

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's March 2013 Newsletter
Date: March 1, 2013 at 3:00 AM
To: stephen2816@mac.com
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



Spiritual and Physical Purification

All organisms are in a constant state of purification—both spiritually and physically. Physically, the activity to throw off impurities brings on what we call "illness". To put chemicals in the body (pain-killers, sleeping pills, etc.) simply adds to the impurities to be thrown off and builds up the need for subsequent purification.

Spiritually, there is evolution. Karma (the result of habit-energies ("Vashanas") and tendencies ("Samskaras") causes us to have experiences that will hasten evolution or purifying of the CHI (PRANA)). When we do such practices as T'ai Chi Chih® we are aiding this process.

The above is true, but only at one level. At the deepest, non-dualistic level it is not apparent.
Spring 1987

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

Reminder: Check the Conference 2012 link periodically for additional Teacher presentations:
<http://www.taichichih.org/conference-2012/>

Chi Reflections

Experience your practice with fresh, interior

Dear Teachers and Students of T'ai Chi Chih,

These greetings are coming to you from 'Sunny California' where I am beginning three weeks of T'ai Chi Chih Events in three areas of the State. Last weekend began with two days of focused meetings with our Teacher Trainers, Sandy McAlister, Daniel Pienciak and Pam Towne in Santa Barbara. Part of this time together was spent on the needs of the TCC Community for scheduling future events.

Teachers often ask when and where they can send their students to TCC Intensives as part of the training process, and to Teachers Accredited. I am excited to tell you about these upcoming

T'ai Chi Chih Intensives that are planned for this year:

May in Prescott Arizona,

June in St. Louis, Missouri

Autumn in New Jersey

And T'ai Chi Chih Teacher Accreditation Trainings

May in Aston, NJ

October in St. Louis, MO

November in Albuquerque

Please check the Calendar of Events at <http://www.taichichih.org/calendar-of-events/> for specific details, contact persons, and registration forms to register for these programs. Important information regarding teacher preparation may be found on this web site, with guidelines to help both Teachers and Students through the process of Teacher Accreditation.

Teachers are invited to contact one of the Teacher Trainers with questions to help guide them through the Accreditation process, especially if they are preparing a student for the first time. We hope to expand these offerings to other parts of our International Community where there is a need that we are unaware of.

Spring is a time of new beginnings and new growth. As we stand on the threshold of new life, may we cultivate that which is before us as that Chi which is in us. This month, experience your practice with fresh 'interior eyes' as you cultivate a deeper awareness and allow the Chi to circulate and balance.

Wishing you Peace and All Good,

Sr. Antonia Cooper, OSF

[Editor's note: Consider attending one of the two Seijaku classes]

Flow around obstacles,
don't confront them...
Following the example of the Tao,
the Wise meet all opposition
with a quiet mind and an open heart.
Then opposition naturally disappears.
~ Lao Tzu
Except for blending with the void
There is no way to walk the path
~ Morihei Ueshiba - adapted

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:

ruthergary@aol.com

Other T'ai Chi Chih Events:

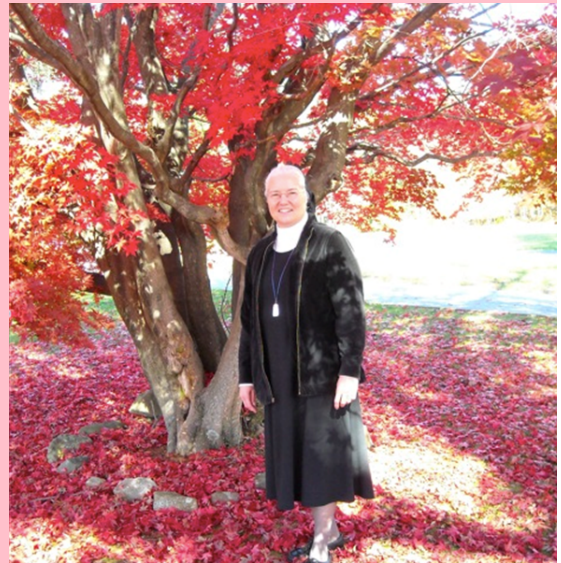
<http://www.taichichih.org/calendar-of-events>
Attending T'ai Chi Chih events is an excellent opportunity for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.

