

From: TCCcommunity <guide@tcccommunity.net>
Subject: Sr. Antonia's September 2012 Newsletter [Test Email]
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To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih



There is Within You That Which Knows...That is Your Teacher

By Justin Stone September 1992, ©The Vital Force

...One time I told a young yogi, who was actively seeking to be free from bondage, "The thing that binds you is the feeling that there is a goal to reach and you have not yet reached it. Actually, you are complete. If you have faith in Prajna, this inner wisdom, you will do and feel the right thing. It will almost do the right thing for you. Every word spoken to you will be a signpost to guide you, if you let it. But, can you have faith in this guidance instead of always trying to manipulate it?"

(1992 Conference Presentation by Justin Stone)

...My advice is to trust your inherent, intuitive wisdom rather than the accumulated knowledge we all pile up. There is no end to adding facts and filling our heads with knowledge, which serves a very real purpose in its place. Whether you call it God, Prajna, your own true nature, or whatever—my advice is to know it and listen to it. This means to come to know "who" and "what" you are.

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

Chi Reflections

*Do not seek to follow the footsteps of the wise.
Seek what they sought.
~Basho*

Teachers Resource Page is back!

Go to: <http://www.taichichih.org>

"Counting"

Dear Teachers and Students of the T'ai Chi Chih Practice,

In our T'ai Chi Chih practice we do repetitions of 9, 18, 36, as suggested in the T'ai Chi Chih Photo Text. Justin never gave us "how" to do this, but over the years each of us has developed our own method.

One of the good things about counting is that the mental sound of the numbers acts as a soothing mantra. Counting keeps the mind focused, enabling it to be clear and freed from distractions. Being clear and free of distractions allows our awareness to expand, and an expanded awareness gives us a greater ability to notice and feel what is happening in each part of the form. We can hone in on any tension held in the body and release it. The one-pointed-mind is aware of how the Six Principles of Movement are felt and applied: Softness and Continuity; proper Yinning and Yanging; Circularity; Polarity; Flowing from the Center - the tan t'ien; and Focusing in the soles of the Feet.

As we flow forward and back, we count at each weight shift as the front foot flattens—bringing our attention down into the soles of the feet. As we shift our weight and step out to the side using the "T'ai Chi Step," we find counting as the foot flattens also keep the focus in the soles of the feet and helps to keep our feet grounded. When we rise on the balls of the feet, as in the up and down movements of Rocking Motion, our counting and attention once again remains in the soles of the feet throughout, all the while being aware of the legs straightening, which in turn allows the heels to rise. Counting in the soles of the feet helps us remain centered and rooted to the earth, as the CHI is grounded.

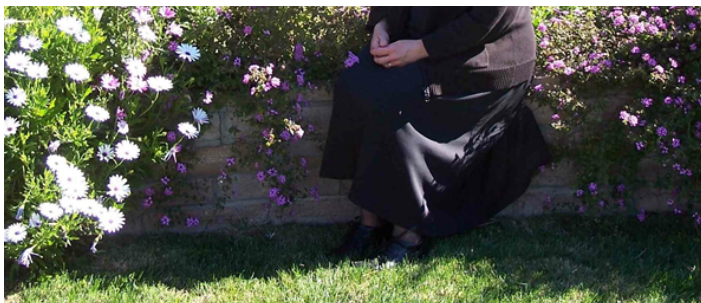
This month you are invited to "Count" in the soles of your feet! On some movements like Passing Clouds, you can count to 9 each time you shift all the weight into the right foot. Or count to 18, using one number as weight is shifted into each foot. Or you may count to 9 on each shift into the right foot, then use "and" or simply repeat the number each time weight shifts into the left foot. See what works for you. It doesn't matter how you count, just keep the focus in the soles of your feet!

Peace and all good,

Sr. Antonia Cooper, OSF



At the top right of the page place your cursor over "Teachers>>" and a drop down box will appear. Teacher Resources is the newest addition. You'll find it listed at the bottom of the drop down box. Click there to access what use to be our hidden resource link.



ENCIRCLED IN CHI



20
13

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

THURSDAY, AUGUST 1 -
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY
COLLEGEVILLE,
MINNESOTA

***Announcing the 2013
Teachers Conference
August 1 - 4, 2013
And Seijaku Training
August 4 - 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.

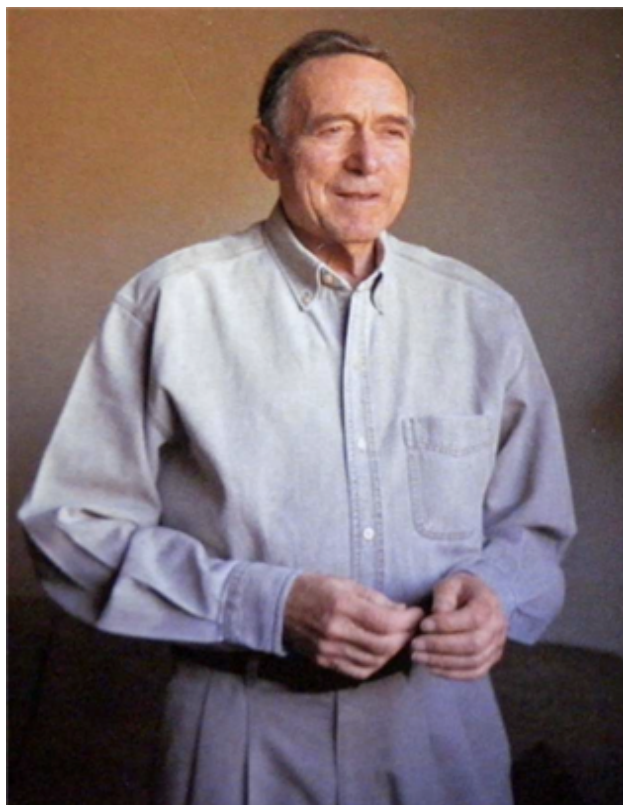
Come – and be ***Encircled in Chi*** as the Minnesota community welcomes and embraces your presence;

Mission Statement

*The International Tai 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*



when 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/

2013 After 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.

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

Other T'ai Chi Chih Events

<http://www.taichichih.org/calendar-of-events>
and...
http://tcccommunity.net/Event_Calendar.html

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

[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>.]

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