

From: Stephen Thompson <stephen2816@mac.com>
Subject: Sr. Antonia's March 2012 Newsletter
Date: February 29, 2012 8:18:44 AM CST
To: Stephen Thompson <stephen2816@mac.com>



A Newsletter from the Guide of T'ai Chi Chih



The Physical and Spiritual in T'ai Chi Chih

By Justin Stone Fall 1987, ©The Vital Force

Most people who come for T'ai Chi Chih lessons do it for physical reasons, either because of ailments or because they feel it will help them in the areas of energy, hypertension, etc. Thus, they think of TCC practice as a form of therapy, which it undoubtedly is. However, they may later find that they have derived much deeper—Spiritual—benefits, which they did not expect. Justin's quote reprinted from the TaiChiChih.org web site, with permission of The Vital Force

Chi Reflections

*The water that can't be muddied with
any stick is deeper than depth
The sky and the water
are a single deepening blue
If you really want to find the source...
Don't look for it
on the one bank or the other
or in the middle of the stream
~Muso Soseki 14th Century*

2012 TCC Teachers Conference July 5-8 in Portland, OR

Join us as we build
"Bridges to Joy" and
celebrate Justin
Stone's life.

*Take advantage of the
\$290 registration fee
before it jumps to
\$325 on March 15th.*

\$200 scholarships are
available!

Questions? Contact:
Registrars, John &

A Complete Weight Shift.

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

This is an invitation to 'get into the soles' of your feet, and feel what they feel.

This morning during T'ai Chi Chih practice I was drawn to feel the forward-to-back weight shift, with all its minute components, in a fuller way than ever before. Beginning from the Rest Pose, the first shift of weight is realized from equal distribution in both feet, to gradually shifting the weight into the right leg, freeing up the left so as to softly extend forward, allowing the heel to gently touch down, toes pointing forward. All this happens independent of any movement of the torso.

The second shift takes place when the empty front leg, Yin, begins to receive the weight as the toes gently connect with the earth while the weight of the body begins to shift evenly into the front foot. This happens as the ankle releases into a gradual bend as the knee begins to slowly bend receiving all the weight of the body, becoming Yang.

Simultaneously, the back leg, which was holding all the weight, begins to empty and as it does so, the back leg softly straightens, allowing the heel to rise with the ball of the foot staying connected to the earth, empty of weight. This leg is now Yin.

In this forward movement, the tan tien directs the slow shift of weight from the back leg to the front leg in a gentle transition involving the soles of the feet, ankles, knees, hips and pelvic area. Any tension held in these joints or connecting muscles prevent the Chi from freely flowing. With weight shifted into the front foot, the entire sole is evenly filled with the fullness of the body's weight.

In class we talk about the complete weight shift and explain it to new students, use it as a reminder to seasoned students, and notice if it is happening as individuals move. In personal practice we notice what is happening below the waist, as prompted by the teachings of Justin. Many do not complete the shift. What is happening in your TCC form? How are you modeling the full weight shift for your students?

You may be asking ~ what about the backward movement, as the explanation was only given for the forward part of the shift? The answer is: Yes! But I'd rather spend a little time on spiritual components of the forward shift. When shifting weight fully in the described way, awareness and patience is required. Being in the flow of the practice with such full awareness, will deepen awareness beyond the practice in every day life. Justin's book: Heightened Awareness helps to flesh this out. Awareness to me is closely connected with being awake. There is no journey without Awareness, both interior and exterior. Patience is required to 'be in the process' of awareness. It can be a lot of work, but it can also be an invitation to let go, to accept self at the point of where I am in my practice, with the intuitive 'knowledge' of where I am led to go in the practice and in life.

Besides the questions mentioned above in your shifting, how is awareness and patience shifting in your life?

Wishing you peace and all good!

Sr. Antonia Cooper, OSF

Guide

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>

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen

Roberta Taggart 541-654-0566.

taggartj@earthlink.net

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 to be posted on the website during March.

Other T'ai Chi Chih Events

<http://www.taichichih.org/calendar-of-events>
and...
http://tcccommunity.net/Event_Calendar.html

<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/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

[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>.]



© 2011 TCCcommunity

This email was sent by TCCcommunity, P.O. Box 361, Tupelo, MS 38802, using Express Email Marketing. You were added to this list as (subscriber email here) on 2/29/2012.

Express Email Marketing supports permission-based email marketing.
[Update preferences](#), [Unsubscribe](#), [Privacy policy](#)

