

From: **TCCcommunity** guide@tcccommunity.net
Subject: Sr. Antonia's August 2013 Newsletter
Date: August 1, 2013 at 3:34 AM
To: Roberta Urbanik stephen2816@mac.com



A Newsletter from the Guide of T'ai Chi Chih



The Annual International T'ai Chi Chih Conference

Dear Teachers and Students of T'ai Chi Chih,

You will be receiving these lines just as the annual International T'ai Chi Chih Conference begins Thursday evening, August 1 at St. John's University campus, Collegeville, Minnesota. This year's theme is: Encircled in Chi. What rich meaning this has for all of us who practice this "Moving Meditation" and experience the power of knowing this Chi. CHIH means "knowledge of" and this knowledge is intuitive, residing in each pulsating cell of the body.

The focus of my sharing is a topic Justin liked to talk about: Impermanence. When you think of that word, what comes to mind? What feelings arise? I understand Impermanence as part of the Evolutionary process of life in the discovery of who and what we are. In essence, it is part of the Yin / Yang process of what happens to us as we practice the T'ai Chi Chih form.

For those of you who live in the Collegeville, MN area, you are invited to join me on Saturday afternoon for two sessions:

3:45-4:30 PM Deepening Our Joyful Practice
Conference attendees and Community

4:30-5:15 PM Community Practice
We will sit for a time of silence after practice

I look forward to welcoming you to these sessions. If you are unable to be physically present, then join us where you live... we are in the Central time zone. May we all share in the experience of being "Encircled in Chi."

Wishing you Peace and all Good!

Sr. Antonia Cooper



Justin's Insights

Impermanence

Most suffering comes from failure to accept impermanence. Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

"The only thing permanent is change," says the I

CHING. The leaves will fall in autumn; there will be new leaves on the tree in springtime. But, is the tree itself permanent? Enduring, yes, but infinite, no. What we do and think will influence the future; flowing with the TAO in its ceaseless progression is wise. In the words of Professor Huang, "The Sage wants spring to follow winter."

Summer 1986

Justin's quotes reprinted with permission of *Chi Reflections*

T'ai Chi comes from Wu Chi and is the mother of Yin and Yang.

In motion it separates: in stillness they fuse.

It is not excessive or deficient: accordingly when it bends, it then straightens.

Remember, when moving, there is no place that doesn't move.

When still, there is no place that isn't still.

First seek extension, then contraction; then it can be fine and subtle.

T'ai Chi Chih Events led by the Guide of the TCC Community:

The 8th Annual T'ai Chi Chih Autumn Retreat with Sister Antonia,

September 26-29, 2013 at Pecos Monastery, Pecos, New Mexico

T'AI CHI CHIH AS TRANSFORMATIONAL ENERGY

***We delight in celebrating with you the Eighth Annual T'ai Chi Chih Retreat with Sister Antonia Cooper; it is open to those who've taken a TCC class.**

Each attendee stays in a private room with private bath and enjoys access to a lounge with refrigerator. We invite you to bring your favorite snacks! Meals begin with Friday breakfast and end with lunch on Sunday, Sept. 29th. The cost is \$340 per person, which includes lodging for Thursday thru Saturday nights and meals. Plan to attend the first group meeting with Sister Antonia at 7:30 PM Thursday.

***Pecos Benedictine Monastery sits on 1,000 acres of serene and healing forest, meadow, and river land, populated by deer, elk, birds and other forest creatures. Being adjacent to the 220,000 acre Pecos Wilderness, where quiet movement and silence abound, the setting is ideal for the Retreat's focus,**

T'ai Chi Chih as Transformational Energy

***A \$50 non-refundable deposit will hold your place, with the balance due by August 31st, 2013. Space is limited. For further Retreat details**

contact Ann Rutherford:

rutherford@att.net



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

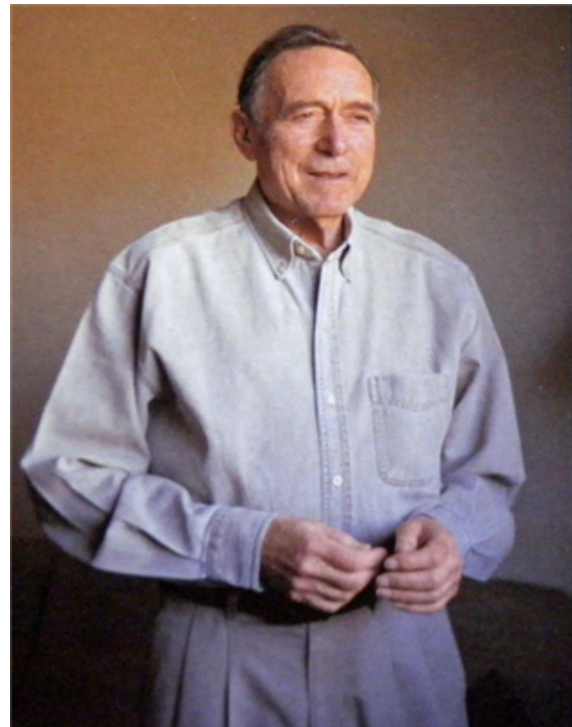
this form of moving meditation

and its benefits affecting

body, mind, and spirit.

Finalized on 11/20/2011

Justin Stone's 95th Birthday



Justin Stone (1916 - 2012)

Photo from the back cover of Tai Chi Chih Photo Text, the basic text for Tai Chi Chih.

The "Tai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Justin Stone can be ordered through your local Tai 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, 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

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.*

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

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 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://tcccommunity.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://tcccommunity.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://tcccommunity.net>.]