

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's May 2013 Newsletter
Date: May 1, 2013 at 3:07 AM
To: stephen2816@comcast.net
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



Updated information for the 2013 Teacher Conference:

www.taichichih.org/conference_2013/

Conference Forms: Conference Registration, Vendor Registration (changed contact person), Conference Brochure, and T-shirt Order Form.

THIS YEAR THERE WILL BE TWO SEIJAKU COURSES TAUGHT AFTER CONFERENCE

BILL MOORE's Introductory Course will provide an opportunity for TCC teachers who don't have a local Seijaku teacher, to learn the form this year & be accredited next year. (It is also open to students.) Bill has a very valuable approach to Seijaku practice which we think teachers will find refreshing.

PAM TOWNE'S Post-Conference Seijaku Accreditation Course. Open to accredited TCC teachers who have studied and practiced Seijaku previously. Already accredited Seijaku Instructors are welcome as Auditors

World T'ai Chi & QiGong Day

Dear Teachers and Students of T'ai Chi Chih,

Saturday, April 27 was spent in New Egypt, New Jersey. It was the date of the World T'ai Chi & QiGong Day. T'ai Chi Chih Teacher Siobhan Hutchinson invited her students, local TCC Teachers, and anyone who wished to observe or perform the movements for the first time.

There were over 50 participants! The event began as individuals gathered at 10:00 AM and then invited to an outdoor practice in the beauty of a New Jersey spring day. We moved to cool soft breezes of April air with various birds chirping in nearby blossoming trees.

Four Teachers created the nucleus of the consecutive circles. As each movement gave way to the next, participants began to sink deeper into the moment, into each aspect of the movement. We were united as one, even though we came to the practice with varying degrees of experience, the CHI somehow merged individuals into a flowing form.

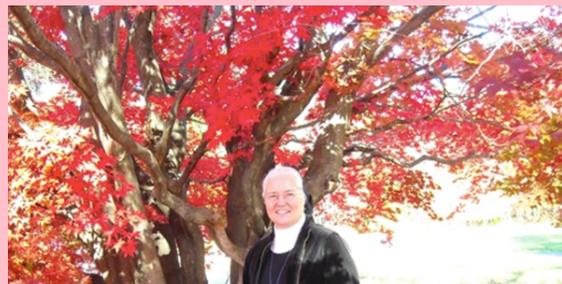
It is my hope that each of you had an opportunity to practice T'ai Chi Chih on World T'ai Chi & QiGong Day, whether it was privately, in a group, or with many others, or in the midst of other forms. If not, make the intention to be at ONE with all others practicing as you begin Rocking Motion in the morning.

May your body, mind, and spirit be enriched in the flow of the Chi!

Wishing you Peace and all Good!

Sr. Antonia Cooper, OSF

[Editor's note: Consider attending Conference and one of the two Seijaku classes offered immediately after Conference this year. Details can be found in this newsletter's left-hand column. If you wish to attend Conference and need financial assistance, please copy and use the Conference Scholarship form that is below Sr. Antonia's picture.]



instructors are welcome as speakers.
(Information about these two Seijaku classes can be viewed below the Conference information in this newsletter.)

Justin's Insights

Energy and Wisdom

Empty space seems to be a vast continuum of Energy, and that energy is Wisdom.

Energy appears in many forms, including "matter," and it's always there for us to use in re-charging ourselves – hence, T'ai Chi Chih.

When we do, our intuition seems to be greatly sharpened, and this is understandable as "Energy" and "Wisdom" are just different words.

~Justin Stone -

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

Chi Reflections

Seek stillness in movement.

Some think exercise is jumping about and using energy. That is why after exercise everyone pants.

T'ai Chi Ch'uan uses stillness to control movement. Although one moves, there is also stillness.

Therefore in practicing the form, slower is better.

If it is slow, the inhalation and exhalation are long and deep and the ch'i sinks to tan t'ien...

The learner should be careful to comprehend it.

Then you will get the real meaning.

~The Essence of T'AI CHI CH'UAN
by Lo/Inn & Amacker/Foe

Try Softer

A young boy traveled across Japan to the school of a famous martial artist. When he arrived at the dojo he was given an audience by the sensei.

"What do you wish form me?" the master asked.

"I wish to be your student and become the finest martial artist in the land," the boy replied. "How long must I study?"

"Ten years at least," the master answered.

"Ten years is a long time," said the boy. "What if I studied twice as hard as all your other students?"

"Twenty years," replied the master.

"Twenty years! What if I practice day and night with all my effort?"

"Thirty years," was the master's reply.

