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A Newsletter from the Guide of T'ai Chi Chih



T'ai Chi Chih -- a Spiritual Practice... continued

The Mystery of Myo Spiritual Odyssey Pg. 84 says...

"Experiencing something, living something, manifesting it, is far different from having an intellectual understanding. Words play no part in the genuine article, and the realization of this Unity often leaves one tongue-tied." ... I would say - speechless!

There are no words, and certainly no concepts when we enter fully into our T'ai Chi Chih practice, when the ego gets out of the way, there may be a glimpse of something experienced that fills one with a sense of completeness, with a feeling of oneness with every person on this planet, of being fully united with all of creation, or to feel a sense of deep compassion.

One person who attended a Teacher Accreditation in Albuquerque told me of his experience of "reconciliation" during the first group practice. This reconciliation had to do with his years in catholic grade school, and with the Sisters who taught him. My sense is that his Chi had brought about this reconciling balance... and I would think interior freedom from his past.

This experience, which I'll call GIFT, is very fleeting... lasting only seconds, and when we realize it, or look at it, or give attention to it, it is gone. The experience cannot be re-created, no matter how we may try to set up the circumstances. This experience is spiritual - and it is a Gift. When it happens, all is complete, all is at peace, and all is one.

Justin writes about this too: "Just as the thought conditions the Vital Force, so does the flow of this Chi, this Intrinsic Energy, condition the way of thinking. As these changes occur we get in touch with ourselves and the world we see begins to change. Joy becomes our natural heritage.

The Essence of T'ai Chi Chih from Spiritual Odyssey Pg. 23

"The movement of the Chi can plainly be felt, and that feeling is one of Bliss."

Balancing the Soil from Spiritual Odyssey Pg. 90

These are "Spiritual experiences" coming from the Spiritual Practice of T'ai Chi Chih! Can we let go enough to become empty of ego and self? Each of us has the opportunity to answer that question honestly. We cannot answer it for any one else, only for ourselves, otherwise we would only be judging others and not be "empty of self." Let go of the ego in order to discover who you truly are, your "true self."



Justin often asks in his writings:

Do you know Who and What you are? Dwelling on the past, easy to do, is self-clinging. Living in the present, with gratitude, is rare.

... So, let us be in the present and be grateful!

T'ai Chi Chih practice is not just about reserving 30 to 40 minutes a day to practice...or for the releasing of bodily tensions... or in trying to stay in the present moment instead of giving way to a busy mind. But it is sinking into a deep place of surrender... to that place of letting go. This is not easy.

I am convinced that the T'ai Chi Chih energy draws individuals

who are Spiritually centered on a Spiritual Path. In doing our personal practice, it actually isn't so personal. Can entering "Cosmic Energy / Cosmic Rhythm" ever be personal? It could be likened to "The Butterfly Effect" where the flutter of butterfly wings in a South American rain forest effects weather conditions in the northern hemisphere. As we practice, we too are having far reaching effects that we will never fully realize. So let's continue to practice, practice, practice until ...

"Joy becomes our natural heritage."

The Essence of T'ai Chi Chih from Spiritual Odyssey Pg. 23

Joy in the Heart, Joy in the Mind, Joy in the Soul...

Joy, Joy, Joy, Joy, Healing through Joy.

Song: HEALING THRU JOY! in Meditation for Healing

Also Spiritual Odyssey Pg.1

May you experience abundant blessings in your practice and life.

Sr. Antonia Cooper, OSF

Guide of T'ai Chi Chih.

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