

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's October 2013 Newsletter
Date: October 1, 2013 at 3:25 AM
To: stephen2816@comcast.net



A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

Three Steps on the Way

In my view, there are three things to be done (realized): To recognize, deeply feel, and accord with Impermanence. Then, and only then, is it possible to find out Who and What we are (transcending Impermanence). Finally, after realizing the above two, to go into the Marketplace and work with people. This is 'merging Sense with Essence'. From my standpoint, these are the three steps on the Way. Techniques will vary, but the objectives are the same. And, in these ways, we transcend 'Greed, Anger, and Delusion'. Eternity is in this moment.

March, 1992

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

Chi Reflections

One Instant Is Eternity

One instant is eternity;
Eternity is the now.
When you see through this one instant,
You see through the one who sees.

The Idea of Impermanence

Dear Teachers and Students of T'ai Chi Chih

As you may know, this year's Teacher Conference was "Encircled In Chi." Each of our days at Let Go ... I Am Grounded ... I Am at Peace With All. With so many possible themes to choose from, I decided to talk about a topic that has had an attraction for me for some time. A topic that resonating within, a kind of fascination with which Justin often spoke and wrote about, an Impermanence!

Now it is quite dangerous to discuss a topic permanent! After all we all are seemingly at something that is not permanent. It gives on change, and may even seem to have an air of to it.

In *Spiritual Odyssey: The Idea of Impermanence* Justin couples Impermanence with the gift of WHO AND WHAT YOU ARE. Does he not know this life is not lasting, that we'll die, as we discover the "who and what?"

In this mix, I'd like to add Evolution, another Justin wrote about when he mentions return "uncarved block." If I am evolving, developing, moving forward, then how can I be return to – to the face I had before I was born? Who gives us the answer when he quotes the Lotus 126.

From the State of Emptiness

Man's body is a body pervading the Universe

Man's voice is a voice filling the Universe

Man's life is a life without limit.

Certainly as we evolve, we grow into something not before, and we change.

I am also very much aware that Death has a mix, which may not seem an appropriate topic for the Conference. But, we all know that T'ai Chi Chih is definitely a counter cultural form of Qi Gong, why not talk openly about it.

Impermanence, Evolution, Change, and Death are the very characteristics that form the basis of our lives. As we are sincerely paying attention and are aware of our lives, we will delve deeper into these topics in upcoming newsletters.

T'ai Chi Chih Events Led by Teacher Trainers:

Hey Teachers and Students,
There are still spaces available in the October Intensive facilitated by Sandy McAlister.

IS AN INTENSIVE TOO INTENSE?

"Only if you want it to be", says Trainer Sandy McAlister. This 3 1/2 day workshop is open to anyone who knows the T'ai Chi Chih form. For T'ai Chi Chih teachers it is an opportunity to let go of that role and look at the practice with the fresh eyes and the inquiring mind of a student. For anyone planning on attending an Accreditation Course it is strongly recommended to take an Intensive course where your movements can be assessed by a Teacher Trainer. This workshop will give you a better idea of your strengths and also areas which need improvement before attending an Accreditation Course. For serious students this is an opportunity deepen your practice in the company of other serious practitioners. "You take the information of the 3 1/2 days and absorb as much as you can but there is no pressure to have to accomplish anything. Just come and enjoy the company of others who practice T'ai Chi Chih and give yourself the gift of immersing yourself in 3 1/2 days of this life transforming movement," - Sandy McAlister

The Intensive will be held in Philadelphia, PA on October 21-25. Please contact host: April Leffler at

lirpaleff@rcn.com

or call: 610-532-6753 (home) or 610-809-7523 (cell)

Deep South SEIJAKU and TCC Workshops

Teacher Trainer Daniel Pienciak will conduct two back-to-back workshops in Tupelo, Mississippi.

November 6-8 SEIJAKU

November 8-10 T'AI CHI CHIH

To entice you to come ...

Both workshops are priced at only \$75 each, which should greatly help offset the cost of your (or your students') travel expenses.

And ... If you'd like to stay in a Teacher's or Student's home, we can arrange that for you! In-home accommodations are available on a first-come, first-serve basis and are limited.

Contact Ron Richardson

ron_richardson@comcast.net

662-844-6473 (home) or 662-255-4994 (cell).

Come to the Deep South this November.

Enjoy a little Seijaku ...

A little T'ai Chi Chih ...

And a whole lot of our famous

Southern hospitality!

Daniel's Deep South workshops information:

I'd like to invite you to take time and reflect on the idea of impermanence. In silence ...
"What comes to mind when I think of im...
And secondly, "How does the thought of ...
make me feel?"

Wishing you Peace and all Good,

Sr. Antonia Cooper, OSF



Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice c

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

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976692>

Deep South registration information:

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976693>

Other T'ai Chi Chi 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.

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 teachers and practitioners who exemplify serenity, joy and vital teaching communities throughout the US, Canada and around the world in ethnicity, gender & age.

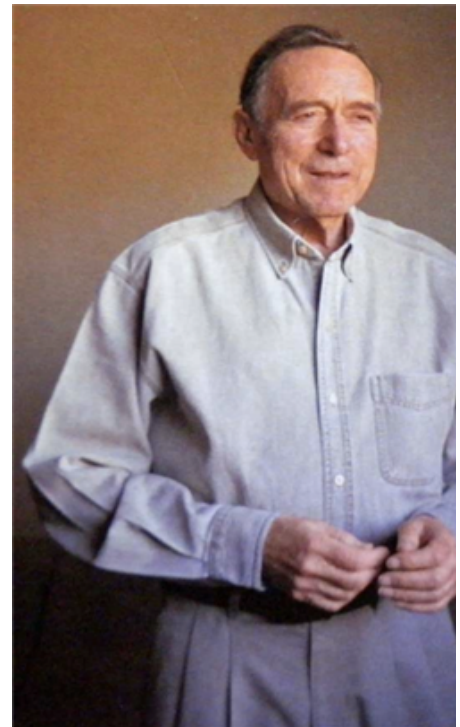
We are dedicated to practicing, teaching and promoting T'ai Chi Chih, so that it contributes to holistically revolutionizing positive influence on humanity.

How the world sees us in 5 years:

The T'ai Chi Chih Community is universally recognized and accepted as an effective, user-friendly, holistic practice for enhancing health of all.

We are seen as a thriving, welcoming Community that attracts practitioners of all gender and ethnicity. By embracing new technologies, we have made our information and instruction in the beneficial practice of T'ai Chi Chih readily available worldwide to meet the needs of all.

Presented to the Community August 4th at the 2013 Teach



Justin Stone (1916 - 2012)

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

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other can be ordered through your local T'ai Chi Chih teacher or through G

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

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

★ The apps consists of time-lapsed photography of the original performing of all the movements. As well as links to some move

★ Important points about moving correctly are called out and set
balancing yin and yang, the Tao, the great circle meditation, sei
teacher, function and essence, the power of Chi circulation, boc

Purchase the Android application at:

http://sutromedia.com/android/Tai_Chi_Chih

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

http://sutromedia.com/apps/Tai_Chi_Chih

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

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

And on the CD: Justin Stone speaks on T'ai Chi Chih: <http://www.gkp>

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

Teacher Resources: http://tcccommunity.net/Teacher_Resource_Page

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

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

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

Sr. Antonia's archived newsletters: <http://tcccommunity.net/Newslette>

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