

Happy New Year!

*New Year's Greetings to all T'ai Chi Chih Practitioners,*

I'd like to begin my first e-newsletter of this decade with a few words of gratitude.

Gratitude to Justin Stone for giving the world the gift of T'ai Chi Chih, as this year marks the 36th year of its existence.

Gratitude to the Vital Force Journal, a valuable publication that for years has been a blessing to teachers and serious students alike -- this year is the VFJ's 25<sup>th</sup> year anniversary.

And gratitude to the vital force in every T'ai Chi Chih Teacher around the world for your dedicated practice and teaching, and for your openness to sharing the gift of T'ai Chi Chih with others.

My hearts desire for each of you at the beginning of this new decade is to be present in your practice, because your practice is a present -- a gift from Justin Stone. Do your T'ai Chi Chih practice with a "Beginners Mind" as an "Empty Cup" and make the most of your time there in learning, in discovering, in experiencing Ah-ha moments!

As you read this, I'd like to invite you to center yourself. Sit quietly for a moment. I would like you to get in touch with your "Heart's Desire." What do you desire most for this new year? For the future of T'ai Chi Chih? For your practice? For your students?

In December of 2010, when you think back about these questions and on the resolutions you made in January, I hope you'll be surprised at the many places you've gone through the gift of the Chi.

You just never know where Chi might take you. Chi can do some amazing things! Let me explain. During a conference at the start of the past decade, I was asked by Justin to share some insights on how I "Opened the Northeast to T'ai Chi Chih"... but I had no such insights to share. I merely taught classes and students simply wanted to know how they might become teachers - and Chi made it happen.

I'll also share with you that at the time I entered my Franciscan religious community, I would get really nervous in front of large gatherings -- because I didn't want to teach! In the year 2000, I looked back and was astonished to see that Chi had moved me into the position of Guide of our T'ai Chi Chih community. Even now, a decade later, Chi continues to take me to uncharted and very unexpected places. And I know the Chi will do the same for you, as you continue sharing Justin's gift of T'ai Chi Chih with the world.

T'ai Chi Chih practice *unifies* - it draws spiritually orientated persons to itself because it is at its heart a spiritual practice, a moving meditation. This unifying element is what drew so many of us to become teachers and is what keeps on drawing in more serious students and teachers to our growing T'ai Chi Chih community. Justin often says, "T'ai Chi Chih teachers are very nice people!" Just look at the many T'ai Chi Chih teachers who have come into your life and I think you'll see he is right!

So where will our new T'ai Chi Chih teachers of 2010 come from? Delightfully we can trust the Chi to supply them, as the Chi itself is the matrix of change. Do you have a part in this? I believe you certainly do! Center yourself, flow from your center, and then be amazed at the way Chi influences your students to become teachers of T'ai Chi Chih. Speaking of flowing from the Center, do you remember how you were before you began to practice TCC? I'd like you to recall all the changes that have taken place within you over the years you have been practicing. Remembering will help you impart to your students the words Justin Stone has said many times over the years,

"It is not *what* you move, but *how* you move!"

What does Justin teach about "Flowing from the Center" in the T'ai Chi Chih form?

*FLOWING* includes:

- Mental focusing on the T'an T'ien and/or the soles of the feet, the Bubbling Spring
- Proper Yinning and Yanning, which means a *full weight shift*, and
- Moving/flowing from the Center/T'an T'ien

Flowing from the Center is *unifying* when all the separate of the body move as *one*. When the TCC form becomes unified, the mind-body-spirit connection is

made whole.

Circulating and balancing Chi gives way to *wellness and wholeness*.

Entering into the Cosmic Rhythm changes us, and our world, whether that worldview is our household, an area of the country where we live, or beyond those local boundaries to the global community. Justin recounts stories from individuals who have attended teacher accreditation saying it was one of the most transforming weeks of their lives. He has received countless letters of how TCC practice has changed lives physically, mentally and spiritually. What transformations and changes have you and your students experienced?

One of the outstanding gifts that the T'ai Chi Chih practice has given us is inner integrity and sincerity, which Justin refers to as TEH. Both of these gifts or values are counter-cultural. They bring an inner peace and calm that is beyond words and beyond other experiences.

As Guide of T'ai Chi Chih, I am sincerely asking several things of you this year:

To be attentive and 'awake' in your practice.

To notice *how* you are moving.

To deepen your awareness of how you flow from the center.

To refine your movements as opportunities present themselves.

To teach your students well.

To give your students a living example of integrity and Teh

In the way you move...

In the way you teach...

And in the way you live your life!

To teach students to refer to this specific form of movements as T'ai Chi Chih.

Here is a little story to make that last point. Years ago I was home on vacation and told my Dad that I was going out to do my T'ai Chi Chih practice. I was aware that the phone rang during the practice time. Upon my return Dad proudly reported that he told the caller that I was outside doing my Ho Chi Minh! ...So much for "getting it right." At least he did remember the Chi part!

We honor Justin Stone every time we include "Chih" when naming our practice. It is important that we recognize Justin as the Originator of TCC and make a point to include this in our teachings. And don't be satisfied by merely saying T'ai Chi. I invite each of you to whisper Chih when it is not added.

