

**From:** TCCcommunity <guide@tcccommunity.net>  
**Subject:** Sr. Antonia's November 2011 Newsletter  
**Date:** November 1, 2011 12:03:50 AM CDT  
**To:** stephen2816@mac.com  
**Reply-To:** noReply@tcccommunity.net



## 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 fosters 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](#)

- Oct 29, 2011 - Nov 1, 2011 : [TCC Intensive](#) - Philadelphia (Aston), PA with Pam Towne  
Contact: [Daniel Pienciak](#), 732-988-5573
- Nov 4, 2011 - Nov 6, 2011 : [Seijaku Accreditation](#) - Philadelphia (Aston), PA with Pam Towne  
Contact: [Daniel Pienciak](#), 732-988-5573
- Nov 14, 2011 - Nov 19, 2011 : [TCC Teacher Accreditation](#) - Albuquerque, NM with Sandy McAlister  
Contact: [Ann Rutherford](#), 505-292-5114
- 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
- Jul 5, 2012 - Jul 8, 2012 : [TCC Teacher Conference 2012](#) - Portland, OR  
Contact: [Neal Roy](#), 503-970-4740

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### Recent T'ai Chi Chih Study

### *Importance of the Rest Pose - placement of hands*

*Greetings to all Teachers and Students,*

Since mid September I've been communicating with an individual living in Indonesia who is familiar with various forms of qigong methods from China including T'ai Chi, in which hands are placed on the tan t'ien to gather chi there at the end of a practice. The question was: Why is this not done in the T'ai Chi Chih practice?

My response: Thank you for your question about the placement of hands over the tan t'ien during the rest pose. You bring up some interesting points. Since you have the T'ai Chi Chih Photo Text, I'd like to refer you to the beginning pages where Justin explains the tan t'ien, particularly page 7 for further study on the topic.

In movement, we are to "flow from the tan t'ien" with "softness and continuity." Justin teaches that 'concentration on the tan t'ien (two inches below the navel) will cause a good deal of Chi to be stored there...' According to this teaching, we do not place hands on the tan t'ien, but simply place hands comfortably toward the sides, around the area of the tan t'ien. Notice all the pictures of his resting pose in each of the photos. He explains where the placement of hands are to be held on page 27.

This CHI energy has an intelligence of its own, and knows what each individual needs to balance the yin and yang Chi. In movement the yin chi and yang chi separate, while in the rest pose, they flow back together and balance. That is why Justin teaches that T'ai Chi Chih is practiced primarily to circulate and balance the Cosmic Energy - CHI (front cover of the Photo Text).

Further information on the tan t'ien can be found in the section:

## Tai Chi Chih Reduces Systemic Inflammation in Practitioners

*Editor's note: The author of the article below originally refers to T'ai Chi studies in general and uses the phrase "T'ai Chi" without always adding the "Chih" when referring to our form. This article does, however, outline the effects of T'ai Chi Chih on systemic inflammation.*

The link to the online article:

<http://www.yinyanghouse.com/research/alzheimers-disease/tai-chi-reduces-systemic-inflammation-practitioners>

The abstract for the study can be found at <http://www.ncbi.nlm.nih.gov/pubmed/21934474>

A vast number of studies have been performed to evaluate the health benefits of Tai Chi. Research has shown [Tai Chi to have beneficial effects](#) on balance and coordination, inflammation, immunity, circulation and overall well-being. In recent years more and more studies have been performed looking at health benefits from Tai Chi in populations that are at risk from or simply cannot perform more stress cardiovascular exercise. Researchers from the UCLA Semel Institute for Neuroscience recently conducted [a study](#) looking at the effects of **Tai Chi Chih** (a specific form of Tai Chi, of which there are many) on inflammatory markers in older adults.

In disease states such as diabetes, lupus, rheumatoid arthritis, depression, and alzheimers among others they are mitigated in part by systemic inflammation. One of the blood markers for inflammation is interleukin 6 (IL-6) and this is what was focused on in their study. They looked at levels of physical activity, quality of mood and sleep among other biochemical measurements.

Researchers compared Tai Chi exercise with health education and they found significant differences within the Tai Chi group. They found drops in inflammatory markers (IL-6) along with improvements in mood, sleep, and overall energy. They concluded that Tai Chi is a beneficial modality for those with systemic inflammatory diseases.

[Please Share This With Your Students, Friends and Colleagues]

Important Points on Moving Correctly, pgs 20 and 21.

T'ai Chi Chih is translated: Knowledge of the Supreme Ultimate or Vital Force. Just do the practice regularly and you will receive the results. Good Luck!

### Questions for reflection:

How do you feel the Rest Pose? What happens in your practice during those 4 to 5 seconds? Where in your day do you 'rest'?

### Suggestion for the month:

Be aware of your stance and allow yourself to truly 'rest' - body, mind and spirit at this time.

*Wishing you peace and all good,*

Sister Antonia Cooper, OSF

Guide of T'ai Chi Chih

All 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 on this topic 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://tccccommunity.net/Newsletter\\_Archive.html](http://tccccommunity.net/Newsletter_Archive.html)

Teacher Resources:

[http://tccccommunity.net/Teacher\\_Resource\\_Page.html](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>

### Finding Your Center

Be still and discover your center of  
peace.

Throughout nature the ten thousand  
things move along,  
but each returns to its source.

Returning to center is peace.

Returning to one's roots is known as  
stillness.

*~Lao Tzu*



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