The 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

offered immediately after Conference this year. Details can be in this newsletter's left-hand column. Also, if you wish to attend Conference and need financial assistance to do so, please copy use the Conference Scholarship form below Sr. Antonia's picture



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

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

The scholarship fund was created by T'ai Chi Chih® teachers to assist fellow who cannot afford the full conference fees. Our hope is to assist as many teachers possible to attend the conference in 2013. Scholarships generally do not pay the 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 # 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 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

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

Updated information about the 2013 Teacher Conference:

www.taichichih.org/conference_2013/

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

COURSE CHANGE NOTICE:

The Post-Conference Seijaku Instruction Course

Ann Rutherford will not be teaching a Seijaku class after Conference; however, we will offer an "Introduction to Seijaku" course after Conference led by Bill Moore.

Bill Moore's introductory course will provide an opportunity for TCC teachers who don't have a local Seijaku teacher, to learn the form this year & be accredited next year. It is also open to students. Bill has his own very valuable approach to Seijaku practice which we think teachers will find refreshing.

And as usual ... the regular Post-Conference Seijaku Accreditation Course will be taught by Pam Towne.

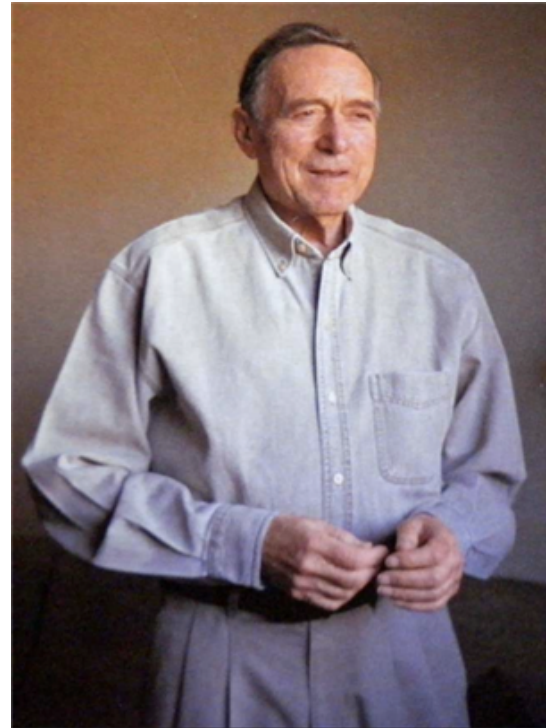
(Information about the Seijaku classes are detailed below the Conference information.)



*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 Chi

The "Tai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Just can be ordered through your local T'ai Chi Chih teacher or through Good Karma P

<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 balancing yin and yang, the Tao, the great circle meditation, serenity, studying teacher, function and essence, the power of Chi circulation, body posture, ar

Purchase the Android application at:

http://sutromedia.com/android/Tai_Chichih

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

http://sutromedia.com/apps/Tai_Chichih

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

SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY
COLLEGEVILLE,
MINNESOTA

2013 Teachers Conference

August 1 - 4, 2013

***Followed by a Seijaku Accreditation Course on
August 4, 5 & 6, 2013***

Come – allow yourself to Go With The Flow and walk over 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 – also can be found in this newsletter under Sr. Antonia's picture.

***Please sign up now for one of the two Seijaku
Course being offered after the 2013
Conference!***

~ SEIJAKU ~

"Serenity in the Midst of Activity"

***2 Courses offered following TCC
Conference*****

***August 4 to 6, 2013 St. John's University, Collegeville,
MN***

~ the "Advanced Form" of T'ai Chi Chih® ~

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

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

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

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

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

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.htm

[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>.]

AND

**Accreditation taught by Pam Towne - Appointed Teacher
Trainer for Seijaku**

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...greater
connection to your T'ai Chi 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 event details:

[http://www.taichichih.org/calendar-of-
events](http://www.taichichih.org/calendar-of-events)