

From: TCCcommunity <guide@tcccommunity.net>  
Subject: Sr. Antonia's November 2012 Newsletter [Test Email]  
Date: October 29, 2012 12:19:32 PM CDT  
To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih



*All Things Are As They Have Always Been*

By Justin Stone Summer 1993

*Those who do T'ai Chi Chih regularly have not been taught how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers—they would spoil the experience.*

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

#### **Chi Reflections**

*If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities; in the expert's mind there are few.*  
~Shnryu Suzuki - Zen Mind, Beginner's Mind

*Stop talking, stop thinking, and there is nothing you will not understand.  
Return to the Root and you will find the Meaning:*

#### **Fall Greetings**

*Dear T'ai Chi Chih Teachers and Students,*

*The August Newsletter contained four points which were covered at the annual T'ai Chi Chih Conference which are given further explanation in the following:*

##### **1. New Teacher Trainer**

*It was announced that Daniel Pienciak of Howell, NJ is the new Teacher Trainer for Intensives and Teacher Trainings. Daniel has completed several areas that have qualified him, including taking an active part in the T'ai Chi Chih community by teaching classes and preparing individuals to become Teachers, hosting local Intensives and Accreditations, attending in service for these events with current trainers, attending annual Conferences and taking an active part in them, and participating in the yearly planning of events. Welcome, Daniel!*

##### **2. Justin's 2005 letter about "Revelation's" to Sr. Antonia**

*Justin had written a letter to me prior to the 2005 Albuquerque Annual Conference about revelations he had experienced over the years. These have been recorded in his conference talk "Play within a Play" which can be downloaded free at: <http://www.gkpub.com/talks.php>*

##### **3. New instructional DVD of "Seated T'ai Chi Chih" by Sandy McAlister.**

*The DVD is in its final stages of production. A special announcement will be emailed to those receiving this Newsletter once they are available, along with information of cost and how to order. We are delighted for this new tool which will support the teaching and practice of the seated form of T'ai Chi Chih used by many who are unable to stand. As Justin wrote in Spiritual Odyssey: ... always being tolerant and allowing for physical disabilities and advanced age. The Vital Principle of "How to Move" pg. 55*

##### **4. Plans to create a 501 (c) 3 for an Education Fund**

*Work has begun to create this fund with the guidance of a CPA. You will receive further information once the fund is set up. One major focus will be to provide partial scholarships for Teacher Training. Two CPA's have offered to guide us through this process - one is an accredited teacher and the other is on her way to accreditation.*

*Wishing you peace and all good,  
Sister Antonia Cooper, OSF*

*Pursue the Light, and you will lose its source...  
There is no need to seek Truth: only stop having  
views.  
~Sengstan*

**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!**

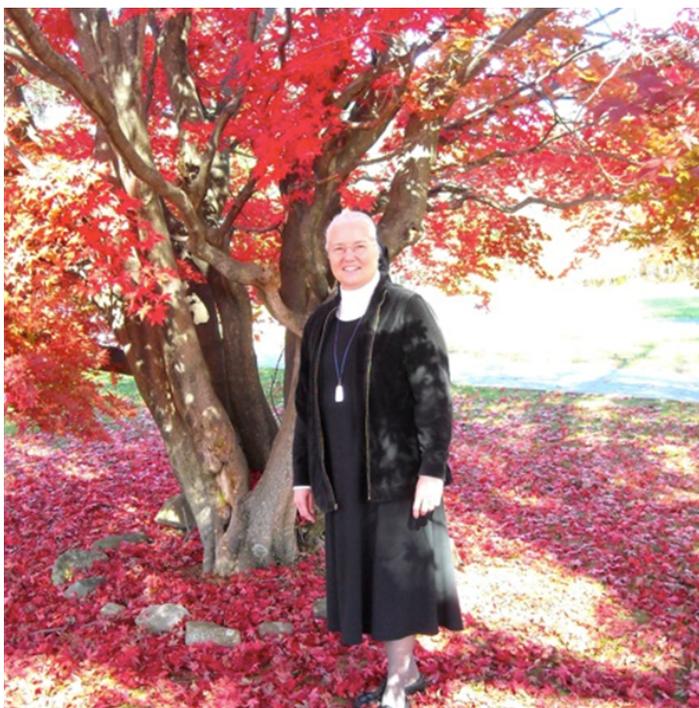
Find it here: <http://www.taichichih.org>

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.



**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*



**ENCIRCLED IN CHI**

**20  
13**

**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 Seijaku Training***

***August 1 - 4, 2013***

**August 4 - 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; when 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/](http://www.taichichih.org/conference_2013/)

## 2013 After 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.

*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](mailto:wakeupdaniel@aol.com)

#### Other T'ai Chi Chih Events

<http://www.taichichih.org/calendar-of-events>  
and...  
[http://tcccommunity.net/Event\\_Calendar.html](http://tcccommunity.net/Event_Calendar.html)



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](http://sutromedia.com/android/Tai_Chi_Chih)

Purchase the application for iPhone, iPad and iPod Touch at:

[http://sutromedia.com/apps/Tai\\_Chi\\_Chih](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](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](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/>]

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