

From: TCCcommunity <guide@tcccommunity.net>
Subject: Sr. Antonia's June 2012 Newsletter
Date: June 1, 2012 3:10:18 AM CDT
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A Newsletter from the Guide of T'ai Chi Chih



The Physical and the Spiritual in T'ai Chi Chih

By Justin Stone Fall 1987, ©[The Vital Force](#)

I have often spoken of the "Reciprocal Character of Mind and Chi" ("Prana" in Sanskrit). The character of the Chi greatly influences our State of Mind, and our State of Mind greatly influences 'our' Chi. How can we break into that circle to change influences for a more desirable effect? We do T'ai Chi Chih, circulating and balancing the Chi. As the Yin-Yang elements are brought into better balance, this not only balances the Chi but it also influences how we think. Ultimately we are what we think; this creates our Karma.

...In this respect TCC has the same deep purpose as Yoga and Zen, but it is a much easier practice. Few are capable of following either Zen or Yogic life to its deepest levels, particularly in our busy society. But we can practice TCC and have the deepest Spiritual effect on ourselves.

Justin's quote reprinted from the [TaiChiChih.org](#) web site, with permission of [The Vital Force](#)

Chi Reflections

There are thousands upon thousands of students who have practised meditation and obtained its fruits.

Do not doubt its possibilities because of the simplicity of the method.

If you can not find the truth right where you are, where else do you expect to find it?

Surrendering to the Chi, Going Deeper into the Mystery...

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

In preparing for the recent T'ai Chi Chih retreat at the Benedictine Monastery in the Pecos mountains, Spiritual Odyssey was searched for the word 'surrender' and how it was used it. The only reference that could be located was from the piece on "TEH" and the line: "Surrender with gratitude." Surrender was the focus during much of the retreat.

And as we "Surrendered with gratitude" in the T'ai Chi Chih form, we were also mindful of the Six Principles of Movement and how T'ai Chi Chih is done mainly with the wrists & waist, and primarily below the waist.

Part of the Legacy given to us by Justin is TEH - or inner sincerity. For me, sincerity and integrity are closely linked.

It is difficult to find the quality of integrity in modern-day culture when the focus of individuals can be reduced to greed and the drive to "get ahead," whether it is behind the wheel or climbing the corporate ladder. This focus can be driven by the false-self, often referred to as "ego."

Integrity on the other hand, is a quality of the true-self, the transparent self, the ego-less part of our way of thinking, acting and being. It is a spiritual quality of the spiritual practice that has been given as a gift to us by Justin. Integrity is what brings us to regular T'ai Chi Chih practice, as well as being one of its spiritual benefits.

It has been said that: "Integrity is what you choose to do when no one is looking." May TEH continue to deepen in your life! Integrity and inner sincerity are closely related. No one possesses either of these to the fullest extent, although they are evident in each teacher and student.

Reflections:

What benefits are you currently experiencing from your T'ai Chi Chih practice?

Are you aware of how 'Integrity and sincerity' are becoming part of your life?

Focus for the month:

Surrender with gratitude both in the Form and in Life.

~Dogen

2012 TCC Teachers Conference & Seijaku

July 5-8 & July 8-10 in Portland, OR



* Pre-Conference – Let your senses be charmed by a Ming-style Taoist's Scholar's Garden where we will host a private morning practice led by Sr. Antonia, Sandy, and Pam. Discover why Lan Su Chinese Garden is aptly called an "oasis of tranquil beauty and harmony" as it serves as our 'jewel' in the heart of Portland's Chinatown.



Coming to the 2012 T'ai Chi Chih Teachers Conference?

We're happy to announce a few details about the July conference now as we complete our efforts in making a memorable "Bridges to Joy" time for all of us. You may expect another email full of details approximately two weeks before the July 5 starting date, as well.

Hotel Reservations/Room Rates. Please note that there are no rooms left at the Red Lion at the T'ai Chi Chih conference rate of \$99. We have filled our contracted number of rooms.

If you haven't already made your hotel reservations and wish to stay at The Red Lion, please call them directly for their regular room rates. Expect \$139 and up based on availability and beds per room (800.733.5466).

Or, you could stay at the Oxford Suites located across the parking lot from the Red Lion. Oxford Suites has been holding a block of 11 rooms for us for July 4 at the \$99 rate (Double Queen). (This offer is good until June 4th.) Also, if you act quick and book before June 4th we've had 6 additional rooms held for the conference dates, July 5-8, at \$85 (Standard King). When these rooms are gone, prices will jump to \$109

