

**From:** TCCcommunity <guide@tcccommunity.net>  
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A Newsletter from the Guide of T'ai Chi Chih



## T'ai Chi Chih International Teachers Conference

**THURSDAY, JULY 21 THROUGH SUNDAY, JULY 24  
SAWMILL CREEK RESORT, HURON, OHIO**

For Conference Info:  
<http://www.taichichih.org/conference.php>

SandyMcAlister asks, "Is it your time to receive?"

How many times have you held out your hand to help someone or have been there for a friend supporting them in whatever way you could?

Over the years, working on conferences, I have witnessed teachers signing up for conference that I knew could barely afford it and yet they also contributed to the scholarship fund to help other teachers.

Teaching T'ai Chi Chih is about giving and receiving. Sometimes we give; sometimes we receive. Is it your time to receive?

If you would like to attend conference, but can't quite find all the funds to do so, please consider applying for a scholarship.

In Justin's talk at Folsom Prison I believe he said, "We all share the same life." Let's share some of that life TOGETHER at conference. Do not let the fund go unused.

Find and print out your Scholarship Application For the 2011 T'ai Chi Chih Teachers Conference At the link below.

[http://tcccommunity.net/Teacher\\_Resource\\_Page.html](http://tcccommunity.net/Teacher_Resource_Page.html)

T'ai Chi Chih eases depression in the Elderly is the subject of a New York Times article last month .

A link to that article can be found on TCCcommunity.net's Teacher Resource Page.

Dear T'ai Chi Chih Community,

What a great gift it is to attend an Intensive!

Sandy McAlister was in New Jersey the last weekend of March to present a transforming, focused event for teachers and students of T'ai Chi Chih. If you want to deepen your understanding of the form through the lens of the Six Principles of Movement for three and a half days, this is the way to go!

Justin uses several explanations in the [T'ai Chi Chih Photo Text](#) of how he originated this form, and why. I would highly recommend a copy of the Photo Text to anyone who is just beginning to learn T'ai Chi Chih, for serious students who may want to discover many layers of information to apply to their ongoing understanding, and it is a must have for the teacher. I would recommend a slow study of this text so that you can highlight important statements for quick reference.

Here are samples of what can be found there:

- T'ai Chi Chih motions can be performed at any speed.
- Yin and yang Chi which separated while in motion will flow together again and become integrated and balanced in the Cosmic Consciousness Pose.
- I intuitively devised the other movements, some of which vaguely resemble parts of T'ai Chi Ch'uan... both are Chi Kung disciplines.
- There have been many reports of wondrous healings and gratifying spiritual experiences.
- I began, around 1969 to experiment with my own forms based on ancient principles.
- August 1975 was the first T'ai Chi Chih Teachers' Training class.
- The Vital Force, this Intrinsic Energy, is also the wisdom that is the deep-rooted source of intuition.
- "To unite the Divine Energy within me with the Universal Energy: that is the Goal!"
- "You cannot appease the hunger by reading the menu!"

I purposely left out page numbers, and you know why! Enjoy the reading and learning, and teachers, deepen your understanding of the form so that your teaching will be "kept on a high level" – that one is from [Spiritual Odyssey](#) p.79 (85).

Encourage your students to purchase the Photo Text, as they will have a wonderful reference of pictures and explanations when learning the form. Some teachers offer the Text at a discount, or include it in the price of the class so each student will have a copy from the first class. Discussions from reading assignments help to deepen the experience of all as well.

[http://www.tcccommunity.net/Teacher\\_Resource\\_Page.html](http://www.tcccommunity.net/Teacher_Resource_Page.html)

... Also on that resource page you'll find several handouts you can use in your classes - one of which is a TCC Principles of How to Move pdf.

Enjoy what you discover in the Photo Text – it is essential information!

Wishing you Peace and all Good this Spring!

Sr. Antonia Cooper, OSF

P.S. Hope to see you in Huron, Ohio at the Annual T'ai Chi Chih Conference.

\*\*\*This month, discover new dimensions by taking time to read the Photo Text.

\*\*\*Apply what you read to the T'ai Chi Chih form.

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