

From: TCCcommunity <guide@tcccommunity.net>
Subject: **Sr. Antonia's 2009 March Newsletter**
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A Newsletter from the Guide of TCC



March 2009

2009 International TCC Teachers Conference

July 16 - 19, 2009
Lied Lodge & Conference Center
Nebraska City, Nebraska USA

Registration
Vendor Applications
and Scholarship Applications
<http://www.taichichih.org/conference.php>

Seijaku Accreditation

July 19 - 21, 2009
Lied Lodge & Conference Center
Nebraska City, Nebraska USA

Registration for Teacher Accreditation
and Teacher Auditing Information
<http://www.taichichih.org/conference.php>

**Other Local
and International Events**
<http://www.taichichih.org/calendar.php>

TCC Community Website
<http://www.TCCcommunity.net>

The Vital Force Journal
http://www.taichichih.org/vital_force.php

Greetings to all T'ai Chi Chih Practitioners,

It is with great joy that I have met many of you since the New Year, visiting St Paul, Santa Barbara, San Francisco, Sacramento, Portland, Ringwood, and in the next weeks to Albuquerque, St. Louis and the Jersey Shore. As a junior in high school I once considered working for an airline because I would then 'see the world.' But decided to enter religious life, and saw it anyway! Could that have something to do with the law of attraction?

In these recent encounters, with over 70 teachers and some 140 students, I have felt excitement for the spread of T'ai Chi Chih through so many dedicated teachers who are serious about their practice and teaching. I have felt for some time now that there is a steady revitalization process emerging from within the heart of the community. Justin often says and has written that "Teachers are the jewels of T'ai Chi Chih." Jewels are of great price, sought after and add unlimited value. The value comes from Teh, the inner sincerity with which teachers approach their classes, their practice, their peers, their lives.

And all of this is only getting better!

Like attracts like, and the quality of individuals now coming to workshops, retreats, Intensives and Teacher Trainings, reflects the skill and understanding of teachers who are preparing students. Within the next twelve months, five, possibly six Teacher Trainings are scheduled. The recent Intensive in New Jersey had an exceptional attendance of 22 students -- six additional applicants were not able to attend. So many now want to share the healing, personal growth, and everything else that brought them into better balance through the practice of T'ai Chi Chih.

Justin has talked and written about an upcoming explosion of interest in the T'ai Chi Chih form, and from all indications, we may be moving closer to that time. What is needed now is for more teachers to be training potential candidates, and preparing them for the Teacher Trainings. Teachers, I am asking you to help with this upcoming explosion of interest, to build your local T'ai Chi Chih Communities for mutual support and encouragement. Do you have students who would make good T'ai Chi Chih Teachers? Here are the scheduled Teacher Training dates and locations:

May 4-9 San Antonio
July 27-Aug. 1 Newfoundland
Oct. 26-31 New Jersey
Nov. 15-20 Albuquerque
Jan. 2010 California

Registration and contact information: http://www.taichichih.org/full_calendar.php

To better prepare serious students for Teacher Training, Intensives will be scheduled around the country. Please contact Sandy, Pam or myself if you have several students or teacher candidates so

Good Karma Publishing
http://www.taichichih.org/vital_force.php

T'ai Chi Chih Overview
<http://www.taichichih.org/overview.php>

My sense of family has expanded and extended to the universal; extended to the natural state of kin. We all come from same root. When we connect with universal energy, it holds you in elevated radiance.
~ Skyler
C Yard, Folsom Prison, California

that an Intensive can be offered in your area. At present there is only one scheduled for:

June 22-25 Santa Barbara (contact Tony Johansen - info at calendar link above)

We are hoping that another will be scheduled in Albuquerque from September 4-7. We are looking for a T'ai Chi Chih teacher to volunteer to host it. Are you interested? The teacher would have their airfare paid plus a place to stay in Albuquerque in exchange for hosting the 3 1/2 day event at the T'ai Chi Chih Center. If anyone is interested, please contact Pam Towne at 760-722-9544 or pamtowne@gmail.com

During my travels to California I once again had the privilege of accompanying Judy Tretheway to her classes at Folsom Prison. One was in Old Folsom, and the other in the expanded New Folsom section. Besides teaching the form and doing a practice, informal conversations naturally evolved. The following are some of the exchanges in New Folsom, February 11, 2009 C Yard. I'd say the experience was "elevated radiance."