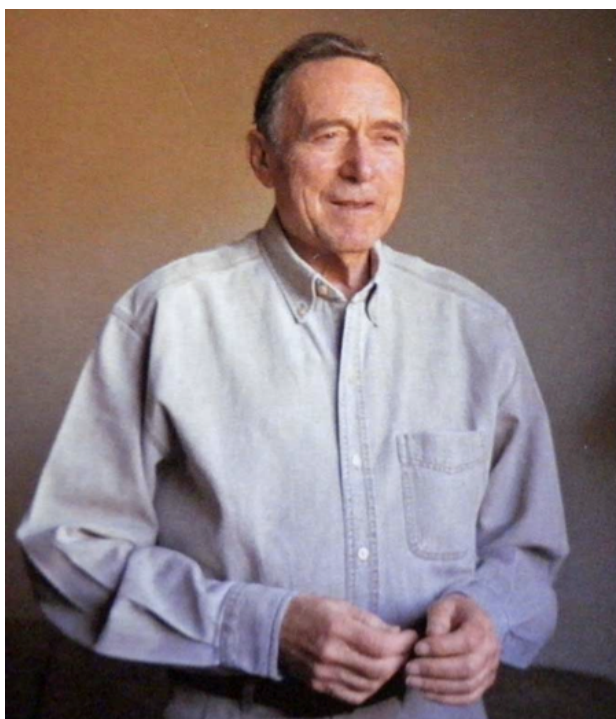
Peace and all good,
Sr. Antonia Cooper, OSF

PS Welcome new T'ai Chi Chih Teachers!

T'ai Chi Chih Teacher Accreditation Class of May 2012 - Aston, PA



Top Row L to R: Siobhan Hutchison (onsite host), Fran Alexander, Denise Miller, Ray Sharp, Michele Christeler, Charlotte Livingston, Alma Zerboni, Lee Bergman, Carol Spicer
Bottom Row L to R: Sr. Antonia Cooper (Guide of TCC), Ami Sarasvati, Gerry Solazzo, Pam Towne (teacher trainer), Rae Marie Padelski, Jeanette Miller, and Barbara Flynn



and \$119 based on availability and beds per room (1-800-548-7848). Please be sure to say you are with the TCC group.

Conference Schedule and Meals - We are finalizing our schedule of activities. For your planning purposes, please note that Registration is from 3 p.m. - 5 p.m. on July 5th followed by an opening practice at 5 p.m. A closing practice ends the Conference on July 8 at Noon.

Dietary Restrictions. If you haven't already indicated dietary needs, contact Sky Young-Wick at artandsky@kc.rr.com as soon as possible.

Inclusive Activities. Spouses (or a friend or relative traveling with you) are invited to join us for meals (per meal price TBD), attend the Pre-Conference Chinese Garden Event at 9:00 a.m. on 7/5, Friday night entertainment on 7/6, Saturday mid-afternoon sharing of Justin Stone stories followed by Community practice, and Saturday evening raffle on 7/7.

Special Pre-Conference Event. If you are planning on attending the Chinese Garden practice led by Sr. Antonia, Sandy, and Pam on the morning of 7/5, the Red Lion will provide shuttles between 8:00 a.m.-8:20 a.m. to the nearest light rail station (5-10 min. away) in order for us to arrive in Chinatown for the 9:00 a.m. private practice thanks to arrangements with Lan Su Chinese Garden. More details to come in the next email.

Saturday night's raffle is conducted annually to raise funds to provide scholarships to help teachers attend the conference. As in the past, we are looking forward to your great array of donated items to catch the eye (and pocketbook) of all of us! Don't forget that Saturday night is traditionally Dress-Up night so plan accordingly.

About Portland. Portland can be cool in the mornings and evenings, so do what all of us good Portlanders do and dress in layers for best comfort. And look forward to low, low humidity! There are walking trails including one over the Interstate Bridge to Vancouver, WA. So be sure to bring a comfortable pair of walking shoes, too. Check the hotel website for other amenities including an outdoor swimming pool.

The 4th of July is a big event at The Red Lion on the River due to its proximity to The Columbia River and Vancouver, WA. "The largest fireworks display west of the Mississippi" can be viewed across the river so be forewarned about considerable activity at the Hotel on that day.

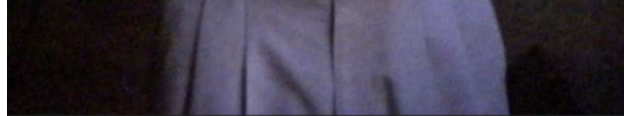
Learn more about Portland and environs through these links: www.travelportland.com, Portland's official site.

www.uncagethesoul.com "Finding Portland" time-lapse video.

Virtual tour of Lan Su Chinese Garden:
www.lansugarden.org/garden/virtual_tour

On behalf of our Host Committee, we look forward to seeing you soon!

Sincerely,



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.

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/pages/Tai-Chi-Chih/62991801302?sk=wall&filter=1>

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/>]



Neal Roy and Steve Marsh, Co-coordinators

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 SEIJAKU ACCREDITATION COURSE



Instructor: Pam Towne

Host: Daniel Pienciak 732 988 5573 / 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 7th. 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

Other T'ai Chi Chih Events

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



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*

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