

**From:** TCCcommunity guide@tcccommunity.net  
**Subject:** Sr. Antonia's January 2013 Newsletter  
**Date:** January 1, 2013 at 2:26 AM  
**To:** stephen2816@mac.com  
**Bcc:**



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



**2013 - Yearlong Changes, Transitions & Chi Transformation**

*Dear T'ai Chi Chih Teachers and Students,*

*January opens a new year before us - 365 days. It ushers in opportunities and possibilities that have never entered into our lives, offering change, transitions, and transformations.*

*What would we be like on December 31, 2013 if we took our practice T'ai Chi Chih to the next level... Dedicating time each day to deepen what we already know... And opened ourselves to a total mind, body, spirit make-over?*

*The great reality is all that we need to do is practice, and the CHI will take care of the make-over in surprising, sometimes unbelievable ways when once again we discover other levels of change, revealing to us who we are.*

*Wishing you Peace and all Good,*

*Sr. Antonia*

**The Mystery of MYO**

*These days one hears a lot about 'enlightenment'. Generally, I believe, it is thought that 'enlightenment' is a super-intellectual state where the brain has great knowledge and knows many answers (or concepts). Nothing could be farther from the truth; it has nothing to do with I.Q. rating or knowledge assimilated. When the individual energy (CHI) merges with the Universal Energy (CHI), something acts [through] one, and that something is infallible. This is Prajna, the Inherent Wisdom. Give it Theological terms if you will. Just as my Zen teacher said "Love is Manifestation", so is 'enlightenment' known by this manifesting, not by words, phrases, logic, or dialectics.*

*~Justin Stone - June 1991*

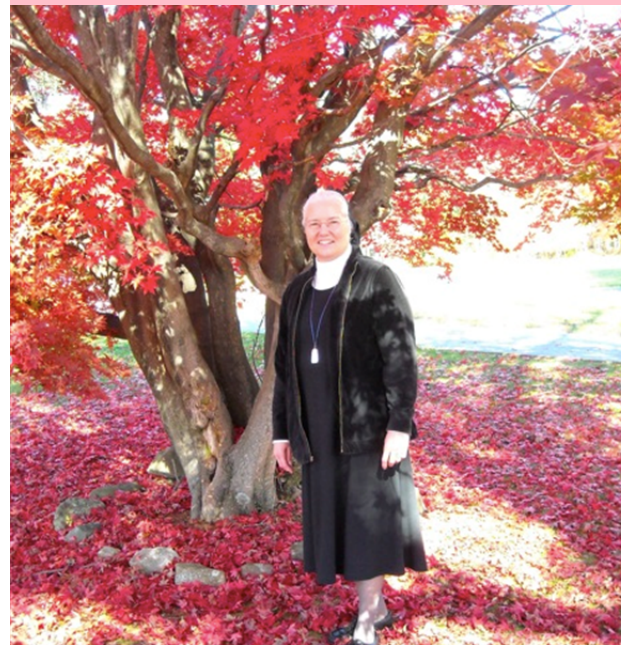
Justin's quotes reprinted with permission of Good Karma Publishing.

**Chi Reflections**

*The result is not the point:  
It is the effort to improve ourselves that is valuable.  
There is no end to this practice.  
~Shnryu Suzuki - Zen Mind, Beginner's Mind*

**T'ai Chi Chih Events led by the Guide of the TCC Community:**  
Sr. Antonia has two retreats scheduled in Santa Barbara, California in 2013. The first retreat is from Feb. 26 - Mar. 1 and the second is from March 5 - 8.

*FLOWING FROM THE CENTER with JOY*



**Mission Statement**

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

RELAX and retreat from everyday activities in the beautiful foothills of Santa Barbara. Enjoy quiet time on the patio gazing at majestic mountain views, walking peaceful hillside paths or the labyrinth.

REFINE your movements, deepen your T'ai Chi Chih practice, and experience a greater flow of Chi and more JOY thru Movement!

RENEW your body, mind and spirit in this nurturing and serene natural setting.

Pam Towne, TCC Teacher Trainer will be the Retreats' Host.

LINK to registration information and flyer:

[http://www.taichichih.org/wp-content/uploads/2012/07/2013\\_Feb\\_Retreat\\_CA.pdf](http://www.taichichih.org/wp-content/uploads/2012/07/2013_Feb_Retreat_CA.pdf)

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.

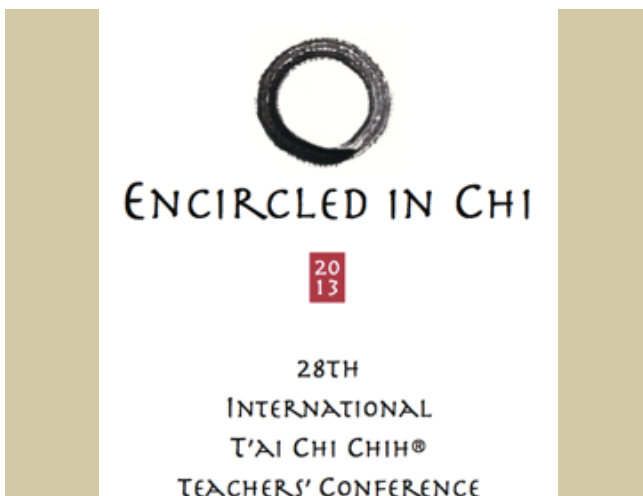
## Reminder: The Seated T'ai Chi Chih DVD Has Arrived!



