

From: TCCcommunity <guide@tcccommunity.net>  
Subject: Sr. Antonia's May 2012 Newsletter  
Date: May 1, 2012 3:05:22 AM CDT  
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A Newsletter from the Guide of T'ai Chi Chih



### Softness and Continuity

By Justin Stone Winter 1985, ©The Vital Force

We stress "Softness and Continuity" in T'ai Chi Chih, and the importance of the former can be seen in the following examples: The teeth are hard and the tongue is soft, but it is the tongue that outlasts the teeth. Water is soft and stones are hard, but it is the water that wears away the stones. Oak is sturdy and stands staunchly against the storm, while bamboo is pliant and bends with the wind. When the storm is over, the inflexible oak has cracked and comes crashing down, but the bamboo snaps back, unharmed. One cannot strive for "softness"; the very effort of trying to be soft creates tension. It is the absence of any pressure, moving 'slow motion in a dream', that allows softness to prevail. The best way to forget worries and ease tensions is to shunt the ego-center aside, so that no-one is doing T'ai Chi Chih, but TCC is doing itself. In this sense, TCC becomes a meditation.

Justin's quote reprinted from the TaiChiChih.org web site, with permission of The Vital Force

### Chi Reflections

Yield and overcome;  
Bend and be straight.

He who stands on tiptoe is not steady.  
He who strides cannot maintain the pace.

Returning is the motion of the Tao.  
Yielding is the way of the Tao.

Stiff and unbending is the principle of death.  
Gentle and yielding is the principle of life.

### Justin's last days on this earth....

We all were saddened by the death of Justin. Many teachers and students sent emails and cards of condolence as an expression of their own sense of loss when it was announced that he died Wednesday, March 28.

Although I wasn't there with Justin when he died, I had been in communication with a few teachers who were. Over the last few days of his life Justin received many visitors: some read to him, others did T'ai Chi Chih near his bed, still others just sat with him. People held his hand and he held their hands.

He held onto the bed rail when his caregiver asked him to help when turning him. He verbalized a few words in those days. Mostly his eyes were closed and his breathing became more labored. He was no longer eating as his swallowing function had diminished. His care and the care given those around him was attentive, kind and gentle.

When his condition had worsened Wednesday morning a number of teachers were called and came by his home to see him and say their goodbyes. A T'ai Chi Chih practice was done at his bedside that morning a couple of hours before he died. He had also been given medications to help comfort and relax him. His last breath was very peaceful.

His body was kept at his home for several hours before being picked up to be cremated. During this time many TCC friends gathered to say a final goodbye, share stories of Justin and honor the joy and sadness at his passing. It was a very special and beautiful time.

A T'ai Chi Chih practice celebrating Justin is planned at the T'ai Chi Chih Center in Albuquerque on Sunday, May 6th at 4:00 p.m. Mountain Daylight Savings Time. Please join us with your own practice, as a way to be united as a community.

My condolences are extended to all in the T'ai Chi Chih community, both teachers and students, for we no longer have the presence of Justin with us, although he left much of his legacy to us and to future generations of T'ai Chi Chih practitioners through his writings, and in particular his DVD's and updated photo text. Part of that teaching had to do with "compassion." The vast majority of the community has never met Justin. I can speak for many of us who have, and hold the memory his interactions close to our hearts. But to those who had weekly interactions with him, who were taught on a weekly basis at the Teacher Practice on Tuesday mornings, and who attended any of his three weekly evening meditation sessions have developed a connection with Justin that no other teachers or students outside of that close inner circle could imagine. And so, to those of you who held that space with him over the years, our condolences and sympathy is especially coupled with deep compassion and sense of support in this time of great loss. May you come to experience all you need as you deal with the void that is left in your hearts at his passing.

*The hard and strong will fall.  
The soft and weak will overcome.*  
~Excerpts from the Tao Te Ching

## 2012 TCC Teachers Conference

July 5-8 in Portland, OR

CONFERENCE LINKS AND VIDEOS:

The official website of Portland: [www.travelportland.com](http://www.travelportland.com)

Virtual tour of Lan Su Chinese Garden:  
[www.lansugarden.org/garden/virtual\\_tour](http://www.lansugarden.org/garden/virtual_tour)

