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A Newsletter from the Guide of T'ai Chi Chih



Gratitude Quotes:

Note: Some quotes were condensed for easier recording on the flipchart during the 2010 Teachers Conference.

Expressing gratitude keeps the cycle going.

Gratitude is the heart's memory.
French Proverb

Not desire, but gratitude for what we have.

Let gratitude fall on my heart.

Gratefulness makes us happy.

Find the goodness in each situation and you'll be grateful.

Each day is a gift to unwrap. That's why we call it the present.

If we stay connected to nature we'll be close to gratitude all the time.

Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all. William Faulkner

Transformations of Practice

Dear T'ai Chi Chih Community,

It is my hope that these vignettes on gratitude, found in [Spiritual Odyssey](#), have deepened your awareness of gratitude in your life. When you are grateful to someone or for someone, it is so important that you express it.

Of course the common thread for all of this is our T'ai Chi Chih practice!

"The great secret in T'ai Chi Chih is what happens to the Vital Force. We should be grateful for it."

We are ever on the receiving end of a rich flow of benefits and gifts from our practice without otherwise "working or striving for it". Justin is fond of telling the story about what one learns on the Spiritual Path, which is also in print:

"You've been on the Spiritual Path for 40 years. What have you learned?"

"I've learned that there is nothing to be done."

"Ah, but if you hadn't been on the Path for 40 years, you wouldn't know there's nothing to be done!"

... And this section ends with:

"Dwelling on the past, easy to do, is self-clinging.

Living in the present, with gratitude, is rare.

When we know Who and What we are, it is not difficult."

Another quote filled with gratitude is only 3 sentences long:

"A day of profound gratitude.

Giving thanks with the expectation of nothing in return.

Gratitude is the best attitude.

It is great to be grateful.

If God is light, keeping a gratitude journal turns me into a light bulb!
Sr. Alice Holden

I am grateful for the answer before I know what the answer is.

Living every minute with love, grace, and gratitude.

What I have is enough.

To be grateful opens the space.

Gratitude is the fairest blossom which springs from the soul. Henry Ward Beecher

Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.
Marcus Aurelius

2011 International Conference

July 21-24 come and "*Go with the Flow*" at The Lodge at Sawmill Creek Resort. Serenely nestled on the southern shores of Lake Erie - surrounded by a championship golf course and a state nature preserve - will be the site of our 2011 Teachers Conference.

When we are grateful we are joyous.

Gratitude does not mean rejoicing because some desire has been satisfied."

I'm grateful for all of my TCC students who continue to teach me how to teach! The first TCC Teacher Training in NJ took place in 1994, three years after I became a teacher. Being isolated in the northeast from the rest of the community, it just never occurred to me to attend a Conference or other TCC events. With most of my students making up that first training, I discovered there were 18 movements out of the 19 that I needed to refine -- some with only minor tweaks, others needing more refinements, and one movement -- Wrist Circles Taffy -- was totally unrecognizable! Needless to say, after that first training, it was highly recommended that I get connected to the Community.

Soon I was in Albuquerque attending a Seijaku training, given by Justin, and have attended every conference since, outside of one due to health issues.

This is an invitation for all teachers to consider attending [Conference in Ohio, July 21-24](#) with we "Go with the flow." It is important to stay connected, to keep updating your T'ai Chi Chih form and bring it into alignment with Justin's teachings. Believe me, I know from experience! Flowing in the form takes deep awareness, letting go, and continual softening. Let this be your New Year's resolution.

Hope to see you there!

Reflection: In what ways has your T'ai Chi Chih practice transformed you?

FOCUS during practice: Be aware of how you Flow in your Form.

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

Sr. Antonia, OSF

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

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