In considering the Future of T'ai Chi Chih in 2010, it is my hope that all Teachers will *continue to develop a deeper understanding* of the TCC Form in their daily personal practice so that they will be able to impart the principles within the movements to their students.

When teachers are teaching *how to move*, students experience greater circulation and balance of Chi..., which will then lead to countless benefits of mind, body and spirit. Teachers who continue to deepen their personal practice, will also be more confident in *preparing students who are ready for Teacher Accreditation*.

We are all grateful to our Teacher Trainers -- Sandy McAlister and Pam Towne -- and how they continue each year offering Intensives for students and teachers, especially in those communities who are not currently sponsoring teacher-candidates for accreditation. An Intensive is the only format in which students and/or teachers have an opportunity to refine their T'ai Chi Chih form through individual attention and help. The three and a half day Intensives are designed for accredited T'ai Chi Chih teachers, teacher candidates, and for serious students (those who have practiced T'ai Chi Chih regularly for at least a year). Immersion in our T'ai Chi Chih practice is the essence of this workshop: starting with our foundation, moving into weight shift, exploring the movement patterns, and learning to let go -- allows the whole of the movement to flow from the center. Teachers will learn to develop a discerning eye for seeing what corrections a student needs and how to make them, as well as knowing when their students are ready for Teacher Training.

Please contact me with any requests for Trainings or Intensives so that Pam, Sandy and I can coordinate calendars. [antoniaTCC9@aol.com](mailto:antoniaTCC9@aol.com) or 908-370-3616.

Justin Stone's gift to the world is T'ai Chi Chih.

*But Seijaku is Justin's gift to his Teachers!*

I encourage you to deepen your awareness of TCC in 2010 through learning the advance form of T'ai Chi Chih -- *Seijaku*. I attended Seijaku Accreditation in 1994, and auditing a few years later, found Seijaku giving me an abundance of energy. Since Pam Towne has been speaking about the Seijaku practice at Teacher Trainings, Intensives and Conferences, it has helped to renew interest in those who know the form, and perked the interest of those who did not. Please consider sponsoring a Seijaku Training or Retreat in your local community. At the very least, purchase Justin's DVD and then make plans to stay over after our August 2010 Teachers Conference to take or audit the Seijaku Training then.

The regular T'ai Chi Chih form is being brought to the public's attention through the Medical profession and Wellness programs. It will take your dedication as teachers to represent T'ai Chi Chih through presentations and classes. It is my hope that you continue what Justin Stone started 36 years ago, and deepen it through your inner sincerity (Teh) and integrity. I am grateful to each of you for your fine efforts in spreading TCC throughout the world.

Peace and all good,

Sr. Antonia

### *Envisioning the Future*

Nancy Adams once told a story about experiencing T'ai Chi Chih in a circle -- seeing everyone connected to the center of the circle from their T'anT'ien -- and that story got me thinking about Connection. We are all different, with different jobs, family situations, and goals, but the common link that connects us together as a community is T'ai Chi Chih. Think about that connection. How can we be more conscious of that connection? How can we actively strengthen that connection?

This year when you travel to another city, call a teacher there and ask to do a practice with him/her. Ask if they are teaching a class while you are there and see if you can attend. Not only will you have an opportunity to learn from each other, but you will also be strengthening your T'ai Chi Chih connection.

Our connection in the United States is strong and around the world our connection is growing stronger -- we now have teachers in Canada, England, France, Israel, Ireland, Italy, Mexico, Namibia, New Zealand, South Korea and the West Indies.

Whether we travel or not, we can strengthen the T'ai Chi Chih connection with our intent and our hearts. Each time we do our practice we are creating and sending out a vibration. Doing our practice with an open heart and grounded energy allows for the flow of that connection. It is as if there were these invisible threads of T'ai Chi Chih energy emanating from us as we do our practice, reaching out for like threads, and connecting us to them... And as those many threads of energy spread out into our world, they are felt as peace and love.

Wishing you all a peaceful voyage through the holidays -- and hope you enjoyed the full moon on New Years Eve. How cosmic was that!

Sandy McAlister

### *NewOption for Teacher Preparation*

The way modern technology connects us is such a marvel! I've been working online with a teacher candidate in New Zealand to prepare her for accreditation in the USA. Using a Skype video call, we can see & talk with each other by computer halfway around the world. This opens up new possibilities for people who want to become accredited TCC teachers & who live in areas where there aren't any T'ai Chi Chih teachers nearby. Up until now, they have had to travel to work with a TCC teacher, or videotape themselves & have an experienced teacher or trainer review how they move & give them feedback. For more information, see the "Pam Says" article in the February 2010 *Vital Force Journal* or contact me.

Pam Towne

[pamtowne@gmail.com](mailto:pamtowne@gmail.com)

760-722-9544

© 2009 TCCcommunity

This email was sent by TCCcommunity, P.O. Box 361, Tupelo, MS 38802, using Express Email Marketing. You subscribed to this permission-based list on 11/24/2008.

Express Email Marketing supports permission-based email marketing. You can change your [preferences](#) or [unsubscribe](#) from this mailing list at any time.