

## Conference Chi

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Many comments have been made about the quality of the teachers' form and how it has been improving over the years as observed by many at the annual International T'ai Chi Chih Conferences. Here are some of my reflections on possible reasons.

1) Conference Committees: Area teachers work diligently to service the international community by providing space and schedule, particularly to focus on the T'ai Chi Chih form, to refine the movements so that the individual teacher will leave with a deeper understanding and ability to demonstrate T'ai Chi Chih. With continual daily practice applying the refinements, teachers more fully attain the purpose of doing T'ai Chi Chih: Circulate and balance the Chi. The Accumulated Chi is what each individual teacher brings to the conference in varying levels. It is this accumulated CHI that is moving the group. Justin refers to this when he says... no body is doing T'ai Chi Chih – T'ai Chi Chih is doing T'ai Chi Chih. Getting self out of the way!

2) Messages from Justin Stone, the Originator of the T'ai Chi Chih Form: Although Justin is unable to travel to the Conferences (he will be 90 this November 20, 2006) he sends annual messages and teachings by way of DVD so that teachers can examine their form and conform it more closely to the way the 19 movements and one posture had been originated, based on the ancient Yin Yang principles.

3) Teachers deepening their form based on the Principles of movement. During Conference, our Teacher Trainers Pam Towne and Sandy McAlister present movement from various aspects. It is the same Form, but seen with a different lens based on the Principles, teachers improve their form and also receive new insights and ways of teaching.

4) Rededication: Teachers practice the TCC form daily. For the past 11 years, a Rededication Ceremony has taken place to help emphasize the importance of daily practice. Justin writes and talks about TCC teachers possessing the quality of TEH – “the power of inner sincerity.” In *Spiritual Odyssey* pg.110, he writes: ...My own consideration has always been for the welfare of the teachers, not my own, because I feel deeply the power of the teachers' TEH. It is our jewel, and I fully expect this great power to bring T'ai Chi Chih to deserving people all over the planet... Daily Practice develops the TEH.

I am in awe at the power of T'ai Chi Chih and how these simple movements bring physical, mental, emotional and spiritual healing to those who practice it, whether beginner or well seasoned teacher... we are never finished in our development and inner growth as humans. T'ai Chi Chih is a gift beyond words.