"How is it that each time I say I will work harder, you tell me that it will take longer?" the boy asked.

"The answer is clear. When one eye is fixed upon your destination, there is only one eye left with which to find the Way."

~Anonymous

T'ai Chi Chih Events led by the Guide of the TCC Community:

The 8th Annual T'ai Chi Chih Autumn Retreat with Sister Antonia,



2013 T'ai Chi Chih® Teachers' Conference

Scholarship Application Form

Thursday, August 1 – Sunday, August 4, 2013 St. John's University Collegeville, MN

The scholarship fund was created by T'ai Chi Chih® teachers to assist fellow teachers who cannot afford the full conference fees. Our hope is to assist as many teachers as possible to attend the conference in 2013. Scholarships generally do not pay the full amount of the conference fee, and do not exceed \$200.

To apply for a scholarship:

Complete this form and send it to: Carol Mockovak 4300 West River Road #407 Minneapolis, MN 55406 OR email the form to Carol Mockovakat caroledith@usfamily.net

Questions contact Carol @ (612)-729-9040.

We will give every application full consideration and you will be notified of your scholarship award amount.

Applicant's Name _____ Accreditation Year _____

Address _____

City _____ State _____ ZIP _____

Phone _____ EMAIL Address _____

Indicate the amount of your scholarship request: _____

Reason for application: _____

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



September 26-29, 2013 at Pecos Monastery, Pecos, New Mexico

T'AI CHI CHIH AS TRANSFORMATIONAL ENERGY

**We delight in celebrating with you the Eighth Annual T'ai Chi Chih Retreat with Sister Antonia Cooper; it is open to those who've taken a TCC class.*

Each attendee stays in a private room with private bath and enjoys access to a lounge with refrigerator. We invite you to bring your favorite snacks! Meals begin with Friday breakfast and end with lunch on Sunday, Sept. 29th. The cost is \$340 per person, which includes lodging for Thursday thru Saturday nights and meals. Plan to attend the first group meeting with Sister Antonia at 7:30 PM Thursday.

**Pecos Benedictine Monastery sits on 1,000 acres of serene and healing forest, meadow, and river land, populated by deer, elk, birds and other forest creatures. Being adjacent to the 220,000 acre Pecos Wilderness, where quiet movement and silence abound, the setting is ideal for the Retreat's focus.*

T'ai Chi Chih as Transformational Energy

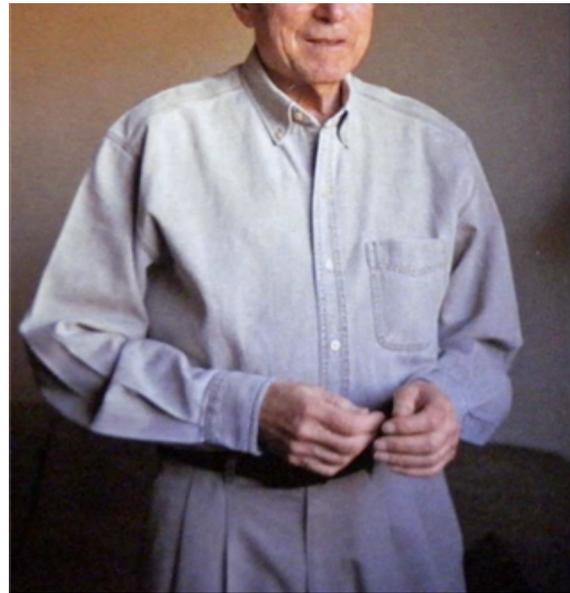
**A \$50 non-refundable deposit will hold your place, with the balance due by August 31st, 2013. Space is limited. For further Retreat details*

contact Ann Rutherford:

ruthergary@aol.com

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.*



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.

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

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/taichichih?sk=wall>

The Vital Force newsletter: <http://www.taichichih.org/vital-force/>

ENCIRCLED IN CHI

2013

28TH
INTERNATIONAL
T'AI CHI CHIH®
TEACHERS' CONFERENCE

THURSDAY, AUGUST 1 -
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY

COLLEGEVILLE,
MINNESOTA

2013 Teachers Conference

August 1 - 4, 2013

Followed by two Seijaku Courses

August 4, 5 & 6, 2013

Come – allow yourself to Go With The Flow and walk over The Bridges to Joy.

Come – join us in a place and time where your mind will be still, where your total presence is desired, where you can experience a state of no-mind -- *satori* -- where you can receive a taste of enlightenment.

Come – and be **Encircled in Chi** as the Minnesota community welcomes and embraces your presence; where you can receive and experience growth and inner contentment.

