

From: TCCcommunity <guide@tcccommunity.net>  
Subject: Sr. Antonia's July 2012 Newsletter  
Date: July 1, 2012 8:14:47 AM CDT  
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A Newsletter from the Guide of T'ai Chi Chih



### Softness and Continuity

By Justin Stone April 1990, ©[The Vital Force](#)

"It is my hope that T'ai Chi Chih instruction will not just be physical. "T'ai Chi Chih" teachers are told that the important thing is "TEH", the power of inner sincerity and integrity."

Justin's quote reprinted from the TaiChiChih.org web site, with permission of The Vital Force

### Chi Reflections

Like the little stream  
Making its way  
Through the mossy crevices  
I, too, quietly  
Turn clear and transparent.

Ryokan (1758-1831)

## 2012 TCC Teachers Conference

July 5-8 in Portland, OR

### Daily Schedule

## Bridges to Joy! Portland Conference 2012

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

"Bridges" makes a fine metaphor. Bridges connect. One can build bridges, and one can also destroy bridges. And as the saying goes, you can even burn your bridges. Positive and negative connotations. This upcoming Conference has been created by the Portland area Teachers and promises to Build, Connect, Support, and Create Safe Passage with all present, hoping for at least 108 attendees, a multiple of 9!

A very positive element of being on the West Coast is that it puts the Conference practices on Pacific Daylight Savings Time. The Conference committee suggested that our practice times be posted with this month's Newsletter as an invitation for Students and Teachers to "connect" with the energy of the practice sessions, so please "join the group," even if you are not physically at Conference this year.

Thursday July 5 at 5:00 p.m. Opening Practice

Friday, 7:15 a.m. Morning Practice; 5:00 p.m. Afternoon Practice

Saturday, 7:15 a.m. Morning Practice; 5:00 p.m. Community Practice

Sunday, 7:15 a.m. Morning Practice; 11:00 a.m. Closing Conference Practice

Since T'ai Chi Chih is a "Spiritual Practice," it is not limited to time or space. More importantly, T'ai Chi Chih is given to "intention" – as seen in practicing the form mentally – and T'ai Chi Chih is practiced with "attention" – as in applying the Principles of T'ai Chi Chih with awareness.

This month you are invited to read sections of *Spiritual Odyssey* that have to do with EGO. Webster describes ego as:

1 the self; the individual as self-aware

2 egotism; conceit

3 Philos. The self, variously conceived as a spiritual substance on which experience superimposed, the series of acts and mental states introspectively recognized, etc.

The meaning of other words follow: egocentric, ego ideal, egoism, egoist, egoistic, egomania, egopsychology, egotism, egotist... even ego trip!

This can be so confusing when the root word, ego holds both positive and negative aspects within it. You are invited to view ego as two sides of the

**Thursday, July 5th**

3:00-5:00

Registration/Vendors Room  
Open

5:00-6:00

Opening Practice

6:00-7:30

Dinner Break

7:30-8:30

Welcoming Ceremony - Bridges to  
Joy

**Friday, July 6th**

7:15-8:00

Morning T'ai Chi Chih Practice - Led by Host Committee

8:00-9:15

Breakfast

9:15-9:25

Welcome - The Oregon Team

9:25-9:45

Sr. Antonia Cooper

9:45-10:40

How to Get Your Foot in the Door at Large Senior Retirement  
Communities - Eileen Butler

10:40-11:00

20 Minute Break

11:00-12:00

Three Breakout Groups for Movements - Daniel Pienciak,  
Pam Towne, Sandy McAlister

same coin, calling one side the "True Self" ~ which holds the spiritual substance as mentioned above, and the other the "False Self" which can be distasteful or carried to the extreme -- and even be outright mean on many levels. We, in our life's journey can vacillate anywhere on this continuum. The spiritual benefits of the T'ai Chi Chih form will, among other things, produce compassion, peace, a gentle spirit, joy, consideration, etc. These values are all bridge builders!

This month you are invited to consider:

*How does the True Self and False Self operate in your life?*

*Can you see how you are being transformed by the T'ai Chi Chih practice?*

*In what ways do you see T'ai Chi Chih as "Bridges to Joy"?*

Focus on the Principles of T'ai Chi Chih within your practice.

Wishing you Peace and all good!

