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Subject: 11/1/13 Announcing a new Guide for T'ai Chi Chih
Date: October 19, 2018 at 2:28 PM
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A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

Fleeting Beauty

We know the life of the plums and tree is limited,
But the beauty is here now, to be appreciated.
~Justin Stone

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

Chi Reflections

Mountains
cannot be surmounted
except by
winding paths.
~Goethe

The falling
leaf
does
not
hate
the
wind.

~Zatoichi

Early morning T'ai Chi practice

Beneath the old spruce,
Feeling reverence

Fresh delicate rain mist,
Sparrows singing spring

Within
The Cosmic Consciousness Pose
Love rings through every cell.

Announcement: Newly Appointed Guide of T'ai Chi Chih

Dear Teachers and Students of T'ai Chi Chih,

At our 2013 Minnesota TCC Teachers Conference, I was asked to share the recent monthly messages, I have been sharing with you on Impermanence. All we are and do in the physical world is impermanent! Energy/Spiritual Body is impermanent. Over the past 10 years it has been an honor to serve you through various programs, workshops, retreats, Teacher Accreditations, Annual TCC Conference, email, www.TCCcommunity.net, Vital Force, conversations, etc. Being Guide of T'ai Chi Chih is something I could never have imagined at the time of my first Teachers Conference. The news of Ed retiring from the community. Justin's response was to ask that I "Lead the Conferences," "Bribe the Teachers," "Lead the Conferences," and "Bring T'ai Chi Chih into the Future." I have dedicated these years to that, an unheard of ministry for any Woman. I suppose, though, that I am not "any" Woman. In this Service as Guide, I have come to a greater understanding of "Who and What" I am.

My sincerest efforts always were directed to truly understand the T'ai Chi Chih Form as closely as I understood myself, from the DVD's, the Photo Text, and especially Spiritual Odyssey. We have truly enriched each other. I have been enriched by meeting and getting to know you, for you bring a unique gift to myself, to all who study with me, and to your students. You truly are the Jewel of T'ai Chi Chih.

I could never have been an effective Guide without the support of Pam Towne and Sandy McAlister, recently, Dan Pienciak. Many of you supported us graciously hosting our Annual Conferences, allowing us to come to your areas to present Retreats, Workshops, Intensives and Teacher Accreditations, which have happened without the support of our "COMMUNITY."

You also know through my recent communication that I was elected as a Councilor to my Franciscan Order International General Leadership, centered in Germany. Yet another "call" to be of Service to the world willingly said yes. You see, T'ai Chi Chih practice will bring you to places you never have imagined! It will transform you into a person you could never have imagined (essentially dying to your False ego Self and becoming True Self!).

Justin also entrusted me with appointing me as his Guide. I am happy to announce that Sandy McAlister, our Teacher Trainer for the last 10 years, said yes to my request that she

Remembering Master Stone.

Glistening new snow unifies
A forest community,
Pausing in renewal

Motionless pines
Meditate on icy slopes

A perpetual Force imperceptibly
Nurtures the many
In profound wisdom.

~Steve Ridley

~Steve Ridley

*T'ai Chi Chih Events
Led by Teacher Trainers:*

Deep South SEIJAKU and TCC Workshops

Teacher Trainer Daniel Pienciak will conduct two back-to-back workshops in Tupelo, Mississippi.

November 6-8 SEIJAKU

November 8-10 T'AI CHI CHIH

To entice you to come ...

Both workshops are priced at only \$75 each, which should greatly help offset the cost of your (or your students') travel expenses. Wednesday night, those coming for Seijaku will be our guests at a community evening meal in the home of Ron and Deanna Richardson.

And ... If you'd like to stay in a Teacher's or Student's home, we possibly can arrange that for you! In-home accommodations are filling up fast and are only available on a first-come, first-serve basis.

Contact Ron Richardson

ron_richardson@comcast.net

662-844-6473 (home) or 662-255-4994 (cell).

Come to the Deep South this November.

Enjoy a little Seijaku ...

A little T'ai Chi Chih ...

And a whole lot of our famous

Southern hospitality!

Daniel's Deep South workshops information:

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976692>

Deep South registration information:

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976693>

years, said yes to my request that she role of Guide, effective November 1, 2011.

