the beautiful & peaceful St.  
Joseph's by the Sea Spiritual Center on the beach in  
Mantoloking, NJ. An info flyer & registration form are  
attached. If you have questions, please contact me  
through e-mail at [slobhan@nextstepstrategiesllc.com](mailto:slobhan@nextstepstrategiesllc.com)  
or phone at 609-752-1048.*

### **Other T'ai Chi Chih Events:**

*<http://www.taichichih.org/calendar-of-events>  
Attending T'ai Chi Chih events is an excellent  
opportunity for you to receive helpful  
feedback, improve your practice, and to be  
with other T'ai Chi Chih practitioners.*

### **Mission Statement**

*The International T'ai Chi Chih Community  
of students and accredited teachers  
is dedicated to the personal practice of  
T'ai Chi Chih®  
and to sharing with the world  
this form of moving meditation  
and its benefits affecting  
body, mind, and spirit.*

*Finalized on November 20, 2012  
Justin Stone's 95th birthday*

### **T'ai Chi Chih Community Vision Statement**

*How we see ourselves in 5 years:*

*We, the T'ai Chi Chih Community, are an ever-expanding,  
unified yet diverse group of teachers and practitioners who  
exemplify serenity, joy and vitality. There are active  
teaching communities throughout the US, Canada and  
around the world, with great variety in ethnicity, gender &  
age.*

*We are dedicated to practicing, teaching and promoting  
T'ai Chi Chih as originated by Justin Stone, so that it  
contributes to holistically revolutionizing healthcare and is a  
positive influence on humanity.*

*How the world sees us in 5 years:*

*The T'ai Chi Chih Community is universally recognized and  
accepted as offering an effective, user-friendly, holistic  
practice for enhancing health of body, mind & spirit.*

*We are seen as a thriving, welcoming Community that  
attracts people of diverse ages, gender and ethnicity. By  
embracing new technologies, we have accredited teachers  
and other resources readily available worldwide to meet  
the growing demand for information and instruction in the  
beneficial practice of T'ai Chi Chih.*

*Presented to the Community August 4th at the 2013  
Teachers Conference*

performing of all the movements. As well as links to some movements on YouTube.

★ Important points about moving correctly are called out and special essays discuss balancing yin and yang, the Tao, the great circle meditation, serenity, studying with a teacher, function and essence, the power of Chi circulation, body posture, and more.

Purchase the Android application at:

[http://sutromedia.com/android/Tai\\_Chi\\_Chih](http://sutromedia.com/android/Tai_Chi_Chih)

Purchase the application for iPhone, iPad and iPod Touch at:

[http://sutromedia.com/apps/Tai\\_Chi\\_Chih](http://sutromedia.com/apps/Tai_Chi_Chih)

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen

<http://www.gkpub.com/cds.php>

And on the CD: Justin Stone speaks on T'ai Chi Chih: <http://www.gkpub.com/dvds.php>

Sandy McAlister's Seated T'ai Chi Chih DVD: <http://www.sandymcalister.com>

Teacher Resources: [http://tccccommunity.net/Teacher\\_Resource\\_Page.html](http://tccccommunity.net/Teacher_Resource_Page.html)

T'ai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.TCCcommunity.net>

T'ai Chi Chih on Facebook: <https://www.facebook.com/taichichih?sk=wall>

The Vital Force newsletter: <http://www.taichichih.org/vital-force/>

Sr. Antonia's archived newsletters: [http://tccccommunity.net/Newsletter\\_Archive.html](http://tccccommunity.net/Newsletter_Archive.html)

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may have a free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign-Up Form found at <http://tccccommunity.net>.]

