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## A Newsletter from the Guide of T'ai Chi Chih

### Reflections

*Since before anyone remembers,  
it has been clear  
shining like silver.  
Though the moonlight penetrates it  
and the wind ruffles it,  
no trace of either remains.*

~ Muso Soseki (1275-1351)

*I built my hut within where others live,  
But there is no noise of carriages and  
horses.*

*You ask how this is possible:  
When the heart is distant, solitude  
comes.*

*I pluck chrysanthemums by the eastern  
fence*

*And see the distant southern mountains.  
The mountain air is fresh at dusk.  
Flying birds return in flocks...*

*In these things there lies a great truth,  
But when I try to express it, I cannot find  
the words.*

~ T'ao Ch'ien (365-427)

*The water and my mind have both settled  
down*

*Into perfect stillness.*

*Sun and moon shine bright in it.*

*At night I see in the surface*

*The enormous face of my old familiar moon.  
I don't think you've ever met the source of  
this reflection.*

*All shrillness fades into the sound of silence.  
But now and then a puff of mist floats across  
the mirror.*

*It confuses me a little*

*But not enough to make me forget to forget  
my cares.*

~ Hsu Yun (1839-1959)

*"The world is a reflection of ourselves.  
What we see without is an accurate  
measure of what we are within."*

– Justin Stone, *Climb the Joyous  
Mountain: Living the Meditative Way*

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

### A T'ai Chi Chih Conversation between a Teacher Candidate and her Teacher

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

I've just received permission to reprint an email exchange. You are all invited to eavesdrop in on an email conversation between Carol Spicer, a teacher candidate, and teacher Bill Moore, as they reflect upon a recent "Second Saturday Prep Day." It reveals some pretty powerful changes in understanding and in form that others can benefit from when preparing for Teacher Training.

"Prep Day? What is that?" you may ask. The Prep Day has evolved over the years, beginning with a need in 1992/3 to begin to 'Prep'are serious students for Teacher Training. At that time there was an over abundance of teacher candidates and no area teachers, except for one. So gathering 10 to 12 individuals in one place was convenient and information only needed to be said one time, with opportunities for further discussion in the group.

Prep days have evolved over the years and have come a long way as you will see in the following email exchange. Daniel Pinciak now directs these gatherings at Epiphany Convent/Center in New Jersey.

*Dear Daniel, Sister Antonia and Bill,*

*Thank you all for Second Saturday! WOW!*

*Bill, your awareness and words are incredibly helpful! The feeling of a free floating Ferris wheel, in Base Drum, is lightening, loosening and smoothing my practice! There are very light dear ones in my airy Ferris wheel, helping to soften, and even the pace and level. I've noticed for a while that there was a bit of wasted energy wasted on Bird Flaps its Wings, but couldn't put my finger on where. Now, thanks to Bill, I know there was unnecessary pulling up of my wrists, as coming back together, and it also applies to the circles of Wrist Circles Taffy. This morning, while recalling Daniel's model and comprehensive description of Working the Pulley, came the discovery of how shifting just a bit further forward, gets me more grounded, and makes for an easier ride forward and back, with fuller, lighter and evenly sized circles on each end.*

*Love and Gratitude!*

*Carol (Spicer ~ Teacher Candidate)*

*Bill Moore's response.....*

*Wonderful sharing with you, Carol!*

*The "JOY thru Movement" has everything to do with Letting Go, and Letting It Flow, and regular practice is certainly showing its effects and benefits in your Form and Flow.*

*Thank you for your Practice, Carol. When you (all of us!) enter into that Flow, you are contributing to the cultivation of Chi, for all, at that moment, and beyond.*

*T'ai Chi Chih is a Gift of Love, not only in receiving, but also in processing and performance. We have been fortunate to know the Practice, but we are sharing this Gift when we practice, even if we are, at that moment, "alone (ALL-ONE)".*

*en-JOY!*

### T'ai Chi Chih Events

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

[http://tcccommunity.net/Event\\_Calendar.html](http://tcccommunity.net/Event_Calendar.html)

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### Bill (Moore ~ Teacher)

The evolutionary character of Chi continues to amaze, transform, deepen, enlighten, etc. those who delve into its mystery through their total presence in the form of awareness in their practice. The level of understanding, both on the part of the candidate and of the teacher, accounts for change on many levels.

How is this happening in your T'ai Chi Chih form? You are welcome to consider the above exchange; then reflect on how slight changes in the form can bring new experiences as we practice. Then share it with another student or teacher.

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

<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/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 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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