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Subject: Sr. Antonia's March 2011 Newsletter
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A Newsletter from the Guide of T'ai Chi Chih



T'ai Chi Chih International Teachers Conference

THURSDAY, JULY 21 - SUNDAY, JULY 24
SAWMILL CREEK RESORT, HURON, OHIO

For Conference Info:
<http://www.taichichih.org/conference.php>

SandyMcAlister's Question:

"Is it your time to receive?"

How many times have you held out your hand to help someone or have been there for a friend supporting them in whatever way you could?

Over the years, working on conferences, I have witnessed teachers signing up for conference that I knew could barely afford it and yet they also contributed to the scholarship fund to help other teachers.

Teaching T'ai Chi Chih is about giving and receiving. Sometimes we give; sometimes we receive. *Is it your time to receive?* If you would like to attend conference, but can't quite find all the funds to do so, please consider applying for a scholarship.

In Justin's talk at Folsom Prison I believe he said, "We all share the same life." Let's share some of that life *TOGETHER* at conference. Do not let the fund go unused.

**Find and print out your
Scholarship Application
for the 2011 T'ai Chi Chih
Teachers Conference
At the link below.**

http://tcccommunity.net/Teacher_Resource_Page.html

Dear T'ai ChiChih Practitioners,

This month's newsletter is late! I've been traveling in California from February 14 -- March 4 and no matter where I go it becomes very apparent that T'ai Chi Chih draws the best *of* people and draws out the best *in* people. That "best," as I experience it, is sincerity. Justin explains it as TEH in [Spiritual Odyssey](#) (85/79). These recent travels have included retreats in Santa Barbara, the Bay Area of San Francisco and Sacramento; meeting teachers, serious students and new students. I feel deeply blest to work with all the hosts and all who attend. The focus has been a bit different with each group, but 'Flowing from the Center' and the other Principles of Movement were the primary teaching, encouraging participants to "feel" the integration in each movement.

With all that said, the group most dear to me were the inmates of Folsom Prison during this third visit. Their sincerity, openness, depth of presence, letting go was satisfying. In between we listened to Justin's words in [Spiritual Odyssey](#) (31/29 and 23/21) and the men, about 40 in all, shared the amazing and surprising ways in which the T'ai Chi Chih form is uniquely changing each one.

I greatly admire all teachers who are volunteering their time with various groups too numerous to list here! They truly are living examples of: "T'ai Chi Chih is a Service to Humanity, It is a Form of Love."

It is my hope that you will support all the teachers who are volunteering their time to bring T'ai Chi Chih and inner freedom to those who are incarcerated. Every person carries the capacity for dignity within, simply because they are. "Labels" fall away and histories are transformed. The practice of each inmate contributes to the peace and non-violence in the world. Reconciliation with self, others and the Other begins to evolve. "We begin to change, and so will our world." [Spiritual Odyssey](#) (p.17/15)

You are invited this month to remember all who are behind bars and all who are not, yet are imprisoned in countless ways.

Dedicate your practice this month to the transformation of the world.

Peace and all good,

Sr. Antonia Cooper, OSF
Guide of T'ai Chi Chih

[Editors note: Sr. Antonia's Past Newsletters available on her website
www.TCCcommunity.net]

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