Sr. Antonia Cooper, OSF



12:00-1:45

*Lunch/Free Time/Vendors Open*

1:45-2:30

*Working with Alzheimer's and Dementia Students - Jerry Bumbalough*

2:30-3:00

*Vital Force Journal and Good Karma Publishing - Kim Grant*

3:00-3:15

*15 Minute Break*

3:15-3:30

*TCC Association News*

3:30-4:00

*Hosting: A Service to the Community - Dan Pienciak*

4:00-4:45

*Justin's Gift to Teachers: Seijaku - Pam Towne and Ann Rutherford*

4:45-5:30

*Seijaku/TCC Practice*

5:30-6:00

*Vendors Room Open*

6:00-7:30

*Dinner*

7:30-8:30

*Entertainment - Zither and Bamboo Flute Performance*

### ***Mission Statement***

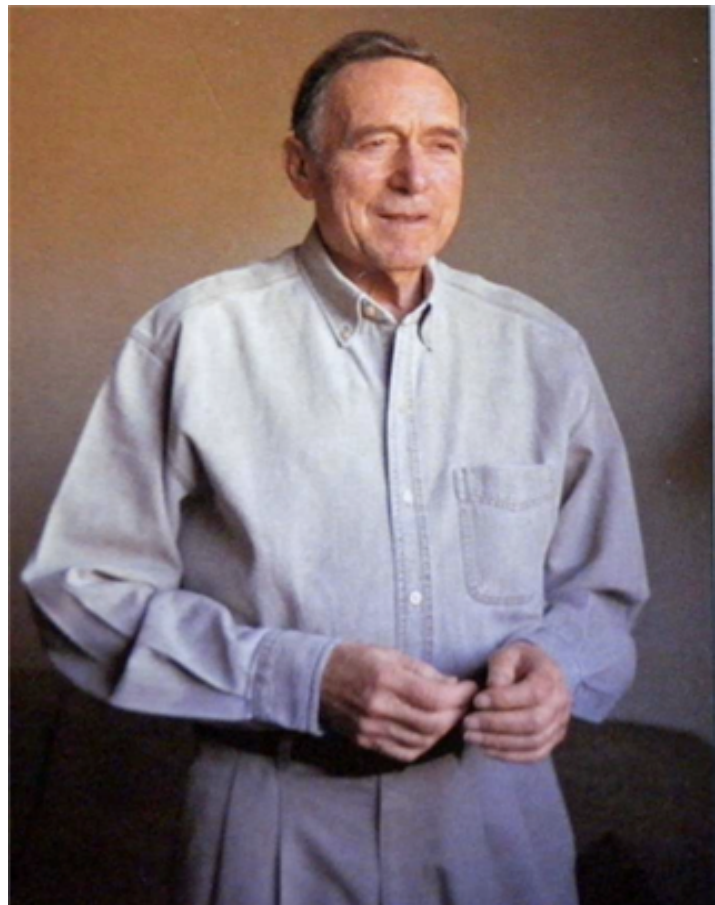
*The International T'ai Chi Chih Community  
of students and accredited teachers  
is dedicated to the personal practice of*

*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 T'ai Chi Chih Photo Text, the basic text for T'ai Chi Chih.

**Saturday, July 7th**

**7:15-8:00**

**Morning T'ai Chi Chih Practice**

**8:00-9:15**

**Breakfast**

**9:15-9:45**

**How to Protect Your Body From Injury in Your TCC Practice  
- Sara Nelson**

**9:45-10:00**

**15 Minute Break**

**10:00-10:50**

**Three Breakout Groups for Circle Discussions:**

**Mirror, Mirror - Jackson Rains**

**TCC and Personal Growth - Pat Moseley**

**Helping Students with Home Practice - Linda Braga and  
Stephen Thompson**

**11:00-11:50**

**Three Breakout Groups for Circle Discussions:**

**Mirror, Mirror - Jackson Rains**

**TCC and Personal Growth - Pat Moseley**

**TCC and the Relevance of Technology - Kim Grant**

**Mirror, Mirror - Jackson Rains**

**12:00-2:00**

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](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 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](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/>]

*Lunch/Free Time/Vendors Room  
Open*

*2:00-2:50*

*Three Breakout Groups for Circle Discussions:*

*Helping Students with Home Practice - Linda Braga and  
Stephen Thompson*

*TCC and the Relevance of Technology - Kim Grant*

*The Spiritual Side of TCC - Sandy McAlister*

*3:00-3:45*

*Movement Aha's*

*3:45-4:00*

*15 Minute Break*

*4:00-5:00*

*Honoring Justin - Teachers' Stories of Justin*

*5:00-5:45*

*Community Practice - Open to Public*

*6:00-7:00*

*Dinner*

*7:00-7:30*

*Vendors Room Open/Free Time*

*7:30-8:15*

*Rededication Ceremony*

*8:15-9:15*

*Raffle - Pamela Denise Draper, Tony Johansen*

*Sunday, July 8th*

*7:15-8:00*

*Morning T'ai Chi Chih Practice*

**8:00-9:30**

*Breakfast*

**9:30-10:00**

*Sr. Antonia Cooper*

**10:00-10:30**

*Q&A with Sr. Antonia Cooper*

**10:30-10:45**

*Next Events*

**10:45-11:00**

*15 Minute Break*

**11:00-12:00**

*Closing Conference TCC Practice*

Register Today!

Download your Registration Form from <http://www.taichichih.org/calendar-of-events> and watch for listings of featured speakers, facilitators for Roundtable Breakout Session topics as well as other conference activities posted on the website.

**2012 AFTER CONFERENCE SEIJAKU ACCREDITATION COURSE**



Instructor: Pam Towne

Host: Daniel Pienciak 732 988 5573 / [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

When: Immediately after Teachers Conference starting at 4pm on Sunday July 8, and continuing thru till Tuesday July 10, 11:30am.

Where: Oxford Suites, Portland, Oregon. Located in same area as this years Conference hotel. Participants must call Oxford Suites 800-548-7848 to book their rooms for the 2 nights reserved specifically for "Seijaku Course".

Cost: Accreditation as Seijaku Teacher costs \$300. For already accredited Seijaku Teachers the cost to Audit the course is \$75.

Hotel Rooms: King bed, \$85 per night, 2 Queen beds, \$99 per night, plus applicable taxes.

Additional: a \$75 Hotel package for your meals and our meeting room rental.

The block of rooms reserved for us at Oxford Suites is available only until June 7<sup>th</sup>. After these rooms are filled, or after that date, the room rate is not guaranteed.

*Daniel says, "Justin was very concerned that teachers would keep SEIJAKU alive and well. Now that he is gone from us, I hope we will have an especially good response!"*

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

### *Other T'ai Chi Chih Events*

<http://www.taichichih.org/calendar-of-events>  
and...  
[http://tcccommunity.net/Event\\_Calendar.html](http://tcccommunity.net/Event_Calendar.html)

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