

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

### T'ai Chi Chih Events

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

- Oct 7, 2011 - Oct 9, 2011 : [Seijaku Renewal](#) - St. Paul, MN with Pam Towne  
Contact: [Sue Bitney](#), 612-353-4968
- Oct 20, 2011 - Oct 23, 2011 : [TCC Retreat](#) - Albuquerque, NM with Carmen Brocklehurst  
Contact: [Judy Hendricks](#), 505-897-3810
- 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 1, 2012 - May 31, 2012 : [TCC Intensive \(Date TBD\)](#) - New Jersey/Pennsylvania Area with Pam

Gaze forward in order to maintain *Inner Awareness, the root of T'ai Chi Chih.*

Dear T'ai Chi Chih community,

Over the years I have heard Justin make corrections to look forward while moving from side to side, rather than having the eyes follow the hands, which is more of the focus in T'ai Chi Ch'uan.

In working with two serious T'ai Chi Chih students these past weeks, Justin's recommendation helped to change their focus from looking outward to an inner awareness of "how" to move". That along with "leading from the tan t'ien" made all the difference in the world when Softness and Continuity was experienced!

As we know, some movements are simpler than others, but those which move from side-to-side may result in more "trying" than "allowing." Trying keeps us in a thought process, focusing on what to move in a step-by-step process – although those new to the T'ai Chi Chih form need to begin here!

Another level of "letting go" in the practice is to "embody" the form so that "thinking" will eventually become "feeling" and inner awareness is the result. Refer to [Spiritual Odyssey ~The Essence of T'ai Chi Chih p. 29.](#)

This month in your practice, you are invited to notice where your gaze is directed in forward / backward and side-to-side movements. Be conscious of moving from the tan t'ien, especially in the 7 side-to-side movements and simply gaze forward. What do you notice? How are you flowing? Is there a full weight shift?

This would be considered a "working practice."

Then do a few days of flowing with inner awareness of *how* you are moving, and be the observer.

Who knows, by practicing with this level of awareness, you may be able to experience "heightened awareness" throughout your day!

Wishing you peace and all good,

Sr. Antonia Cooper, OSF

Sr. Antonia's archived newsletters:

[http://tcccommunity.net/Newsletter\\_Archive.html](http://tcccommunity.net/Newsletter_Archive.html)

Teacher Resources:

[http://tcccommunity.net/Teacher\\_Resource\\_Page.html](http://tcccommunity.net/Teacher_Resource_Page.html)

Towne  
Contact: [Daniel Pienciak](mailto:Daniel.Pienciak@TCCcommunity.net), 732-988-5573

· Mar 6, 2012 - Mar 9, 2012 : [TCC Teacher Retreat](#) - Santa Barbara, CA with Antonia Cooper  
Contact: [Pam Towne](mailto:Pam.Towne@TCCcommunity.net), 760-722-9544

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

· Jul 5, 2012 - Jul 8, 2012 : [TCC Teacher Conference 2012](#) - Portland, OR  
Contact: [Neal Roy](mailto:Neal.Roy@TCCcommunity.net), 503-970-4740

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