

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's December 2012 Newsletter
Date: December 1, 2012 at 3:02 AM
To: stephen2816@mac.com
Bcc:



A Newsletter from the Guide of T'ai Chi Chih



Merging Sense with Essence

The high plateaus do not produce the lotus flowers; it is the mire of the low swamplands.

If you consider quietude right... it is just the time to apply effort by a million times.

The sun shines on everybody – pure and unpure.

You do not have to give up the ordinary life. What is given up is greed, anger and delusion. Love and do as you please.

When active you are revealing the function.

It is better to discipline yourself than have life do it for you.

~Justin Stone - September 1991

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

Chi Reflections

The way that will relieve your woes on the physical plane will also take you to the highest spiritual realizations.

And the way is simple.

No resistance.

~Thaddeus Golas

Closing out the year with Gratitude

Dear T'ai Chi Chih Teachers and Students,

I've been giving this newsletter a lot of reflection. What better way to close out this year than through Gratitude? No, not that pie in the sky gratitude, but the real every day... almost moment-to-moment, interior thanksgiving for every little thing, in the moment, that you can chew on. (And I don't mean food!) This gratitude - indeed, like our T'ai Chi Chih practice - produces deep-gut joy. Justin talked a lot about gratitude and gave us many examples.

Following suit, I'll share with you some very personal reasons for which I am deeply grateful.

Nov. 15, while at an acupuncture appointment, an electrical fire broke out in my bedroom. The 76-year-old Sister was cooking supper at the time, heard the smoke alarm, and saw the smoke pouring out of my room. She then ran up the stairs, threw lots of water on it and finally doused it. I suppose you can imagine many things for which I am grateful ... for her safety, for the contained fire that didn't burn the house down, that it didn't happen at night, and for the fire company that showed up, etc.

Also grateful for my mother, whose 29th anniversary of death was that day, whom I feel in some way had an important part in this scenario! I'm grateful for my personal healing of this experience of which I can now share.

I am grateful for each step I take, especially after getting out of the car, and am able to walk pain free - even run at times, with no sciatica pain or discomfort.

Grateful for so many generous people who are taking an active role in the devastation that took place at the Jersey Shore, and that my community's house is still standing near one of the worst hit areas.

And, I'm deeply grateful to each of you who are reading these lines. You continue the T'ai Chi Chih spirit, embody teh, desire to deepen your spiritual quest, and contribute to all that is best in humanity by each practice.

When you practice this month of December, embody gratitude, as you embody the form. Feel it, be aware of its presence in your life on a day-to-day level - without thinking gratitude, but by being gratitude.

May you experience the peace, joy, love of this season of giving and receiving. Blessings in abundance to you and your family and friends.

Wishing you Peace and all Good,

Sr. Antonia



"May what comes to you in silence carry you through
the deafening chaos."
~Unknown

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 to improve your practice and to be with other T'ai Chi Chih practitioners.

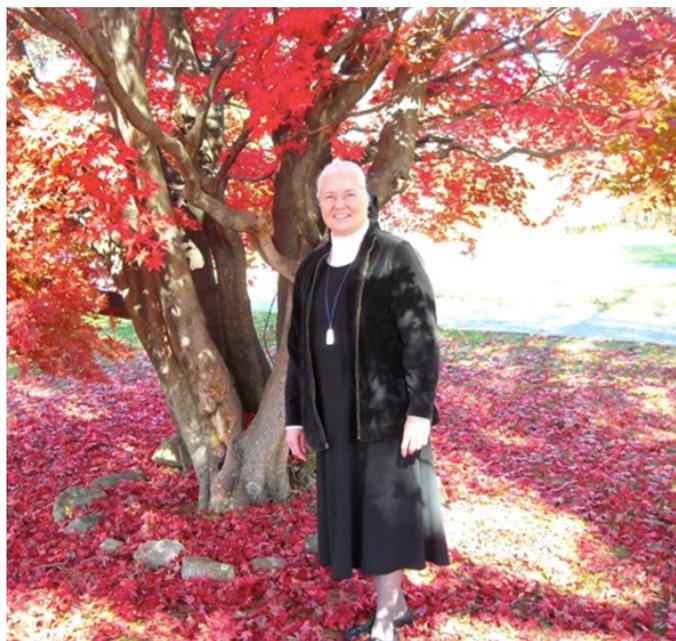
Teachers Resource Page is back!

Find it here: <http://www.taichichih.org>

At the top right of the page place your cursor over "Teachers>>" and a drop down box will appear.

Teacher Resources is the newest addition. You'll find it listed at the bottom of the drop down box.

Click there to access what use to be our hidden resource link.




ENCIRCLED IN CHI

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

THURSDAY, AUGUST 1 -
SUNDAY, AUGUST 4, 2013

ST. JOHN'S UNIVERSITY
COLLEGEVILLE,
MINNESOTA

**Announcing the 2013
Teachers Conference
August 1 - 4, 2013**

**And Two Seijaku Courses!
August 4, 5 & 6, 2013**

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



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/

After the 2013 Conference please sign up for one of TWO Seijaku Courses being offered!

Please note that for the first time, a second additional Seijaku course will be offered after the 2013 Teachers Conference. The reason for this offering is that many T'ai Chi Chih teachers and students have not had much opportunity to study Seijaku locally and because of this have been limited in their exposure to Seijaku. With that need in mind, the first course listed is especially for those who either desire to study Seijaku for their first time, or to deepen their understanding of the practice by studying with an experienced Seijaku instructor. It is also an excellent opportunity for T'ai Chi Chih teachers who know Seijaku, but do not yet feel ready to be accredited as a Seijaku teacher, to deepen their practice and understanding before attending a Seijaku accreditation course.

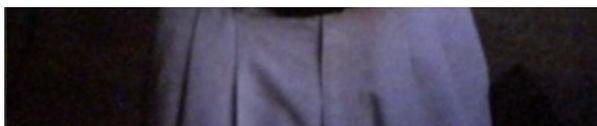
Post-Conference Seijaku Instruction Course

"Heightened Awareness"

Instructor: Ann Rutherford

Host: April Leffler**

We are pleased to announce the new Heightened



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/>

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>.]

we are pleased to announce the new Heightened Awareness Seijaku Course being offered after the 2013 T'ai Chi Chih Teacher's Conference in Minnesota. The class is open to TCC teachers AND to students who have at least one year of T'ai Chi Chih experience and who want to LEARN Seijaku. The class will be taught by Ann Rutherford and hosted by April Leffler and will begin on Monday, August 5 and end at noon on Tuesday, August 6.

*The combination of Justin's teachings in Heightened Awareness with the practice of Seijaku is the focus for this class. Practicing Seijaku in this fashion heightens both our spiritual evolution and our skillfulness in walking through this world. Come and experience the depth of this tool from Justin. **NOTE: This class does NOT include accreditation to teach Seijaku.***

***April can be reached by email at: lirpaleff@rcn.com or by calling (610) 532 6753.*

Post Conference Seijaku Accreditation Course

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.

This course is open to accredited T'ai Chi Chih teachers who have studied and practiced Seijaku and wish to become accredited to teach Seijaku, OR to already-accredited Seijaku instructors who wish to renew/deepen their accreditation and understanding of Seijaku.

Justin was very concerned that teachers would keep SEIJAKU alive and well. Now that he is gone from us, we trust there will be an especially strong response from our Teachers toward becoming accredited to teach SEIJAKU and/or to renew their personal SEIJAKU practice.

To Register: Contact Daniel Pienciak 732 988 5573 wakeupdaniel@aol.com

T'ai Chi Chih event details:

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

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