

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

### T'ai Chi Chih Events

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

- Sep 8, 2011 - Sep 11, 2011 : [Prajna Retreat](#) - Philadelphia (Aston), PA with Sandy McAlister  
Contact: [April Leffler](#), 610-532-6753 In Justin's 1992 conference talk on Prajna he said, "There is within you That Which Knows, and that is your teacher. ...that inner innate wisdom, called Prajna is covered up by the vashanas. It is always there, but you don't know it's there if it doesn't come through to your conscious mind and to where you can act in the wisdom of Prajna." "Whether you call it God, Prajna, your own true nature, whatever, my advise is to know it and listen to it. This means to come to know who and what you are."
- Sep 16, 2011 - Sep 16, 2011 : [TCC Teacher Workshop](#) - Grayslake, IL with Sandy McAlister  
Contact: [Donna McElhose](#), 847-223-6065
- Sep 17, 2011 - Sep 17, 2011 : [TCC Student Workshop](#) - Grayslake, IL with Sandy McAlister  
Contact: [Donna McElhose](#), 847-223-6065
- Sep 18, 2011 - Sep 20, 2011 : [TCC Retreat](#) - Prescott, AZ with Pam Towne  
Contact: [Hope Spangler](#), 928-775-2010
- Sep 23, 2011 - Sep 25, 2011 :

### Sr. Antonia's September TCC Newsletter

Greetings to each of you as summer melts into fall!

Suppose the seasons have much to teach us in their cosmic rhythm way. The transition is so subtle that it is hardly noticed on a day to day basis, but obviously felt from one month to the next.

Transitions in our T'ai Chi Chih form take place as weight fully shifts into one leg - the leg that becomes substantial begins to bend and fill with the weight of the body - and eventually becomes Yang. Then softly it begins to take on its opposite characteristic by slowly straightening and emptying the weight of the body until it eventually becoming insubstantial, Yin. This cycle is repeated 9 times, in order to activate, circulate, and balance the Divine Energy (Chi) lying dormant in each one of us. Photo Text pg 6.

Justin says the T'ai Chi Chih is done mainly with the wrists and waist. What are your wrists and waist doing during points of transition? How coordinated are your arms and legs as they flow simultaneously at the direction of the tan t'ien?

You are invited to be aware of these transitional points as you practice this month. Join with other T'ai Chi Chih Teachers and Students in discussing when and where these are felt and how they are experienced.

Are you doing a complete weight shift? One way to feel whether or not that is happening is to shift your weight fully onto one leg Yang (in forward and back, or side to side movements) and then lift your Yin foot off the ground. If you need to shift your weight a little more in order to do so, then you know you have not fully done so in the first place.

Enjoy your practice with full awareness, feeling what is happening at the transitional periods.

Wishing you peace and all good!  
Sr. Antonia Cooper, OSF

### T'ai Chi Chih links:

For Sr. Antonia's past newsletters: [http://tcccommunity.net/Newsletter\\_Archive.html](http://tcccommunity.net/Newsletter_Archive.html)

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

For Everyone, the recently redesigned, flagship TCC website: <http://www.taichichih.org/>

[TCC Weekend Workshop](#) - St. John's, Newfoundland with Dan Pienciak  
Contact: [Sheila Leonard](#), 709-579-7863

• Sep 24, 2011 - Sep 24, 2011 :  
[TCC Workshop \(2 half days or 1 full day\)](#) - San Isidro del General, Costa Rica with Anita Vestal  
Contact: [Anita Vestal](#), 863-206-8619

• Sep 28, 2011 - Sep 28, 2011 :  
[TCC Workshop \(morning: 1/2 day\)](#) - San Ramon, Costa Rica with Anita Vestal  
Contact: [Anita Vestal](#), 863-206-8619

• 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 28, 2011 - Nov 3, 2011 :  
[TCC Teacher Accreditation](#) - 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

• 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  
Antonia Cooper  
Contact: [Pam Towne](#), 760-722-9544

• Mar 1, 2012 - May 31, 2012 :

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[TCC Intensive \(Date TBD\)](#) - with Pam Towne  
Contact: [Daniel Pienciak](#), 732-988-5573

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

- 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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