

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's June 2013 Newsletter
Date: June 1, 2013 at 11:37 AM
To: stephen2816@comcast.net
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



Information for the 2013 Teacher Conference:

www.taichichih.org/conference_2013/

Conference Forms: Conference Registration, Vendor Registration (changed contact person), Conference Brochure, and T-shirt Order Form.

Come and be embraced . . .
28th Annual International T'ai Chi Chih Teachers' Conference August 1 – 4, 2013

Here are a few of the program highlights:

- > Opening Tea Ceremony
- > Dances of Universal Peace
- > Rededication Ceremony
- > Scholarship Fund Raffle

This year's topics for personal growth and enrichment include:

- | | |
|---|------------------------|
| o Joyful Feet | Judy George |
| o New Teachers | Sister Antonia Cooper |
| o Seated T'ai Chi Chih Teaching Tips | Sandy McAllister |
| o Accreditation Journey Framework | Deb Bertelsen |
| o Practical Trade Tools for Teaching | Lisa Otero |
| o Effective Use of Props in Teaching | Dan Pienclak |
| o Seijaku – More Joy Through movement | Pam Towne & Bill Moore |
| o Tedx Talk | Amy Tysinski |
| o Prajna | April Leffler |
| o T'ai Chi Chih & Social Media | Kim Grant |
| o Working With Our Habit Energies | Marie Dotts |
| o Activating "Flow" – How Teaching TCC Teaches Us TCC | Colleen Flanagan |
| o Experiencing T'ai Chi Chih & Disability | Stacey Moore |

Remember to check the website for full conference schedule updates. Order your conference T-Shirts. Sign up now!

Looking forward to seeing you soon.
Encircled in Chi
Judy George & Deb Bertelsen

"T'ai Chi Chih...because life is too busy."

Dear Teachers and Students,
Up until now I have always written my thoughts to you in these monthly messages. This month I'd like to share with you some reflections from Angela Rizzi, a former student whose comment holds a deep sense of wisdom for all of us...

"T'ai Chi Chih...because life is too busy."

When asked a few years back by Sr. Antonia Cooper, "Share with us why you are here; why T'ai Chi Chih", I contemplated for a mere 2 – 3 seconds and without hesitation simply answered "Because life's too busy."

That was it. Plain and simple, yet meaningful and honest. Now more than ever, it seems we all struggle for "me time" or "down time." Yet, the need to rejuvenate and ground ourselves is ever pressing. Without time to reflect and breathe, our daily task list can feel overwhelming. Work, family, our children's events and needs, elder care, domestic responsibilities, happy and sad stressors...they all absorb our energy.

What better way, than reaching deep inside one's own soul and reservoir of spiritual resources, than the practice of T'ai Chi Chih, which when broken down in definition can be viewed as prayer, meditation, soul searching, peace, love – all these things bring us peace & harmony – exactly what we as individuals, need for ourselves and especially to share with others.

Together, let's make peace and harmony an epidemic.

Let's begin one breath at time.

Let's incorporate T'ai Chi Chih...because Life's too busy.

~Angela Rizzi, April 26, 2013

Wishing you Peace and all good,

Sr. Antonia Cooper, OSF
Guide of T'ai Chi Chih

[If you wish to attend Conference and need financial assistance, please copy and use the Conference Scholarship form that is below Sr. Antonia's picture.]



Justin's Insights

The Effort of No Effort

Justin shared this comment at a teacher conference: "You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body—no effort."

"Withdrawing into abstraction—from there comes all creativity."

~Justin Stone - August 1988

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

Chi Reflections

Meditation can take place when you are sitting in a bus, or walking in the woods full of light and shadows, or listening to the singing of the birds, or looking at the face of the wife or child.
~Krishnamurti

Calm in quietude is not real calm;
when you can be calm in the midst of activity,
this is the true state of nature.
~Huanchu Daoren

There is one thing
that, when cultivated and regularly practiced,
leads to deep spiritual intention,
to peace,
to mindfulness and clear comprehension,
to vision and knowledge,
to a happy life
here and now,
and to the culmination of wisdom and awakening.
And what is that one thing?
It is mindfulness centered on the body.
~The Buddha, Anguttara Nikaya

