

From: TCCcommunity <guide@tcccommunity.net>  
Subject: Sr. Antonia's August 2012 Newsletter [Test Email]  
Date: July 31, 2012 1:47:14 PM CDT  
To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih



***In Abandon Hope Justin wrote (P.71):***

*"To the mind that is still the Universe surrenders!*

*Then the Spirit is an emptiness ready to receive all things."*

Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life.

Letting go . . . the effort of no effort . . . T'ai Chi Chih.

***Justin wrote in Climb the Joyous Mountain (P.44):***

*"How can we build a better world? Unless we change ourselves."*

***Zen writer, Paul Reys writes (P.69):*** *"It is easy to be happy. It actually takes only 15 seconds a day to insure happiness."*

*"What do you do, Paul?" asked Justin.*

*"Every morning get up and say three times,*

*I am grateful, I give thanks."*

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

## Summer greetings to all Students and Accredited Teachers!

*Dear Teachers and Students of the T'ai Chi Chih Practice,*

*With these lines I'd like to list the announcements that were made at the 2012 T'ai Chi Chih Annual Teachers Conference, and then give fuller explanations in upcoming newsletters.*

*Topics covered were:*

- 1. New Teacher Trainer*
- 2. Justin's 2005 letter about "Revelation's" to Sr. Antonia*
- 3. Seated T'ai Chi Chih DVD by Sandy McAlister. All who receive this newsletter will receive an email announcement when the DVD is available and how to order it*
- 4. Plans to create a 501 (c) 3 for an Education Fund*

*Daniel Pienciak of Howell, New Jersey is our newest Teacher Trainer. Dan began his journey toward becoming a Teacher Trainer by hosting local Teacher Trainings and Intensives in 1999, when my own focus was on co-hosting the TCC Annual Teacher Conference in 2000 – our first in New Jersey.*

*My concern over the past 9 years has been the fulfillment of Justin's prediction that there will be an explosion of interest in the T'ai Chi Chih form, that many will want classes, and the need for more teachers to meet that demand... and therefore, additional Teacher Trainers.*

*Reasons to consider additional Teacher Trainers:*

*There must be a need within the T'ai Chi Chih community to train T'ai Chi Chih Teachers with the responsibility and experience to lead Intensives and Accreditations.*

*The following criteria will be considered when appointing a Teacher Trainer:*

- be an active teacher within the T'ai Chi Chih community for at least 9 years*
- attend T'ai Chi Chih Conferences during that period of time*

## Chi Reflections

*Happiness is like a butterfly,  
the more you chase it  
the more it will elude you.  
But, if you turn your attention to other things,  
it will come and sit softly on your shoulder.*

~ Henry David Thoreau

Teachers Resource Page is back!

Go to: <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.

- be known and respected within the T'ai Chi Chih community
- host Intensives and Accreditations and complete In-Service Training at two Intensives and two Trainings
- be willing to cooperate and work with T'ai Chi Chih leadership: Guide and current Trainers, including:

- monthly conference calls

- bi-annual meetings – one at Conference and an another designated place for continued discussion and T'ai Chi Chih refinement

- take an active part in T'ai Chi Chih Conferences

Over a period of five years, Dan prepared and has met all the criteria for his appointment as Teacher Trainer. Watch for Dan's contact information\* as a Teacher Trainer in future issues of the Vital Force.

Wishing you Peace and all good!

Sr. Antonia Cooper, OSF

\* Teacher Trainer Daniel Pienciak's contact information:

U.S. Mail: PO Box 231, Bradley Beach, NJ 07720

Phone: (732) 988-5573

Email: [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)



# 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 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

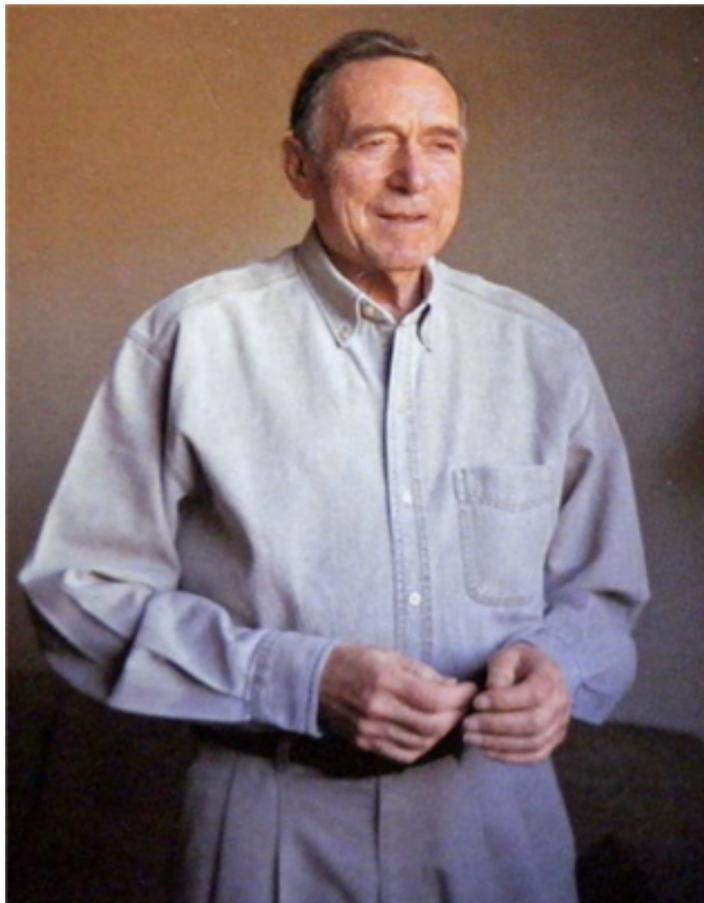
When: Immediately after Teachers Conference starting at 4pm on Sunday August 4, and continuing thru Tuesday morning August 6, 2013.

***Mission Statement***

*The International Tai Chi Chih Community  
of students and accredited teachers  
is dedicated to the personal practice of  
Tai 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*



*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)

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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)

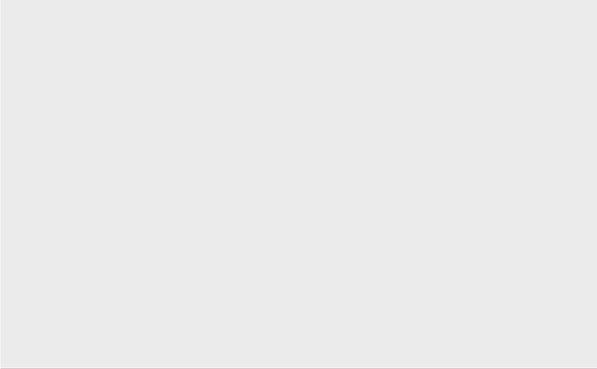
T'ai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.TCCcommunity.net>

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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