

From: TCCcommunity <guide@tcccommunity.net>
Subject: Sr. Antonia's December 2011 Newsletter
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A Newsletter from the Guide of T'ai Chi Chih

T'ai Chi Chih Events

Attending an event provides an opportunity to receive helpful 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](#)

Inspired Intuition

Dear T'ai Chi Chih community,

You may have read in the [T'ai Chi Chih Photo Text](#) how Justin was a T'ai Chi Ch'uan master and taught it in the University. He found that individuals did not stay with it for the two years it takes to learn that form. (Americans want everything right away!) Knowing how important it is to circulate and balance CHI, Justin began to 'experiment' with various movements over a period of time. Within this time period, he said the movements and names came to him in a few weeks, and he believes he was 'divinely inspired,' as he writes. This could be compared to intuition. When one is inspired by intuition, or has a hunch about something - it often does not go along with logic or explanations, for that matter.... and there definitely is not a "reason."

I believe this is why there is no 'reason' why T'ai Chi Chih does not resemble other forms in placing hands on the tan t'ien. The Yinning and Yanging method or repetitions of 9 which are T'ai Chi Chih are also not in any other form - qigong or tai chi included.

Anytime Justin - who is steeped in Zen practice and philosophy - is asked a "why" question regarding some aspect of the T'ai Chi Chih form, he responds with: "Why do I have five fingers?" - there just are no answers. I suppose anyone could make up some answers, but then that would not be in keeping with the essence of T'ai Chi Chih.

Just a little more about the "Rest Pose", which is also unique to T'ai Chi Chih. How does one rest in the Rest Pose? The first mention of the 'how' in the Photo Text is found on each page at the close of a movement. Some words used are: graceful conclusion, rest position, go down slowly to the rest position with knees slightly bent, let the hands descend to the position of repose, position of rest, we make a gradual descent of the hands until we reach the position of rest. After Bass Drum, it is noted: be sure to hold the closing posture (repose) for at least four to five seconds.

What does one 'do' while holding the Rest Pose? Justin mentions in the Preface of the Photo Text that the mental concentration is kept in the soles of the feet - the so-called "Bubbling Spring." Some teachers encourage their students to 'feel' the soles of the feet in contact with the floor or earth. Some suggest sending roots down from the soles of the feet into the earth as trees

[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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Our T'ai Chi Chih Community warmly welcomes our newest accredited Teachers who successfully completed their Teacher Training in Albuquerque, NM last month!

Diana Ristenpart~Albuquerque, NM

Maureen English~Spokane, WA

Turdee J. Turotte~Williston, ND

Michael O'Connor~Albuquerque, NM

Jo Ann Brinkman~Portland, OR

Bruce Childs~Albuquerque, NM

Leslie Coffaro~Albany, NY

Kesha Hietala, Albuquerque, NM

Bonnie Cundiff, Albuquerque, NM

Dianne Moody~Albuquerque, NM

do, feeling how grounding and centering this can be. At the recent Albuquerque Teacher Training, someone reflected that they sense everyone in the room grounding like an Aspen grove of trees. Aspens grow in large colonies derived from a single seedling and thus share the same root system. What an amazing image this is!

Questions for reflection:

Notice how you "Focus in the soles of your feet" during the Rest Pose. Do you ever feel the "Bubbling Spring"? What is that like? How do you experience "Grounding" the Chi?

Suggestion for the month:

Enjoy the rest pose; stay grounded, especially during the hectic days of December.

Wishing you Peace and all good!

Sr. Antonia Cooper, OSF

Guide of T'ai Chi Chih

The above references are from the Third Edition of the T'ai Chi Chih Photo Text, copyright 2009

Another good resource is "Spiritual Odyssey" Which 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 CD: Justin Stone speaks on T'ai Chi Chih

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

Sr. Antonia's archived newsletters:

http://tcccommunity.net/Newsletter_Archive.html

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>



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