As Guide I now pass onto Sandy what Justin To Lead the Conferences, To Unite the Teachers Bring T'ai Chi Chih into the Future. Sandy is commissioned to continue to lead Intensive and Accreditation trainings and, when the time comes, appoint the next Guide. Sandy embodies TEH through her years as an active T'ai Chi Chih Teacher. When called upon by Justin to be a Teacher Trainer, she grew into this role and exemplified her leadership qualities as she created new ways of examining and teaching the form according to the Principles, created the Prajna workshops, designed the Master Program, and developed Continuing Education for Teachers who find it necessary to present them to their employers.

Sandy's willingness to work with Conference committees over the past 14 years guided them to understand important elements of balanced schedules, variety of activities, while encouraging innovative presentations. Her presentations at Conferences help teachers to understand the T'ai Chi Chih form and deepen their experience of being better at teaching. I am deeply grateful to Justin who entrusted me with this responsibility that I have tried to fulfill throughout these years. He must be pleased to realize this further evolution as a community. Please give Sandy my support as you so graciously gave it to me. We have a bright future and each of you is a vital part of it. My gratitude also is extended to countless teacher students who I have met over the years. Teacher commitments and gifts have furthered the growth of the T'ai Chi Chih form and Community. In particular, I thank Kathy Grassel and Kim Grant as editors of the book "The Power of Force", and to Kim especially as she continues to find innovative ways to reach the public through speaking. As well as Stephen Thompson who set up and maintains the web site of the Guide.

My hope is to continue to attend our Annual Conference and be able to teach classes and/or retreats in South Africa, and depending on my time, in the United States. I live... of course, this too is... impermanent!

I will complete the T'ai Chi Chih Retreats that are scheduled through 2014.

*Wishing each of you "Peace and all Good,"
Sr. Antonia Cooper, OSF*

PS The Gift of Impermanence...

Was it not Impermanence that brought us to discover the T'ai Chi Chih practice in the first place? For most of us, life was good and meaningful. Then, suddenly, it was no longer working. Something deep inside us changed. Perhaps it was illness or an out-of-control life style or someone dear to us. It may have been changes in our relationships, or a crisis of a spiritual nature.

For myself it was what is described as a "mid-life crisis". Life around me and within me was not working any more. A way of doing things, of trying to control life, meeting people, was just not working. T'ai Chi Chih teaches that Impermanence is a gift if we do not put up resistance to change. Impermanence is an invitation. Let's look at impermanence with a slight shift in perspective, with a different lens, seeing it as something that can free us of our attachment to the past and open us to the present moment.

January 15-19

**St. Joseph's by the Sea Spiritual Center
On the Beach at Mantoloking, New Jersey**

ENHANCING THE INTRINSIC ENERGY FLOW

Led by Teacher Trainer, Pam Towne

Designed for teachers, teacher candidates and serious students

The focus of the Intensive will be on How to Move for the greatest flow of Chi

Flowing from the Center, Yinning & Yanging correctly, Moving with Softness

The heart of the Intensive will be refining & deepening your T'ai Chi Chih practice.

You are invited to attend this empowering 4 day TCC experience. Intensives are especially important for those who want to become TCC teachers as part of their preparation for accreditation, but also extremely valuable for those who want to deepen their understanding & practice of TCC without going to Teacher Training.

Intensive info can be found on the TCC Community Calendar at <http://www.taichichih.org/calendar-of-events/> or by contacting Siobhan Hutchinson through e-mail at siohan@nextstepstrategiesllc.com or phone at 609-752-1048.

You will want to attend an Intensive...

If you are a TCC Teacher:

- to deepen your own practice & appreciation of TCC**
- to refine how you move for a greater flow of Chi**
- to learn how to better prepare candidates for Teacher Accreditation**
- to learn new teaching techniques for your classes**
- to connect with other teachers & the larger TCC Community**

If you are a Teacher Candidate:

to better understand the depths of TCC practice (there's more than meets the eye)

to discover what needs to be changed in how you move before you attend Teacher Accreditation, then have several months to integrate those changes to experience doing several hours of TCC each day with a group of delightful people

**If you are a Serious Student who has been practicing TCC at least 1 year:
to immerse yourself in TCC for 4 days without having to attend an Accreditation course**

- to have an in-depth experience of TCC**
- to understand the principles of How to Move the TCC way**
- to explore your TCC practice like never before!**

The cost for this empowering 4 day course is still an incredibly low \$200 + room & board. The January Intensive is being held at the beautiful & peaceful St. Joseph's by the Sea Spiritual Center on the beach in Mantoloking, NJ. An info flyer & registration form are attached. If you have questions, please contact me through e-mail at siohan@nextstepstrategiesllc.com or phone at 609-752-1048.

