



## **“Ushering in the Silence” – A one-day T’ai Chi Chih Retreat**

held on January 6, 2024 facilitated by Amy Tyksinski

### **Participants Reflect - What did you learn and/or enjoy exploring during our time together?**

The quotations from Justin Stone sprinkled throughout this article shaped the focus of the Retreat

***“Walking through the snow in great peace, there was no sense of destination (14).”***

- Justin Stone, *Spiritual Odyssey*

“Having teachers and students at the retreat was/is encouraging and expanding. For the student (me) it’s a wonderful sharing of knowledge, experience and insight. Moreover, there’s a humble, warm environment we are all embraced by. The gentle openness of the process and the instruction so matched the gentleness and openness (expansiveness) of TCC practice. What a fine atmosphere to learn in! I so love the feel of the day, that we are all on our way in a continual, ongoing journey that T’ai Chi Chih so much seems to me to be.” – Mike Robertson

***“River of Joy, Silently overflowing (115).”***

- Justin Stone, *Abandon Hope*

“I enjoyed the fellowship of moving together and sitting together, with gentle instruction. More specifically, I learned the value of keeping my arms and elbows closer to my body and to be aware that there is both movement of my body and circulation of ‘Chi’ in my body.”

– Gregory Berg

***“As awareness grows, so does JOY...as we approach Joy, we approach Divinity.”***

- Justin Stone (Amy’s notes)

“In this retreat we moved, we read, we talked, we got to know each other, we ate great food

together, and all these activities were made even more precious by periods of silence, stillness-listening to the T'an T'ien. The contrast of periods of activity and periods of stillness provided balance and great richness to the day." – Shari Holmes

***"It feels good to put the burden down. Do we have the courage to do so? (9)"***

- Justin Stone, *Abandon Hope*

"It is always a sacred time when we have a chance, and make the effort (reject the excuses) to focus on T'ai Chi Chih movements and our individual journey. Being with like-minded people is always enriching and inspiring. I appreciate being able to participate in this facilitated Ushering in the Silence. I liked feeling the spheres and the focus on transitions and connection with the T'an T'ien. Having time to share and listen to the other participants experiences and questions/comments is always enjoyable." – Guy Kent

***"To Be is To Receive; To Know is To Rejoice (119)."***

- Justin Stone, *Abandon Hope*

"[In an interview with On Being's Krista Tippett], Matthew Sanford speaks to 'hearing' the lower half of his body after an accident severed the connection to his brain. Doctors told him he could feel nothing, yet an inner awareness – he calls it 'silence' – got infused into his mind-body relationship. 'This silence demands grace, not rapture,' he says; that it is the 'source of a sense of loss, but also of awe.' Practicing today, held by a field of 'Chi' arising from our circle, rotator cuffs crunching and pain sprinting down through the biceps, I sought then to usher in silence. Or perhaps it is the 'Chi' who will grant grace." – Maj-Britt Eagle

***Being wise, the Sage, "accords with the nature of things" and thus experiences "joyous compliance with what is" (8)."***

- Justin Stone, *Abandon Hope*

"This day was amazing! It really helped broaden my understanding of the many subtleties I had been missing before in my practice. It never ceases to amaze me how one subtle change can have such a big impact. As such, I got to experience many 'big impacts' today. The instruction was kind, on-point, and supportive and enough can't be said for the wonderful people here today. It was a joy learning from everyone. The deep dives and [Justin] quotes also added a wonderful dimension creating an atmosphere of expansion and immersion." – Cat

***“We will find our way, however, if we are sincere and really want to. It is helpful to remember that [our] real nature is bliss (130).”***

- Justin Stone, *Spiritual Odyssey*

“[I learned] 1. To keep the grounding palm moving down the yin leg during a taffy step. 2. Pivot more on the forward heel when shifting the weight to the back foot during Working the Pulley. 3. Writing Pyramid Poetry was more enjoyable than I had anticipated. 4. Being presented with the expectation of continuing development of my TCC experience was wonderful.” – J.E.

***“Merge with the grace that is already within you.”***

- Justin Stone (Amy's notes)

“The ‘Everything Sinks’ [after completing a movement, arms and body return and sink as one unified whole into the Graceful Conclusion] was worth the price of admission. I enjoyed the exploration into movements and especially emphasis on the wrists opening up.” – Judy K-R.