For further information, registration forms, vendor forms, conference brochure and schedule:

http://www.taichichih.org/conference_2013/

A Conference Scholarship form can found under Sr. Antonia's picture in this newsletter.

Seijaku

~ The "Advanced Form" of T'ai Chi Chih ~

Please sign up for one of two
Seijaku Courses offered
following TCC Conference

August 4 to 6, 2013

St. John's University, Collegeville, MN

"Serenity in the Midst of Activity"

"Introduction to Seijaku" taught by Bill Moore,
Accredited Seijaku Instructor

AND

Seijaku Accreditation taught by Pam Towne,
Appointed Seijaku Teacher Trainer

Seijaku Introduction Course: Open to: TCC students
and teachers (see invitation below)

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>.]

Sandy's Seated T'ai Chi Chih DVD is available!



For many years teachers have worked independently to gain experience in teaching Seated T'ai Chi Chih. Now all that combined expertise, knowledge and wisdom has been put together in an incredible 71-minute DVD produced by Sandy McAlister. You are invited to print a free handout on the seated weight shift, check out the monthly teaching tip, and to order a DVD of your own at:

www.sandymcalister.com.

Those wishing to order multiple DVDs (4 or more), and any T'ai Chi Chih teachers wishing to receive their teacher's discount, should email their order request directly to: sandy@sandymcalister.com

Accreditation Course: Open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku previously. Already accredited Seijaku Instructors are welcome as Auditors!

You are invited to savor the

Wondrous Experience of SEIJAKU!

Enjoy the transforming power of Seijaku in a group... personal evolution...spiritual awakening... increased flow of chi... and a greater connection to your T'ai Chi Chih practice.

Seijaku opens us to a more fulfilled, creative, and energetic life!

Seijaku Introductory (Basics) Course

with Bill Moore, Accredited Seijaku Teacher tccwithbill@yahoo.com

What: This is an introduction to Seijaku Practice, suitable for:

...Anyone who is comfortable with ALL T'ai Chi Chih movements.

*It is recommended that a student have at least one full year of regular T'ai Chi Chih Practice, before attending this course in Seijaku Practice. (**Please note** that one does NOT have to be an accredited T'ai Chi Chih instructor, as a prerequisite to register.)*

This Basic Course will also be of value for:

...T'ai Chi Chih teacher candidates looking to deepen their practice,

And... T'ai Chi Chih teachers preparing for Seijaku Accreditation, at a later date.

Explore the Seijaku Principle and adjunct practices Justin Stone has taught as part of his "Maximum Chi Program".

Discover the profound benefits that may be realized by incorporating these practices into your regular T'ai Chi Chih Practice routine.

...The potential of Seijaku Practice in ENHANCING the Principles of Movement in T'ai Chi Chih Practice.

...How practicable and effortless the application of the Seijaku Principle can be!

Justin Stone has referred to T'ai Chi Chih Practice as the "...play of the Sage". It may be surprising to find that Seijaku Practice can be as effortless and play-FULL, while realizing the deepening appreciation of grounding and Balance that may be realized with regular application of the Seijaku Principle, for Body Mind and Spirit!

So, please consider joining us in discovering the depth of enjoyment available in Seijaku Practice, thru our joint adventure in this Basic Seijaku Course...

SEIJAKU...MORE "JOY THRU MOVEMENT"!

Seijaku Accreditation Course

*with Pam Towne, Appointed Seijaku
Teacher Trainer*

Instructor: Pam Towne

Host: Daniel Pienciak

**When: Immediately after Teachers
Conference starting at 4pm on Sunday
August 4, and continuing thru Tuesday
morning August 6, 2013.**

**Note: this course is ONLY for accredited TCC
teachers who have studied and practiced Seijaku
preferably for 6 months or more so that they may be
accredited to teach Seijaku**

**OR for already accredited Seijaku teachers who wish
to experience and learn more!**

***Build on the Chi developed by so many teachers being
together & immerse ourselves more deeply in an
additional 2 days of breakthrough energy by extending
your stay after Conference!**

***Become Accredited and share this great practice with
your students. Refine and deepen your own
understanding and experience to receive even greater
benefits!**

***Help ensure that Justin Stone's great gift of Seijaku will
continue to be taught and enjoyed and bring greater
health and longevity to many, many people! Truly a gift
for posterity!**

To Register: Contact Daniel Pienciak 732 988 5573

wakeupdaniel@aol.com

T'ai Chi Chih & Seijaku event details:

[http://www.taichichih.org/calendar-of-
events](http://www.taichichih.org/calendar-of-events)