

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

T'ai Chi Chih International Teachers Conference

July 21 - 24, 2011
Huron, Ohio

For Conference Info:

<http://www.taichichih.org/conference.php>

T'ai Chi Chih events can be found on calendars at

http://www.taichichih.org/full_calendar.php

and at

http://www.tcccommunity.net/Event_Calendar.html

"... I came across a T'ai Chi Chih promotional pamphlet at the Mellow Brew Cheesecake House and thought I'd give it a shot.

The serenity ... was palpable as I watched Peter Gregory and 10 of his students perform T'ai Chi Chih.

... they were definitely locked into their concentration.

I gained an understanding of the art, and my interest grew..."

See reporter Rod Eckrich's complete story and video at:

<http://regionrambler.com/features/events-activities/movement-over-matter/>

A Form of Love

Dear T'ai Chi Chih Community,

These lines are being composed on a return flight from Minnesota to New Jersey after sharing the extended weekend with 16 teachers and 9 students during a much focused time considering the form along with the retreat theme: Gift, Grace, Gratitude.

"T'ai Chi Chih is a service to humanity. It is a form of love." Justin Stone.

This very familiar quote of Justin's is printed on the cover of the Vital Force and one that he liked to refer to when speaking of the teachers and T'ai Chi Chih.

In this month of February when so many are aware of St. Valentine's Day on the 14th, we may want to consider this quote and what we are involved in when teaching the T'ai Chi Chih form and being faithful to our daily T'ai Chi Chih practice. We consider teaching and practicing on a very small scale when we say "my classes" or "my practice" yet Justin invites us to see a bigger picture... T'ai Chi Chih is a Service to Humanity. This is the cosmic view because it has cosmic effects on all of life. He continues to say that T'ai Chi Chih is a *form of love*.

In reflecting on those days in Minnesota, it became clear that yes, indeed, those who come to T'ai Chi Chih gatherings and programs are wonderful individuals. They really are on a spiritual journey, although many would not identify that at the beginning of their journey. We know that T'ai Chi Chih is a Service to Humanity and a Form of Love. That Love can express itself as acceptance of oneself and of others, letting go of ego, a growth in inner freedom and certainty, slowing down, realizing a greater peace, joy, and patience. The experience of any expression of love is unique to each practitioner as they are expressed in various ways. As our practice deepens, it changes us over time.

So enjoy your practice.

On the 14th of this month, give some consideration to the many forms of love that are expressed in the person you were born to be.

How has the T'ai Chi Chih form changed you? Take time to be grateful for these many gifts.

Wishing you Love, Peace and All Good ... with blessings in abundance,

Sr. Antonia Cooper, OSF

Editors note: Past newsletters are archived and can be viewed at:
www.tcccommunity.net/Newsletter_Archive.html

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