

From: TCCcommunity <guide@tcccommunity.net>
Subject: Sr. Antonia's March 2012 Newsletter
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A Newsletter from the Guide of T'ai Chi Chih

The Physical and Spiritual in T'ai Chi Chi

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

Chi Reflections

*Around my door and yard no dust or noise.
In my bare rooms, no busyness.
After so long a prisoner in a cage
I have returned to things as they are.
~ Tao Ch'ien 4th Century*

*The blue of the river
whitens the birds,
as fresh greening hills
brightens red flowers.*

*I watch...
as the new spring
comes to pass,
wondering...
when I too might head home?
~Tu Fu, 8th Century*

"Justin Stone passed away peacefully on March 28.

He thanks you for your life and your service to T'ai Chi Chih.

And he reminds us to "Practice when you want to and practice when you don't" and that "T'ai Chi Chih is a service to mankind."

*Share your memories here:
<http://www.taichichih.org/remembers-justin/>*

In gratitude, The Vital Force"

Make a retreat to renew your practice*

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

If you wish to take your T'ai Chi Chih practice to the next level, then attend a Retreat. If one is not being held in your area, check out the Events Calendar on www.taichichih.org.... or maybe you can host one! A T'ai Chi Chih retreat is a unique experience of leaving the familiar to spend a few days away with others who hold the same love for the practice and desire to deepen their understanding of the form by moving according to the Six Principles of Movement.

There is input, several group practices, discussions, teaching, considering Justin's writings, and everyone returns home renewed with their practice strengthened.

Let me know if you are interested in hosting a TCC Retreat ~ Lets talk!

Blessings in abundance,

Sr. Antonia Cooper, OSF

Guide

**Toward the end of the Santa Barbara Retreat, Students and Teachers were invited to express in a word or a phrase what best describes their Retreat Experience. Here is what they said:*

"Ecstasy & Transformative energy"

"I felt it was coming together in Unity as One." Mary K.

"MULTIPLIER ~ of energy, of a sense of community, of love and warmth." B.H. Texas

"During practice, time goes away. I am aware only of each "NOW" as it passes." George

"INVIGORATING yet serene, Educational, wonderful experience"

"DISCOVERY of the Effort of no Effort." Linda

"The JOY of sharing and learning in a peaceful setting." Marie S.

"HARMONY ~ Harmony shows up every where at the retreat. The practice and the people and the environment are in harmony." Jan K.

"Oh yes - and when I rested on the grounds like a child, the earth was my bed and the sky was my blanket. I felt it!"

"GOLDEN RADIANCE" Suzanne R R

"HEIGHTENED AWARENESS of my self, and my T.C.C. practice." S. Rogers, CA

"I loved every minute & was sorry when the Retreat ended."

"GREEN / LOVE turned into a green heart." Derek Arakelian

"RELEASE" Marielle

"RENEWAL - After being away from group practice for a while I found these



2012 TCC Teachers Conference

July 5-8 in Portland, OR

In light of Justin's recent passing, this is shaping up to be the one Teachers Conference you will not want to miss.

* 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.

* Let's walk together on "Bridges to Joy" as we celebrate the life and teachings of Justin Stone, pay tribute to the founder and originator of T'ai Chi Chih, honor our Unity and Harmony, and gather in our daily practices.

* Learn from amazing presentations emphasizing practical tips on how to: gain access to teaching in senior facilities; prevent injuries to yourself and your students; and how to teach to those with Alzheimer or Dementia.

* Grow personally and professionally during multiple breakout sessions designed to advance your T'ai Chi Chih practice and enhance on your teaching skills.

* Relax, Renew, and Refine with old friends and new, as we intimately share our space with the soft flowing waters of the gorgeous Columbia River, just steps outside our Conference room doorways.

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 Pieniac 732 988 5573 / wakeupdaniel@aol.com

When: Immediately after Teachers

days together doing T'ai Chi Chih a joy and blessing - in mind, body, spirit." Barbara D.

"CONNECTION I experienced a wonderful connection with each person at the Retreat. Our group practices of TCC were a delight!" Pam Towne, Oceanside



TCC 2012 Retreat

Group at St. Mary's Feb 28 - Mar 2

Sitting: George, Marielle, Antonia, Linda, Pam

Standing: Barbara D, Stephanie, Shirley, Gerda, Jan, Marie, Sherry, Suzanne, Iris, MaryAnn, Derek, Barbara H, Ted, Mary K.

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>

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/>

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

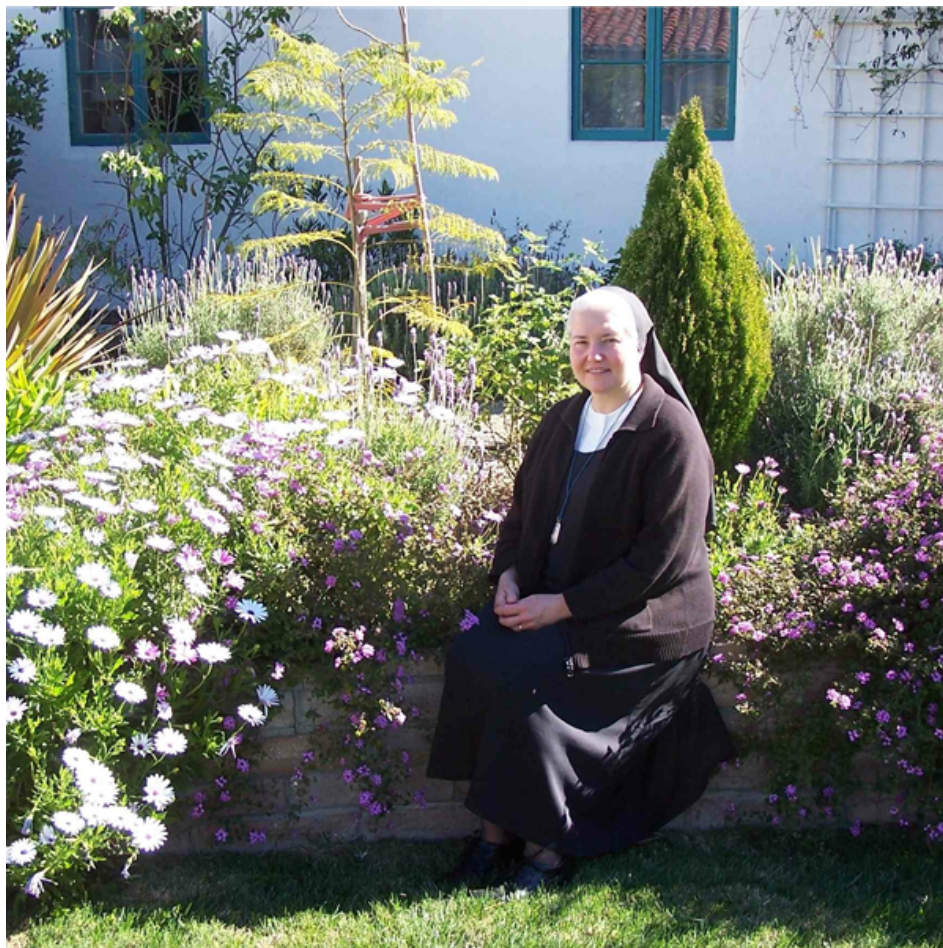
Other T'ai Chi Chih Events

<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*

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>.]



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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