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](http://www.sandymcalister.com).

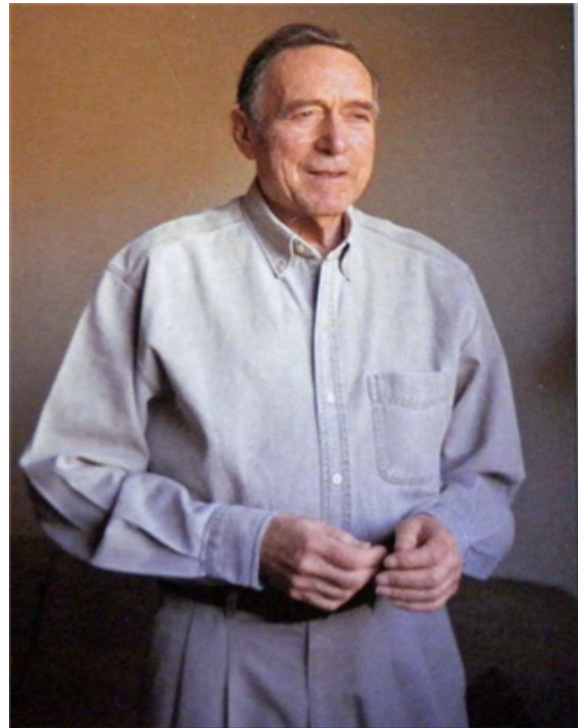
Those wishing to order multiple DVDs (4 or more), and any T'ai Chi Chih teachers wishing to receive their teacher's discount, should email their order request directly to: [sandy@sandymcalister.com](mailto:sandy@sandymcalister.com)



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 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 Publis

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

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 an 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>

THURSDAY, AUGUST 1 -  
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY  
COLLEGEVILLE,  
MINNESOTA

### ***Announcing the 2013***

### ***Teachers Conference***

***August 1 - 4, 2013***

### ***And Two Seijaku Courses!***

***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/](http://www.taichichih.org/conference_2013/)

### ***After the 2013 Conference please sign up for one of TWO Seijaku Courses being offered!***

*Please note that for the first time, a second additional Seijaku course will be offered after the 2013 Teachers Conference. The reason for this offering is that many T'ai Chi Chih teachers and students have not had much opportunity to study Seijaku locally and because of this have been limited in their exposure to Seijaku. With that need in mind, the first course listed is especially for those who either desire to study Seijaku for their first time, or to deepen their understanding of the practice by studying with an experienced Seijaku instructor. It is also an excellent opportunity for T'ai Chi Chih teachers who know Seijaku, but do not yet feel ready to be accredited as a Seijaku teacher, to deepen their practice and understanding before attending a Seijaku accreditation course.*

Teacher Resources: [http://tcccommunity.net/Teacher\\_Resource\\_Page.html](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](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>.]

## **Post-Conference Seijaku Instruction Course**

### **"Heightened Awareness"**

Instructor: Ann Rutherford

Host: April Leffler\*\*

*We are pleased to announce the new Heightened Awareness Seijaku Course being offered after the 2013 T'ai Chi Chih Teacher's Conference in Minnesota. The class is open to TCC teachers AND to students who have at least one year of T'ai Chi Chih experience and who want to LEARN Seijaku. The class will be taught by Ann Rutherford and hosted by April Leffler and will begin on Monday, August 5 and end at noon on Tuesday, August 6.*

*The combination of Justin's teachings in Heightened Awareness with the practice of Seijaku is the focus for this class. Practicing Seijaku in this fashion heightens both our spiritual evolution and our skillfulness in walking through this world. Come and experience the depth of this tool from Justin. **NOTE: This class does NOT include accreditation to teach Seijaku.***

*\*\*April can be reached by email at: [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com) or by calling (610) 532 6753.*

## **Post Conference Seijaku Accreditation Course**

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.

*This course is open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku and wish to become accredited to teach Seijaku, OR to already-accredited Seijaku instructors who wish to renew/deepen their accreditation and understanding of Seijaku.*

*Justin was very concerned that teachers would keep SEIJAKU alive and well. Now that he is gone from us, we trust there will be an especially strong response from our Teachers toward becoming accredited to teach SEIJAKU and/or to renew their personal SEIJAKU practice.*

To Register: Contact Daniel Pienciak 732 988 5573  
[wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

*T'ai Chi Chih event details:*

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

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