The Guide of T'ai Chi Chih ~ Sr. Antonia Cooper, OSF

While on a 13 month sabbatical in St. Paul, Minnesota, a T'ai Chi Chih practice grabbed my attention. All the inner noise and chatter of my mind had ceased, yet mentally I remained totally focused. Peace pervaded my being, accompanied by a deep experience of being energetically refreshed. Could a simple T'ai Chi Chih practice produce all of that? It did, and did so at a time when I most needed it. At that very moment of realization I became bound and determined to become a T'ai Chi Chih teacher. That was in June 1990. My Accreditation as a Certified Instructor took place in February 1991 and two months later I returned to my Franciscan Community in New Jersey.

What a gift it has been to share T'ai Chi Chih with so many people – people who were attracted to T'ai Chi Chih for different reasons. Some came to T'ai Chi Chih viewing it as a form of exercise, many came wanting to increase their health, and others came because they saw it as a form of bodily prayer.

Teaching TCC has brought me into contact with marvelous individuals in a variety of contexts, ages, backgrounds... yet all seemed to desire balance and wholeness on some level. While T'ai Chi Chih is not associated with any religion, it is a spiritual practice – which can enhance one's religious practice. Those who learned the T'ai Chi Chih form – continued their practice and explored its depths – have found profound changes in who they are in mind, body and spirit.

November 23, 2003, Justin Stone asked if I would be willing to be the Guide of T'ai Chi Chih, to conduct its International Conferences and take T'ai Chi Chih into the future. What an honor it is to serve the T'ai Chi Chih community in this capacity. Together we bring this amazing, nurturing, healing, life enhancing and life changing form into the future. Our world needs this simple form to cultivate inner peace and tranquility. Be part of this movement, and see where the CHI will take you!

Blessings in abundance,
Sr. Antonia Cooper, OSF