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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
To: Stephen Thompson stephen2816@mac.com



A Newsletter from the Guide of T'ai Chi Chih



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 have been sharing with you on Impermanence. All we are and do in the physical world is impermanent! Energy/Spirit is eternal. Over the past 10 years it has been an honor to serve you through various programs, workshops, retreats, Teacher Accreditations, Annual TCC Conferences, email, www.TCCcommunity.net, Vital Force, conversations, etc. Being Guide of T'ai Chi Chih was something I could never have imagined at the Teachers Conference. The news of Ed retiring from the community. Justin's response was to ask that I be named "Lead Teachers," "Lead the Conferences," and "Bring T'ai Chi Chih into the Future." I have dedicated these 10 years that, an unheard of ministry for any Woman. I would 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 teaching the T'ai Chi Chih Form as closely as I understood it. I learned from himself, 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 my students, 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 support me by graciously hosting our Annual Conferences, inviting 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 Community International General Leadership, centered in Germany. Yet another "call" to be of Service to you. I willingly said yes. You see, T'ai Chi Chih practice brings you to places you never have imagined! It transforms you into a person you could never have imagined (essentially dying to your False ego Self and I am my True Self!).

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

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.

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>

T'ai Chi Chih® Intensive

*years, said yes to my request that she
role of Guide, effective November 1, 2*

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

*Sandy's willingness to work with Conference
committees over the past 14 years guided the
understand important elements of balanced se
variety of activities, while encouraging innov
presentations. Her presentations at Conferen
teachers to understand the T'ai Chi Chih form
deepen their experience of being better at teach
I am deeply grateful to Justin who entrusted m
responsibility that I have tried to fulfill throug
years. He must be pleased to realize this furth
evolution as a community. Please give Sandy
support as you so graciously gave it to me. W
bright future and each of you is a vital part of
My gratitude also is extended to countless tea
students who I have met over the years, Teac
commitments and gifts have furthered the gro
T'ai Chi Chih form and Community. In part
of Kathy Grassel and Kim Grant as editors of
Force, and to Kim especially as she continues
innovative ways to reach the public through s
As well as Stephen Thompson who set up and
the web site of the Guide.*

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

*I will complete the T'ai Chi Chih Retreats tha
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 disco
Chih practice in the first place? For most of us, l
it was no longer working. Something deep inside
Perhaps it was illness or an out-of-control life sty
of someone dear to us. It may have been changes
relationships, or a crisis of a spiritual nature.*

*For myself it was what is described as a "mid-life
life around me and within me was not working an
way of doing things, of trying to control life, meet
quo, was just not working. T'ai Chi Chih teaches
Impermanence is a gift if we do not put up resista
invitation. Let's look at impermanence with a slig
lens, seeing it as something that can free us of our*

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 siobhan@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!

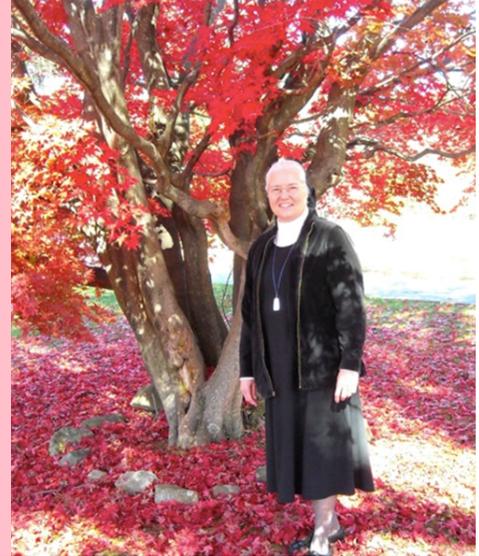
The cost for this empowering 4 day course is still an incredibly low \$200 + room & board. The January Intensive is being held at the beautiful & peaceful St. Joseph's by the Sea Spiritual Center on the beach in Mantoloking, NJ. An info flyer & registration form are attached. If you have questions, please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

Other T'ai Chi Chi 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 for 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: "What 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:

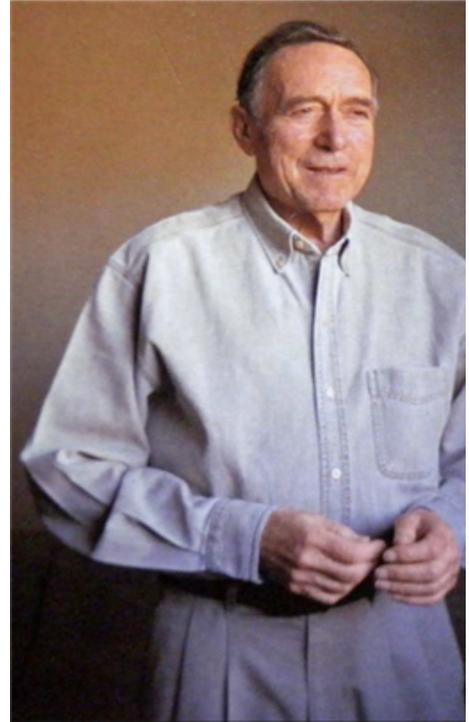
We, the T'ai Chi Chih Community, are an ever-expanding, unified teachers and practitioners who exemplify serenity, joy and vitality teaching communities throughout the US, Canada and around the world with variety in ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting T'ai Chi Chih Justin Stone, so that it contributes to holistically revolutionizing the 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 the world.

We are seen as a thriving, welcoming Community that attracts, nurtures, and supports people 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 w
can be ordered through your local T'ai Chi Chih teacher or through Gor

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

T'AI CHI CHI PHOTO TEXTBOOK APPS for both *iPhone* & *Android* pt
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 moven

★ Important points about moving correctly are called out and spe
balancing yin and yang, the Tao, the great circle meditation, sere
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>

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

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

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

T'ai Chi Chih on Facebook: <https://www.facebook.com/taichichih?sk=w>

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/News>

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may h
subscription to the Guide's monthly newsletter. It's easy to subscribe or
Newsletter Sign-Up Form found at <http://tcccommunity.net>.]