



stillness is the master of unrest



Twin Cities T'ai-Chi Ch'uan Studio

Wee Wu-Tang—The monthly e-newsletter

February 1, 2011

From Sifu Ray

“Language can only deal meaningfully with a special, restricted segment of reality. The rest, and it is presumably the much larger part, is silence.” - George Steiner

We have gone paperless, more or less. The cyber newsletter the Wee Wu-Dang is now our main way to communicate outside of class. You will get schedule updates and other information via e-mail and a paper copies will be posted at the Studio. Also, please consider making a submission to this monthly newsletter.

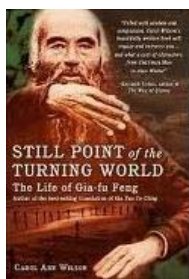
From now on, when we do the Form to music, the last kick in section II, “Turn and Kick with the Right Heel,” will be done in six counts. When we use the metronome or follow each other, the posture will still be done in four counts.

Lion Dance practice will be held every Saturday except on the 26th, then we DO IT!

Chinese New Year will be celebrated at the Studio will be Saturday, Feb. 26 at 5:00pm. We will have our annual demo and altar ceremonies, with a few twists and surprises. A banquet follows at U Garden. Sign up at the Studio for the banquet, pay at the restaurant.

Retreat ideas? I'm all ears...

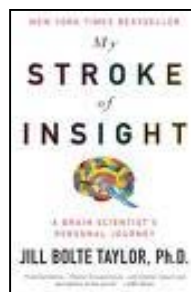
Meditation class will open up to new students from March 19 until April 4. Come and learn the art of sitting meditation, using methods and techniques from Taoism and others.



Two book suggestions:

Still Point of the Turning World, the biography of Gia-fu Feng by Carol Ann Wilson

My Stroke of Insight by Jill Bolte Taylor (Thank you, Tim and Lynn)



My private class policy as of 1/1/11

1. If you fail to show up, and don't call or cancel, I will charge you for the hour.
2. If I fail to show up, your next private class is free.
3. Even if I am at the Studio, if you call and cancel or leave a message, I'll consider that due notice and a legitimate cancellation so no charge will apply.

“The poet lights the light and fades away. But the light goes on and on.” - Emily Dickinson

Twin Cities T'ai-Chi Ch'uan invites you to participate in:

The Night of 10,000 Postures: 25 Hours of T'ai-Chi Ch'uan Solo Form

We will usher in the Spring with 25 hours of continuous Solo Form at the Studio. We'll have members come for a few minutes to an hour, perform the Form in groups or singles. Beginning on Saturday afternoon, March 19, and ending Sunday afternoon, March 20, the first day of Spring.

The entire event will be photographed and Web cast live. We'll post progress updates on Facebook. Participants will receive a T-shirt designed for this event. Refreshments will be served.

The event is a fundraiser for TCTCCS. Members and friends can pledge a per-hour donation, \$1 per hour or \$25 is a great place to start. Invite friends to pledge or come along with you to watch.

Mark your calendar; think about planning to do a round for the effort; tell your friends how much you love this T'ai-Chi Ch'uan and our Studio. Question? Want to sign up? Contact Kim.

T'ai-Chi Therapy by Tom Hautman

Given the popularity of Dilbert, I suspect that I am not the only one who works with crazy people.

A few years ago I took a class titled “How to deal with difficult people.” It mainly identified difficult behavior. I remember listening to the descriptions, thinking, “Yes, that's it. Now I can fix them.” But as time passed, nobody got fixed and most of the crazy people are still around.

After years of T'ai-Chi therapy, I have come to understand what I missed in that class.

‘Inwardly tranquil, one responds to a forceful action while maintaining an unruffled attitude. Manifest your inscrutable techniques to accord with an opponent's changing actions.’

(p. 47, *T'ai Chi Ch'uan for Health and Self-Defense*)

I am sitting at my desk, inwardly tranquil, when suddenly a crazy person approaches. There is the usual flurry of illogical rationalization, leading me to conclude that “it is all my fault.” Then as quickly as it had begun the interaction is over. Once again I should have responded better. But it happened so fast! Another opportunity lost. Or was it?

How can I remember to react better the next time? What is a training method for such a thing?

10,000 mindful repetitions, how long might that take?

Doing the Solo Form, we focus on keeping energy down at all times, not just when a crazy person invades. That could be the secret: Breathe deeply every time someone walks in the door. Stay calm and rooted with every encounter. Then when I interact with a crazy person, I am ready to let the energy flow by and dissipate on its own.

To remove your name from our mailing list, please reply to this email. Questions or comments? Email mail@tctaichi.org or call us at 651-767-0267.