To use this short finite life
to grieve over the chaos of the world
is like weeping into a river of tears for fear it will run dry.
Only those who abandon worrying
about the chaos of the world and create order in themselves
can begin to understand Tao.
~Lao Tzu

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

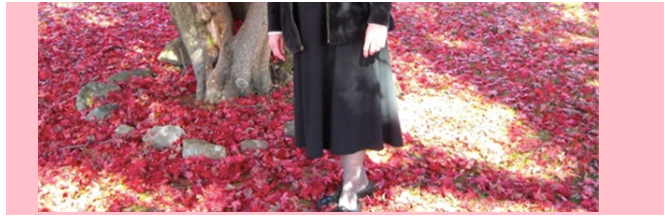
The 8th Annual T'ai Chi Chih Autumn Retreat with Sister Antonia,

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.



2013 T'ai Chi Chih® Teachers' Conference Scholarship Application Form

Thursday, August 1 – Sunday, August 4, 2013 St. John's University Collegeville, MN

The scholarship fund was created by T'ai Chi Chih® teachers to assist fellow teachers who cannot afford the full conference fees. Our hope is to assist as many teachers as possible to attend the conference in 2013. Scholarships generally do not pay the full amount of the conference fee, and do not exceed \$200.

To apply for a scholarship:
Complete this form and send it to: Carol Mockovak 4300 West River Road #407
Minneapolis, MN 55406 OR email the form to Carol Mockovak at
caroledith@usfamily.net

Questions contact Carol @ (612)-729-9040.
We will give every application full consideration and you will be notified of your scholarship award amount.

Applicant's Name _____ Accreditation Year _____

Address _____

City _____ State _____ ZIP _____

Phone _____ EMAIL Address _____

Indicate the amount of your scholarship request: _____

Reason for application: _____

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



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*

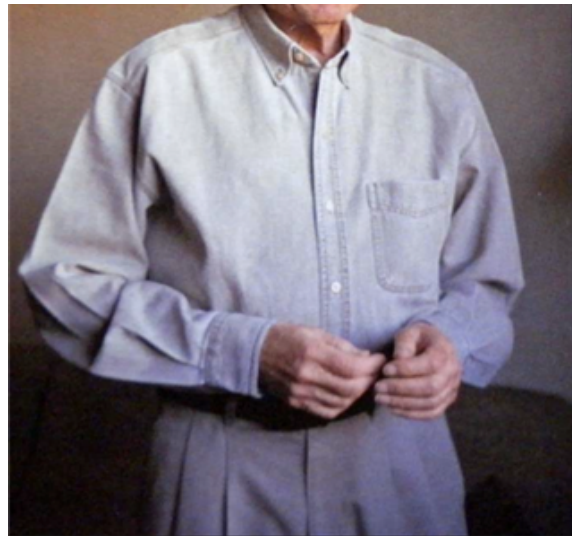
contact Ann Rutherford:

ruthergary@aol.com

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.



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, 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

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>

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



ENCIRCLED IN CHI

2013

28TH
INTERNATIONAL
T'AI CHI CHIH®
TEACHERS' CONFERENCE

THURSDAY, AUGUST 1 -
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY
COLLEGEVILLE,
MINNESOTA

2013 Teachers Conference

August 1 - 4, 2013

Followed by two Seijaku Courses

August 4, 5 & 6, 2013

Come – allow yourself to Go With The Flow and walk over The Bridge to Joy.

The Bridges to Joy.

Come – join us in a place and time where your mind will be still, where your total presence is desired, where you can experience a state of no-mind -- *satori* -- where you can receive a taste of enlightenment.

Come – and be **Encircled in Chi** as the Minnesota community welcomes and embraces your presence; where you can receive and experience growth and inner contentment.

For further information, registration forms, vendor forms, conference brochure and schedule:

http://www.taichichih.org/conference_2013/

A Conference Scholarship form can found under Sr. Antonia's picture in this newsletter.

