

2010 T'ai Chi Chih
Teachers Conference
Thursday, August 12th
Through
Sunday, August 15th

[Lied Lodge](#)
Nebraska City Nebraska

Sr. Antonia's Past Newsletters
available on her website ...
www.TCCcommunity.net

Connect, Nourish and Be Rooted In the T'ai Chi Chih Practice

Dear T'ai Chi Chih Practitioners,

One of the gifts of being an Accredited Teacher or a committed student involved in the T'ai Chi Chih community is having a place to connect, be nourished and to have a sense of being grounded and rooted in the T'ai Chi Chih Practice. Through opening ourselves to many opportunities -- beginners classes, workshops, retreats, Intensives and auditing Teacher Trainings -- we continue to enhance our T'ai Chi Chih Form and Practice so that it may be "Life-Giving" and "Life Enhancing." As I travel among the various T'ai Chi Chih communities, it seems that the quality of the flow of group practices increases from year to year. Please continue to deepen that.

I have been impressed by so many -- students, serious students, teacher candidates and teachers, both new and seasoned -- with the depth of their desires for deeper growth both in practice, as well as in life.

We have so many opportunities in our community to CONNECT and to re-connect -- to stay in touch -- to attend -- to host -- to assist. It is never a one-way experience, but like the Yin and Yang in our practice, all the connections we encounter in the T'ai Chi Chih Community allow us to give and to receive -- to serve and be served. T'ai Chi Chih is a service to humanity, but as we give, so we receive... as we let go, we are filled, to the extent we sow seeds, we reap.

We connect within the community through the printed newsletters:

The Vital Force

<http://www.gkpub.com/vitalforce.php>

New Mexico T'ai Chi Chih News <http://www.taichichihassociation.org/membership.htm>

Please subscribe to and contribute to these fine issues.

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Net-working allows us to re-connect and stay in touch through web sites:

www.taichichih.org

www.TCCcommunity.net

and T'ai Chi Chih's Facebook page <http://www.facebook.com/home.php?#!/pages/Tai-Chi-Chih/62991801302?ref=ts>

We communicate by Skype, email, phone, fax, and share every possible means of transportation, bussing as well!

We share resources and experiences in teaching methods with teachers who are new through:

Teacher Symposiums

Specialized Populations

<http://taichichih.org/resources.php>

Attending and *sponsoring* T'ai Chi Chih Events on local and national levels.

A new teacher emailed to ask whom she might contact in France for an opportunity to meet for a practice or visit while traveling there in September. Her efforts to meet with one of our three Teachers there didn't work out with her schedule, so I suggested Cristina Minelli in Italy, as she connects with teachers in Europe ... International connections are expanding as well.

We have countless ways, and sometimes very creative ways to connect and to stay in touch. This happens within Teacher Training Accreditation Groups where very deep bonds develop, especially during "Presentations." We may have met as strangers, but we leave lasting impressions because of their shared stories and background that emerges during those 15 minutes.

Yes, Teacher Trainings can be life changing and life enhancing, as can the transitions that happen during that week. *Teacher Training is the one common experience shared by all*

Thought about taking Seijaku?

Never been to Conference?

Here's what happened last year!

[In Our Own Words](#)

Teachers. It is our "Right of Passage" that draws us again and again to opportunities to audit and create new connections with the next generation of Teachers.

...By the way, at last year's T'ai Chi Chih Conference, Kim Grant expressed her concern about individuals teaching without accreditation. My response was to "invite them to a Teacher Training..." Over the past year, Teachers invited three such individuals who are now official Teachers! I invite all who are reading these lines to reach out to anyone in your area who may be teaching without being properly prepared through the Teacher Training Program. I believe most unaccredited teachers are teaching without certification simply because they are not, or were not made aware of our accreditation program. It is so important that all Teachers make it a point to introduce and advertise themselves as "Accredited T'ai Chi Chih Teachers" and that they talk about the process it takes to become a T'ai Chi Chih Teacher with every new class. Giving your students information about what is required to become an accredited T'ai Chi Chih Teacher, reinforces the idea that all students must graduate from a T'ai Chi Chih Teacher Training before presenting themselves to others as teachers. (I'll say more about this later.)

Do you consider treating your practice in the way you would treat and nourish soil? That includes: Tilling, creating furrows, digging with its upheavals, feeding with fertilizer, and on occasion, spreading manure. You're probably wondering where I'm going with this! It is all part of the NOURISHING process.

The example of the Great TAO or "T'ai Chi" (Supreme Ultimate) is most fitting here. In the [T'AI CHI CHIH! Joy Thru Movement \(Photo Text\)](#), just before the Table of Contents, Justin placed the familiar symbol with the explanation:

The light part is the "yang" force (heat, expansion, the creative, masculine, positive)

The dark part is the "yin" force (cold, contraction, the receptive, feminine, negative)

Justin refers to the bent, weight bearing leg as Substantial -- YANG and he refers to the straight or non-weight bearing leg as Insubstantial -- YIN.

Both expansion and contraction, substantial and insubstantial are in every TCC movement. Moving properly according to Justin's teachings is what circulates and balances the CHI.

Pulling taffy...

Yin becoming Yang.

Substantial becoming Insubstantial.

The Emptying and Filling of Yin and Yang.

Your body is constantly in a Yin / Yang mode -- as you sit in your chair, your heart continues to circulate your blood, bringing it in and pushing it out along with your diaphragm expanding and contracting; lungs inhaling and exhaling in an exchange of life force. *All is energy.*

You are invited throughout August to be aware, to feel all the weight shifting in each practice from Rocking Motion through Cosmic Consciousness Pose. Be aware of a full weight shift from one leg to the other in each forward and backward movement, and as you flow from side to side. How is weight shifted in the 5 down and up stationery movements? This is most important for the flow of Chi, as we heard and read it so often in Justin's writings, T'ai Chi Chih is done mainly from the waist down!

Enjoy your practices!

Peace and all good,

Sr. Antonia Cooper, OSF

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