

From: TCCcommunity <guide@tcccommunity.net>
Subject: **Sr. Antonia's Jan. 2012 Newsletter**
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A Newsletter from the Guide of T'ai Chi Chih

Reflections on the year changing

*Amidst the worldly comings and goings,
observe how endings become
beginnings. ~ Tao Te Ching*

Ten thousand flowers in spring

The moon in autumn,

A cool breeze in summer

Snow in winter.

If your mind isn't clouded by
unnecessary things,

This is the best season of your life.

~ Wu-men

What world will you see in 2012?

"The world is a reflection of ourselves. What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make new friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and we repel others."

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

T'ai Chi Chih Events

Attending an event provides an opportunity to receive helpful

T'ai Chi Chih's Mission Statement

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

It was at the 2011 International T'ai Chi Chih Conference in Ohio that I spoke with teachers about creating a Mission Statement for the T'ai Chi Chih Community. One of the main reasons comes directly from Justin when he asked me to: "Unite the Teachers." One of the ways I'm hoping this will happen is by using the following Mission Statement in our brochures, note cards even T-shirts, etc. I'm trusting in your creativity! There is really nothing new about this statement for it reflects what we have been about all along. It does bring into one place the focus of our mission.

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.

You are invited to reflect upon the Mission Statement this first month of 2012, taking one line each day. You may want to read it before your practice or perhaps sit with it after your practice, reflecting on it with Gratitude.

Jan. 1 The International T'ai Chi Chih Community
Jan. 2 Of students and accredited teachers
Jan. 3 Is dedicated to the personal practice of T'ai Chi Chih
Jan. 4 And to sharing with the world this form of moving meditation
Jan. 5 And its benefits, affecting body, mind, and spirit.
Jan. 6 - 31 Repeat cycle

Wishing each of you an amazing New Year 2012 and encourage you to be open to all the possibilities that this coming year will present to you. In your practice this first month of 2012, you are invited to dedicate your practice to Gratitude. You may like to take a line a day for reflection after your practice, and then begin again.

My gratitude to each of the 18 teachers who so graciously took part in this process led by TCC teacher Frank Taylor of Washington State for his leadership in this process. Your service is greatly appreciated.

Peace and all good,

Sr. Antonia Cooper, OSF

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>

suggestions for improving one's practice and foster a closer connection with other T'ai Chi Chih practitioners.

[Learn about the types of events available to T'ai Chi Chih students and teachers](#)

● Jan 13, 2012 - Jan 15, 2012 : [Seijaku Workshop](#) - Aston, PA with Daniel Pienciak
Contact: [Daniel Pienciak](#), 732-988-5573

● Jan 14, 2012 - Jan 14, 2012 : [TCC Workshop](#) - Marriottsville, MD with Sharon Sirkis
Contact: [Sharon Sirkis](#), 410-730-1986

● Feb 3, 2012 - Feb 5, 2012 : [Seijaku Teacher Accreditation](#) - Albuquerque, NM with Pam Towne
Contact: [Ann Rutherford](#), 505-292-5114

● Feb 28, 2012 - Mar 2, 2012 : [TCC Retreat](#) - Santa Barbara, CA with Antonia Cooper
Contact: [Pam Towne](#), 760-722-9544

● Feb 29, 2012 - Mar 4, 2012 : [TCC Intensive](#) - Black Mountain, NC with Sandy McAlister
Contact: [Vicki Schroeder & Stan Corwin](#), 864-494-4364 or 828-254-3515

● Mar 6, 2012 - Mar 9, 2012 : [TCC Teacher Retreat](#) - Santa Barbara, CA with Antonia Cooper
Contact: [Pam Towne](#), 760-722-9544

● Apr 26, 2012 - Apr 29, 2012 : [TCC Retreat](#) - Albuquerque, NM with Carmen Brocklehurst
Contact: [Judy Hendricks](#), 505-897-3810

● May 3, 2012 - May 6, 2012 : [TCC Retreat](#) - Pecos, NM with Antonia Cooper
Contact: [Ann Rutherford & Eileen Devine](#), 505-292-5114

● May 8, 2012 - May 13, 2012 : [TCC Teacher Accreditation](#) - Aston, PA with Pam Towne
Contact: [Daniel Pienciak](#), 732-988-5573

● Jul 5, 2012 - Jul 8, 2012 : [TCC Teacher Conference 2012](#) - Portland, OR
Contact: [Neal Roy](#), 503-970-4740

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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://tccccommunity.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>

The Vital Force newsletter: <http://www.taichichih.org/vital-force/>

Sr. Antonia's archived newsletters: http://tccccommunity.net/Newsletter_Archive.html



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