

**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 quotes were condensed for easier recording on the flip chart during the 2010 T'ai Chi Chih Teachers Conference.

Be soft in your practice. Think of the method as a fine silvery stream, not a raging waterfall. Follow the stream, have faith in its course. It will go its own way, meandering here, trickling there. It will find the grooves, the cracks, the crevices. Just follow it. Never let it out of your sight. It will take you.

~ Sheng-yen

"There is a destiny that makes us brothers;  
None goes his way alone;  
All that we send into the lives of others;  
Comes back into our own."

~ Modern Woodmen Creed

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

~ Thornton Wilder

Dear T'ai Chi Chih Community,

What is the value of a gift? Well, I suppose, that depends. Value doesn't necessarily depend upon the price tag of an object, but a gift is often treasured because of the one who is presenting the gift.

Justin was the chosen vehicle through which T'ai Chi Chih has entered the world in our life-time, and he gives that account that Justin gives in the Photo Text p. 12 beginning with 1969 as he began to experiment with his own forms, and continuing on p. 13 where he states that 'these are not ancient forms...benefits experienced by those learning T'ai Chi Chih.'

There was a report given at Conference about classes being offered for individuals with Spinal Cord Injuries.

<http://unitedspinal.org/publications/action/2010/07/29>

This, along with many other antidotal reports from teachers presenting Seated TCC over the years, we are discovering amazing results not only for the T'ai Chi Chih community, but more importantly for all the individuals who are reaping personal benefits.

We -- you and I -- are the future that will enable this gift to be

Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.

~ Edwin Arlington Robinson

Be thankful when you don't know something

For it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations

Because they give you opportunities for improvement.

Be thankful for each new challenge

Because it will build your strength and character.

Be thankful for your mistakes

They will teach you valuable lessons.

Be thankful when you're tired and weary

Because it means you've made a difference.

~Anonymous

The practice of cherishing or gratitude can be taken very deeply if done wordlessly, allowing yourself to

handed on to the next generation. One of my personal goals has been to include Justin and his words in my communications, and encourage you to do as well, otherwise, T'ai Chi Chih will simply become another form of T'ai Chi, especially if we do not say or teach our students to add Chih, this too will be lost in future generations. Each of us has earned the right to teach. By being Accredited, we have proven our worthiness to continue to bring this form to others so that they too will have this "moving meditation" in which to unleash the ability to "remake their CHI and remake themselves."

[Spiritual Odyssey](#)

Yes, we have so much for which to be grateful. Every second we are alive is another reason to be grateful. During the reading of these lines alone, your heart has pumped blood throughout your bodies as you lungs take in fresh air, continue the digestive process, eliminate waste and toxins from your muscles, all without your awareness. That and so much more is the gift of life. We surely have "'no thing' to be grateful for." -- but a never ending awareness of gifts for which to be grateful.

Reflection: How often during a given day are you grateful?

FOCUS during Practice: Be aware of softness, especially in your wrists.

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.tccccommunity.net/Newsletter\\_Archive.html](http://www.tccccommunity.net/Newsletter_Archive.html)

feel the love and appreciation that  
already exists in your heart.

~Dalai Lama

Body Content

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