Sister Antonia: What have been some of the benefits you have experienced from your T'ai Chi Chih practice?

Guinn: Patience, I've slowed down. I've moved away from my habit of quick reactions. Now when I'm agitated I do Rocking Motion.

Sister Antonia: Yes, T'ai Chi Chih is about inner freedom and choice, isn't it?

JBrown: It helps me when my mind is troubled. When I want relief, I stop and wonder which move might help me best now? T'ai Chi Chih always changes the direction of my mood.

Sister Antonia: Can T'ai Chi Chih be done mentally?

Guinn: Yes, and with the same result. I also like to practice just concentrating on soles of my feet. This helps me a lot with my blood pressure problems and I am taking less medications now.

Who: It can get very claustrophobic in here at times, there are so many men living in close quarters. T'ai Chi Chih calms me down. It's nice to know that if I get hyped up from experience I can use T'ai Chi Chih to calm back down.

Sister Antonia: I use Pulling in Energy when I'm out of my center. It brings me right back in.

Skyler: When I was a little boy I fell into the ocean, currents brought me back to shore. Recently when I was doing T'ai Chi Chih I spontaneously revisited this experience and the movements calmed me and brought me back to the beach.

Sister Antonia: Sounds like one of the three confirming signs of the flow of the Chi as described in the Photo Text: fingers begin to flutter, you have a feeling that no one is doing T'ai Chi Chih, but it is doing itself, and the ability to do T'ai Chi Chih mentally and feel the flow of Chi.

Guinn: Sometimes I feel like it is not really me doing the movements.

Sister Antonia: The softer you can be, the more the Chi can flow and circulate.

Who: As soon as we start the movements I get into the zone. I'm conscious of the people around me but not distracted. We all get onto the same wave length. I've been caught up in T'ai Chi Chih before.

Sister Antonia: Is there a difference between practicing in a group and practicing by yourselves?

JBrown: I find a connection with the group's energy even when I practice mentally.

Sister Antonia: When I am practicing by myself and miss the group energy, I connect with all other people doing T'ai Chi Chih practice and link with them beyond time and space. You can link up no matter when you do T'ai Chi Chih. Try it.

Guinn: I like the group energy; I had a tight knit family. I get those same nice feelings in the group.

Who: When I practice by me self, it's what I need. When I come here its about the group.

Sister Antonia: No problem with that.

Skyler: My sense of family has expanded and extended to the universal; extended to the natural

state of kin. We all come from same root. When we connect with universal energy, it holds you in elevated radiance. It is a blessing to move with knowledge we are all family. This state of kinship elevates my senses so that it seems I can hear seeds germinating, and the fires in Australia. Nothing seems new, everything is all part of creation and all meets me face to face.

Sister Antonia: We all are one, from the beginning the end. We all walk on this one earth. We all connect to the earth with our feet. When I go into gentle conclusion to the Rest Pose, I come into connection with everyone on the planet. I feel connected with everyone from beginning to the end.

.... To be continued.....

Inner Freedom is possible any place -- inside the mind, after reconciling some misunderstanding, on a warm spring day, smelling overturned soil, holding a door open to someone, receiving a smile, inside a prison cell or in "the hole," driving with all the windows down, meeting an old friend..... And it is noticed easily when spending time in practice and simply noticing... in freeing up tension... or quieting a rambling mind... allowing... feeling... entering silence... flowing... evolving... BECOMING.

Peace and all good!
Sister Antonia Cooper, OSF

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