

From: Stephen Thompson stephen2816@mac.com
Subject: Sandy's March 2018 T'ai Chi Chih Newsletter
Date: March 1, 2018 at 3:03 AM
To: stephen2816@comcast.net

ST

Like

+1



Contents:

[Sandy McAlister's Message: Compassion](#)

[T'ai Chi Chih 2018 Conference Update](#)

[Justin's Insights & Chi Reflections](#)

[Events led by the Guide and Teacher Trainers](#)

[More T'ai Chi Chih Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

Sandy's Message:

Sandy's message:

Compassion

It is so common when we see injustices done to others that we want to help and support them in our own way. But when it comes to ourselves some of us have a hard time standing up for ourselves. We can easily feel compassion for others and reach out to help them, but having compassion for ourselves is something we often shy away from.

We all suffer. For some it is more externally noticeable. Some suffer in silence. Some don't know they are suffering. Do we pick and choose and judge who deserves compassion? Why do we often leave ourselves out? Maybe we feel that seeing ourselves in a light of compassion means we are not taking responsibility for our misdeeds, failures, or shortcomings. I don't know. Compassion is a huge subject with many books, lectures, workshop and spiritual practices devoted to understanding and practicing it.

I could not even attempt to write about it but would only like to bring your attention and awareness to considering the exploration of what compassion means to you.

I do know that at the end of a deeply grounded practice the look on my students faces and the feeling in the room is one of love and acceptance of each other. That is a form of compassion to me.

How do you see compassion play out in the practice of T'ai Chi Chih?

T'ai Chi Chih Guide, Sandy McAlister

P.S. Thank you from April Leffler for those of you who responded regarding the Teacher Symposium coming up May 11 – 14. This is a wonderful opportunity for teachers to sharpen their teaching skills and reinvigorate their teaching. If you are interested in attending please contact [April Leffler](#) ASAP in order for her to secure the facility for this event.

P.P.S. It was exciting to look at the "Look Who's Coming to Conference" page and see names of people I haven't seen in a while and names of people I have yet to meet. [Check it out!](#)



**Greetings from the
Conference
Planning
Committee**

**DON'T DELAY . . .
REGISTER TODAY AND
BOOK YOUR HOTEL
ROOM ASAP!!!**

Teacher Conference

"Flowing From Emptiness"

July 26 – 29, 2018

DoubleTree by Hilton Hotel Philadelphia Airport, PA

WOW! The City of Brotherly Love has been flooded with positive Chi being sent here from the nearly 90 people who have already registered for the Conference! [Check this Look-Who's-Coming Link](#) to feel the excitement of seeing your TCC friends! If you notice someone not on the list, give them a call and ask them to register! We want to see them too!!

And speaking of registrations, it is **AS IMPORTANT to ALSO REGISTER FOR YOUR HOTEL ROOM** to ensure you:

- 1) Get the hotel conference rate before the contracted block of rooms sells out and
- 2) Get a room at all! This hotel is frequently booked completely full, so please make your hotel reservation ASAP!
- 3) **If you wish to book additional nights prior to or after the conference**, please make your reservation by contacting the Sales Manager, Robin Johnson, robin.johnson@hilton.com. She asks you **contact her only by e-mail**. Robin is the only one who can book rooms outside the conference dates at the contracted rate.

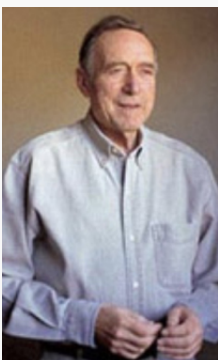
What to wear in Philadelphia? Why the Love-Filled T'ai Chi Chih Teacher Conference shirts of course! There are plenty of styles and colors from which to choose. [Click here to check them out and print your order form.](#)

All Conference and Seijaku information can be found on the main T'ai Chi Chih website's [2018 Conference page](#).

We are excited and looking forward to being with you!!!

April Leffler, Co-Host
lirpaleff@rcn.com

Kathleen McAllister, Co-Host
Tcteacher555@gmail.com



Justin's Insights

Non-Dualistic View

A non-dualistic view means that all things (and people) are seen as the self, not as hurdles to be ruthlessly surmounted.

~ Justin Stone quoted from his book "[Spiritual Odyssey](#)"

A Healing Force

*Meditation is a healing force . . .
All it takes is perseverance.*

~ Justin Stone quoted from his book "[Meditation for Healing](#)"

Chi Reflections

Love & Compassion

All my love, All my love and compassion

Someday, someday we're gonna find it, realize it

Take some time to give

Love and compassion

Hope like a light, and a will to survive...

~ Daryl Hall & John Oates lyrics in [Love & Compassion](#)

Fall In Love With Life And You Will Change The World

You don't have to move mountains.

Simply fall in love with Life.

Be a tornado of happiness, gratitude and acceptance.

You will change the World just by being a warm, kind-hearted human being.

~ Anita Krizzan

Compassion

Compassion is a verb.

~ Thich Nhat Hann

High Realms Of Thought

The highest realms of thought are impossible to reach without first attaining an understanding of compassion.

~ Socrates

Practice Compassion

If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.

~ Dalai Lama



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

March 3 - 9, 2018 Aston, PA Teacher Training (Accreditation) with Daniel

Pienciak

March 15-18, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 20-23, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 23-25, St Paul, MN TCC Teachers' Retreat with Sandy McAlister

Contact: Ev Hanson-Florin ev.hanson.florin@gmail.com

Apr 20-22, NJ Shore TCC Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

May 10 -13 Prescott TCC Retreat with Pam Towne Contact: Pam Towne pamtowne@gmail.com

May 11-14 Teacher Symposium Aston, PA with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 1 -3, NJ Shore TCC with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

July 26 – 29, 2018 TCC Teacher Conference - Flowing From Emptiness Philadelphia, PA.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Co-Hosts:

April Leffler lirpaleff@rcn.com

Kathleen Mcallister tccteacher555@gmail.com

July 29 - 31 Post Conference Seijaku Philadelphia, PA.

The deadline for Seijaku early registration discount is April 1.

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA; a substantial savings is being offered with the April 1 early registration (a \$200 deposit will reserve your space); late registration is June 25. Partial scholarships are available for the accreditation course.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Host:

Janet Oussaty joussaty@comcast.net or call 908-635-1822

Sept. 25-28, 2018, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

October 4-8, 2018, Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

Oct 24-28, 2018, Colorado Springs, CO TCC Intensive Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com

Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation with Pam Towne

Contact: Molly Grady mmlwow@aol.com

2019 Events

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with TRD

March 30 - April 3, 2019, Colorado Springs, CO TCC Teacher Training (Registration) with TCC
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

More T'ai Chi Chih Events

[Click here](#) for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers. Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



Links to Resources & Materials

Justin Stone's DVDs/Videos, Books, CDs/Audios: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: pamtowne@gmail.com

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Facebook: [click here](#)

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

T'ai Chi Chih International Foundation:

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih International Foundation,
PO Box 517, Midland Park, NJ, 07432

T'ai Chi Chih Association: [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's
Recommended Reading List.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)



Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi**®
A GoDaddy® company