Other T'ai Chi Chih Events:

<http://www.taichichih.org/calendar-of-events>

Attending T'ai Chi Chih events is an excellent opportunity for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.

experience, which promises that we will make it a challenge, that a difficult situation will not last forever, there really is not another shoe that is going to drop, then be grateful for Impermanence in Life?

I'd like to invite you to reflect on The Gift of Impermanence you practice this month. And as you reflect, ask yourself, "Has Impermanence taken away from me that I am no longer present in my life?"



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 November 20, 2012
Justin Stone's 95th birthday**

T'ai Chi Chih Community Vision Statement

How we see ourselves in 5 years:

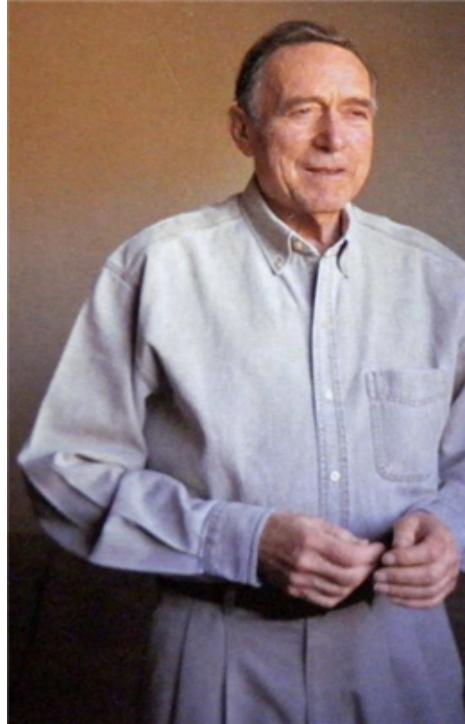
We, the T'ai Chi Chih Community, are an ever-expanding, unified community of teachers and practitioners who exemplify serenity, joy and vitality, teaching communities throughout the US, Canada and around the world, regardless of ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting T'ai Chi Chih, Justin Stone, so that it contributes to holistically revolutionizing health, well-being and positive influence on humanity.

How the world sees us in 5 years:

The T'ai Chi Chih Community is universally recognized and accepted as an effective, user-friendly, holistic practice for enhancing health of all ages.

We are seen as a thriving, welcoming Community that attracts individuals of all ages, gender and ethnicity. By embracing new technologies, we



Justin Stone (1916 - 2012)

Photo from the back cover of T'ai Chi Chih Photo Text, the basic text for

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works can be ordered through your local T'ai Chi Chih teacher or through Gok

<http://www.gkpub.com/books.php>

T'AI CHI CHI PHOTO TEXTBOOK APPS for both *iPhone & Android* platforms downloaded and purchased online for only \$9.95.

★ The apps consists of time-lapsed photography of the originator performing of all the movements. As well as links to some movement descriptions.

★ Important points about moving correctly are called out and specifically balancing yin and yang, the Tao, the great circle meditation, serenity, teacher, function and essence, the power of Chi circulation, body

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 Carmen

<http://www.gkpub.com/cds.php>

And on the CD: Justin Stone speaks on T'ai Chi Chih: <http://www.gkpub.com/cds.php>

Sandy McAlister's Seated T'ai Chi Chih DVD: <http://www.sandymcalister.com>

Teacher Resources: http://tcccommunity.net/Teacher_Resource_Page

T'ai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.TCChih.org>

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>

Sandy McAlister's archived newsletters: <http://tcccommunity.net/Newsletters>

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may have received an email from me about a new monthly newsletter. If you did not receive it, you can sign up for it by clicking [here](#). It's easy to subscribe or unsubscribe. Just click the "Sign Up" button at the bottom of the page. You can also sign up for the newsletter by visiting the [TCCCommunity](http://tcccommunity.net) website and clicking the "Newsletter Sign-Up" link in the sidebar.]

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