

**From:** TCCcommunity <guide@tcccommunity.net>  
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## A Newsletter from the Guide of T'ai Chi Chih



### The Gift of T'ai Chi Chih

Note: Some of these Gratitude Quotes were condensed for easier recording on the flip chart during the 2010 T'ai Chi Chih Teachers Conference.

How grateful I am with no thing to be grateful for. Paul Reps, from Spiritual Odyssey

A day of profound gratitude. When we are grateful we are joyous. Gratitude does not mean rejoicing because some desire has been satisfied. Justin Stone, from Spiritual Odyssey

### Gratitude at all times...

Dear T'ai Chi Chih Community,

It is very natural to be grateful for our lives when everything is going well and we are deeply content, but what about days when we feel a *tad off* -- where life is just not flowing the way we would like it to? Can we be grateful for those times in which we feel nothing is going the way we planned? Such days happen to all of us, but what do we do with them? I had one such period not long ago.

It started with an eight-day trip that began July 6, with plans to spend the first half in Houston to mentor three teacher candidates. With my immune system not being top notch to begin with, my body picked up a germ on that flight which left me to deal with a very bad cold. Then four days later, back on a plane to Albuquerque to visit Justin... and guess what -- it worsened.

The morning of my return trip to New Jersey on a late flight, my body refused to keep anything down... What was I most grateful for through all of this? -- A can of ginger ale and dry bread! But there is much more: I was grateful that I could change both reserved seats in order to sit in closer proximity to the rest room, but even more grateful that I didn't have to use that restroom or the little blue bag in the seat pockets. My gratitude continued to be extend to the driver who was waiting on me when I emerged from the baggage claim area in Newark/Liberty at 2:00 AM; and

When acknowledging an introduction, Paul Reps would say: "Thank you for your life.", from Spiritual Odyssey

All that we send into the lives of others comes back into our own. Edwin Markham

Consciously cultivating thankfulness is a journey of the soul, one that begins when we look around us and see the positive effects that gratitude creates. MJ Ryan

I express GRATITUDE upon awakening EACH day for granting me a new day of possibility, joy and love. Jan Block

Expressing gratitude keeps the cycle going.

Gratitude is the heart's memory. French Proverb

I was most grateful to get into the quiet walls of the convent and into my own room and bed. Yes, we can be grateful for many things in the midst of the unforeseeable... Oh, and I'm also grateful for so many individuals who have assisted me during that trip... and for the T'ai Chi Chih Teachers who continued to be concerned about my health.

Perhaps this story has brought up times when you were struggling -- over something or with someone -- and as you came to the end of your rope, you were able to experience gratitude. The practice of T'ai Chi Chih brings us there. We get in touch with the blessings in spite of the situation, or maybe because of it.

Reflection: What part does gratitude play in those "off times"?

FOCUS during Practice: "T'ai Chi Chih is done mostly with the waist and wrists," a principle of movement, taught by Justin Stone. Notice softness in both areas and their connection.

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

Sr. Antonia, OSF

Editor's notes:

Sr. Antonia's website is linked to the T'ai Chi Chih one page article printed in the 2010 November/December issue of The AARP Magazine. <http://www.tcccommunity.net/uploads/TCcAARP1.pdf>

Past newsletters are archived and can be viewed at: [www.tcccommunity.net/Newsletter\\_Archive.html](http://www.tcccommunity.net/Newsletter_Archive.html)

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