

2010 T'ai Chi Chih
Teachers Conference
Thursday, August 12th
Through
Sunday, August 15th
Nebraska City Nebraska
at Lied Lodge

Click text below for links:

[Conference Particulars](#)
[Registration Form](#)
[Vendor Application Form](#)
[Scholarship Applications](#)

[Lied Lodge & Conference
Center](#)

[Thinking about taking Seijaku](#)

[after this year's Conference?](#)

Here's what happened last year!

[In Our Own Words](#)

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

Recognizing Essence ~ Continuing thoughts on Essence from the June 2010 Newsletter

Dear T'ai Chi Chih Teachers and Students,
It seems to me that recognizing Essence and Being in Essence is similar to a subtle polarity. As soon as we recognize it and name it, it is gone. While BEING in it, we simply emerge ourselves, or should I say, merge no-self with the ONE, the great CHI, the Vital Force, the Supreme Ultimate... and KNOW! We desire to be full, yet in order to experience fullness, we need to be empty -- to let go. Essence is not one particular way or person or teacher in TCC. Essence is expressed in our own being according to our particular make up, gifts, personality, talents, and skills as the CHI circulates and balances uniquely in each of us. Yet it is the Collective CHI Energy which supports and deepens individual CHI. You know the moment when this collective CHI takes over your class. There is a shift as everyone begins to move as ONE. No one can make this happen, yet in order for it to happen, each needs to let go into the whole. No separate self, no ego. Separation divides, moving as one unites.

You are invited to BE in the Essence every time you practice T'ai Chi Chih - to let go and flow in the ESSENCE. This is the time to cultivate your practice, and to identify with the essence, the REAL, stripped of ego. Justin relates the following story:

One time some students from out-of-town visited Justin.

After doing some TCC together, the conversation became more general. As is usual, someone asked about reincarnation (a bad term).

Justin pointed at the trees in the courtyard outside his home. "It is autumn now, so the leaves are falling from the trees," he explained, "but they will be back in the spring. Is that what you mean by reincarnation?"

"Oh, those will be different leaves!" they rushed to point out.

"Why identify with the leaves?" Justin asked. "Why not identify with the tree?"

Spiritual Odyssey p 37

When we live out of our center, we live out of the ESSENCE of who we are, identifying with the REAL, with the TREE, with the SOURCE.

Lets look at *Spiritual Odyssey* page 23 where Justin titles that piece **The Essence of T'ai Chi Chih**. He says: "*Softness and Continuity are the Essence of T'ai Chi Chih.*" ...Where have you heard that before? He goes on to use images of soft water wearing away the hard rock and the tongue outlasting the teeth. Then gives examples of ESSENCE within: "*Hardness and confrontation are brittle and destructive; softness and a gentle manner of thinking are life-enriching.*" After giving the images of the bamboo and oak during and after a storm, he says: "*Softness proves more durable than hardness. Assertiveness takes a back seat to gentle firmness. Overtly the Sage does nothing, and thereby all things are accomplished.*"

In another place (*Spiritual Odyssey* p 87) Justin offers: "*You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body -- no effort.*"

You are invited this month particularly to give yourself over to letting go so that you may glimpse ESSENCE as you move. This is to give way to the effort of no effort. This is **The Vital Principle of "How to Move"** (*Spiritual Odyssey* p 59)

"It is necessary to instruct students that it is 'how' you move, not 'what' you move that is important. Effortless flow from the Substantial to the Insubstantial and back, is what causes the arms to move softly." You can only intend, allow and give way for this effortless flow -- you can never make it happen. Allow yourself to experience the 'softness and continuity' of effortlessly flowing during your practice sessions. Feel the movements as you deepen them... Feel the Form as you apply the principles but allow yourself to be open to the Essence.

Flowing from the Center, the T'an T'ien;

Shifting the weight fully -- Proper Yinning and Yanging;

Moving with softness and continuity;

Focusing in the soles of the feet -- the bubbling spring;

Being aware of Polarity between the palms of the hands;

Moving with Circularity.

while letting go... allowing the CHI to circulate and balance through the meridians.

The importance of Spiritual practice in daily life has been written about from the perspective of diminishing the pain-body by reducing thinking and generating Presence. The following was presented by Eckhart Tolle in his book: **A New Earth** (p 158-159) recently featured on Oprah. His term "*pain-body*" refers to emotional pain and needs that we are born with or that we accumulate through our life. In it he said:

Spiritual practices that involve the physical body, such as t'ai chi, qigong and yoga, are also increasingly being embraced in the Western world. These practices do not create a separation between body and spirit and are helpful in weakening the

pain-body. They will play an important role in the global awakening."

Every time we practice, or teach a class, or inspire our students to practice, we are taking part in arousing this 'global awakening." This collective presence and CHI affects that of the world.

Let's move forward in "Joy thru Movement" to create a new world order, but it begins in silence. Practice will give way to Essence. This is my hope for all who are reading this now and for those who will stumble upon it in the future.... and for the world-wide community of teachers, students, and all who will give themselves over to Becoming, Awakening, "Essence-ing." Keep up the great work!

Peace and all good,

Sr. Antoina Cooper, OSF

© 2010 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