Seijaku

~ The "Advanced Form" of T'ai Chi Chih ~

**Please sign up for one of two
Seijaku Courses offered
following TCC Conference**

August 4 to 6, 2013

St. John's University, Collegeville, MN

"Serenity in the Midst of Activity"

**"Introduction to Seijaku" taught by Bill Moore,
Accredited Seijaku Instructor**

AND

**Seijaku Accreditation taught by Pam Towne,
Appointed Seijaku Teacher Trainer**

Seijaku Introduction Course: Open to: TCC students and teachers (see invitation below)

Accreditation Course: Open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku previously. Already accredited Seijaku Instructors are welcome as Auditors!

You are invited to savor the

Wondrous Experience of SEIJAKU!

Enjoy the transforming power of Seijaku in a group... personal evolution...spiritual awakening... increased flow of chi... and a greater connection to your T'ai Chi

[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>]

Sandy's Seated T'ai Chi Chih DVD is available!



For many years teachers have worked independently to gain experience in teaching Seated T'ai Chi Chih. Now all that combined expertise, knowledge and wisdom has been put together in an incredible 71-minute DVD produced by Sandy McAlister. You are invited to print a free handout on the seated weight shift, check out the monthly teaching tip, and to order a DVD of your own at:

www.sandymcalister.com.

Those wishing to order multiple DVDs (4 or more), and any T'ai Chi Chih teachers wishing to receive their teacher's discount, should email their order request directly to: sandy@sandymcalister.com

Chih practice.

Seijaku opens us to a more fulfilled, creative, and energetic life!

Seijaku Introductory (Basics) Course

with Bill Moore, Accredited Seijaku
Teacher tccwithbill@yahoo.com

What: This is an introduction to Seijaku Practice, suitable for:

...Anyone who is comfortable with ALL T'ai Chi Chih movements.

It is recommended that a student have at least one full year of regular T'ai Chi Chih Practice, before attending this course in Seijaku Practice. (**Please note** that one does NOT have to be an accredited T'ai Chi Chih instructor, as a prerequisite to register.)

This Basic Course will also be of value for:

...T'ai Chi Chih teacher candidates looking to deepen their practice,

And... T'ai Chi Chih teachers preparing for Seijaku Accreditation, at a later date.

Explore the Seijaku Principle and adjunct practices Justin Stone has taught as part of his "Maximum Chi Program".

Discover the profound benefits that may be realized by incorporating these practices into your regular T'ai Chi Chih Practice routine.

...**The potential of Seijaku Practice** in ENHANCING the Principles of Movement in T'ai Chi Chih Practice.

...**How practicable and effortless the application of the Seijaku Principle can be!**

Justin Stone has referred to T'ai Chi Chih Practice as the "...play of the Sage". It may be surprising to find that Seijaku Practice can be as effortless and play-FULL, while realizing the deepening appreciation of grounding and Balance that may be realized with regular application of the Seijaku Principle, for Body Mind and Spirit!

So, please consider joining us in discovering the depth of enjoyment available in Seijaku Practice, thru our joint adventure in this Basic Seijaku Course...

SEIJAKU...MORE "JOY THRU MOVEMENT"!

Seijaku Accreditation Course

with Pam Towne, Appointed Seijaku
Teacher Trainer

Instructor: Pam Towne

Host: Daniel Pienciak

**When: Immediately after Teachers
Conference starting at 4pm on Sunday**

August 4, and continuing thru Tuesday morning August 6, 2013.

Note: this course is ONLY for accredited TCC teachers who have studied and practiced Seijaku preferably for 6 months or more so that they may be accredited to teach Seijaku

OR for already accredited Seijaku teachers who wish to experience and learn more!

***Build** on the Chi developed by so many teachers being together & immerse ourselves more deeply in an additional 2 days of breakthrough energy by extending your stay after Conference!

***Become Accredited** and share this great practice with your students. Refine and deepen your own understanding and experience to receive even greater benefits!

***Help ensure** that Justin Stone's great gift of Seijaku will continue to be taught and enjoyed and bring greater health and longevity to many, many people! Truly a gift for posterity!

To Register: Contact Daniel Pienciak 732 988 5573

wakeupdaniel@aol.com

T'ai Chi Chih & Seijaku event details:

<http://www.taichichih.org/calendar-of-events>