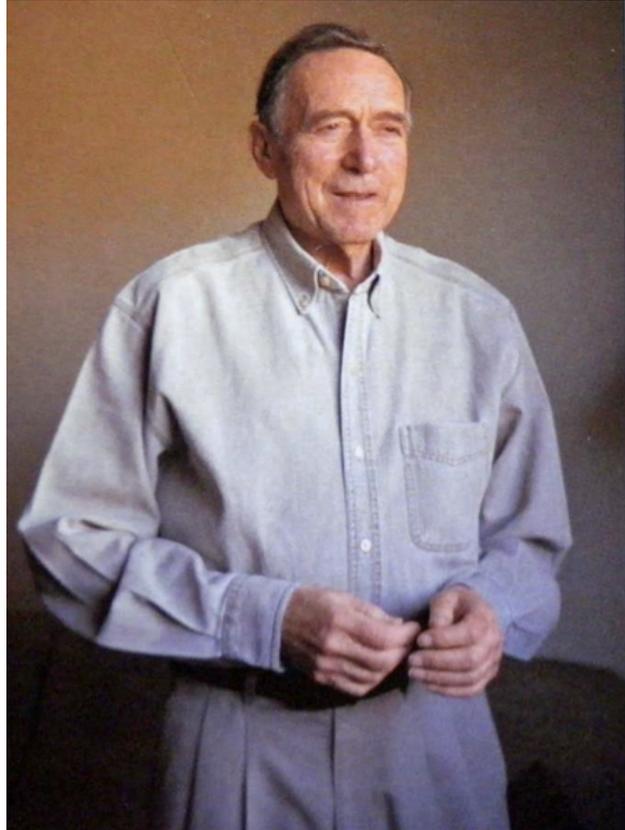


*\* Pre-Conference - Let your senses be charmed by a Ming-style Taoist's Scholar's Garden where we will host a private morning practice led by Sr. Antonia, Sandy, and Pam. Discover why Lan Su Chinese Garden is aptly called an "oasis of tranquil beauty and harmony" as it serves as our 'jewel' in the heart of Portland's Chinatown.*



The Red Lion Inn on the River's slide show of amenities can be found on their website: <http://www.redlionontheriver.com>

*Wishing all of us peace and all good,  
Sr. Antonia Cooper, OSF*



Justin Stone (1916 - 2012) -- Photo from the back cover of Tai Chi Chih Photo Text, the basic text for Tai Chi Chih.

The "Tai Chi Chih Photo Text", "Spiritual Odyssey", plus many other works of Justin Stone can be ordered through your local Tai Chi Chih teacher or through Good Karma Publishing.

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

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 Tai Chi Chih*: <http://www.gkpub.com/dvds.php>

Teacher Resources: [http://tcccommunity.net/Teacher\\_Resource\\_Page.html](http://tcccommunity.net/Teacher_Resource_Page.html)

Tai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.TCCcommunity.net>

Tai Chi Chih on Facebook: <https://www.facebook.com/pages/Tai-Chi-Chih/62991801302?sk=wall&filter=1>

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 Tai 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



\* Let's walk together on "Bridges to Joy" as we celebrate the life and teachings of Justin Stone, pay tribute to the founder and originator of T'ai Chi Chih, honor our Unity and Harmony, and gather in our daily practices.

\*Learn from amazing presentations emphasizing practical tips on how to: gain access to teaching in senior facilities; prevent injuries to yourself and your students; and how to teach to those with Alzheimer or Dementia.

\*Grow personally and professionally during multiple breakout sessions designed to advance your T'ai Chi Chih practice and enhance on your teaching skills.

\*Relax, Renew, and Refine with old friends and new, as we intimately share our space with the soft flowing waters of the gorgeous Columbia River, just steps outside our Conference room doorways.

**Register Today!**

Download your Registration Form from

<http://www.taichichih.org/calendar-of-events> and watch for listings of featured speakers, facilitators for Roundtable Breakout Session topics as well as other conference activities posted on the website.

**2012 AFTER CONFERENCE SEIJAKU ACCREDITATION COURSE**



Instructor: Pam Towne

Host: Daniel Pienciak 732 988 5573 / [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

When: Immediately after Teachers Conference starting at 4pm on Sunday July 8, and continuing thru till Tuesday July 10, 11:30am.

Where: Oxford Suites, Portland, Oregon. Located in same area as this years Conference hotel. Participants must call Oxford Suites 800-548-7848 to book their rooms for the 2 nights reserved specifically for "Seijaku Course".

Cost: Accreditation as Seijaku Teacher costs \$300. For already accredited Seijaku Teachers the cost to Audit the course is \$75.

Hotel Rooms: King bed, \$85 per night, 2 Queen beds, \$99 per night, plus applicable taxes.

Additional: a \$75 Hotel package for your meals and our meeting room rental.

<http://tcccommunity.net>]



**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*

The block of rooms reserved for us at Oxford Suites is available only until June 7<sup>th</sup>. After these rooms are filled, or after that date, the room rate is not guaranteed.

*Daniel says, "Justin was very concerned that teachers would keep SEIJAKU alive and well. Now that he is gone from us, I hope we will have an especially good response!"*

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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