

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

Savor A Meal of Chi

This time of year food is a prominent part of our activities, which got me thinking of how much my T'ai Chi Chih practice is like a good meal.

What makes a meal special? Might it be going to town for dinner with friends? Or a gathering of family for a festive dinner? Or perhaps it's preparing a rare treat – one that you only occasionally take the time to make – for yourself or for loved ones?

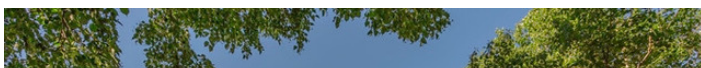
During a special meal we take our time, enjoying the flavors and presentation, sharing conversation, having an occasional quiet moment of reflection taking in the whole experience.

For me, eating this special meal can be like a T'ai Chi Chih practice. I have several bites and then pause. During this pause, I might take a drink of wine and savor the flavors of food and drink, or engage in conversation for a bit before returning back to eating. The several bites are like the nine repetitions of a move, and savoring the experience of the meal is the time to savor the pause of stillness before going on to the next move.

I savor the non-movement time in many ways. One is awareness of letting go – letting go of criticism of myself or others, letting go of tension somewhere in my body, letting go of thoughts that might be drawing me away from the present. There is a melting away of physical and mental tension. Another way to savor the stillness is to feel – feel the softening, feel the stillness of the body as it settles downward grounding, feel an opening and lightening of your spirit's essence of being, feel an expansion or flowing outward, downward, inward. Savor the time to be with yourself in stillness.

Chew and pause, move and pause. Recognize the beauty of each moment and savor it.

T'ai Chi Chih Guide, Sandy McAlister





Co-hosts April Leffler and Kathleen McAllister want to wish everyone a Happy New Year and remind you to add this year's Teacher Conference in your new 2018 calendars!

Teacher Conference July 26 – 29, 2018
DoubleTree by Hilton Hotel Philadelphia Airport, PA

Philadelphia + T'ai Chi Chih = 2018 Teacher Conference from July 26-29. The LOVE statue is a Philadelphia icon and popular tourist spot located near City Hall at the John F. Kennedy Plaza. It's famed nickname "LOVE park" is due to the famous sculpture. Since Philadelphia is known as "The City of Brotherly Love" and TCC is a form of love as per Justin... the conference committee simply added the yin/yang symbol as the "O" to reflect T'ai Chi Chih coming to Philadelphia as the logo!

[Click here to check out Philadelphia's famous Love Park's statue attraction.](#)

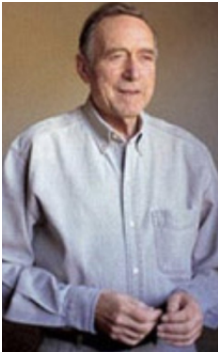
Another reason to LOVE....SAVE \$50 BY REGISTERING BEFORE FEBRUARY 1ST!

The t-shirts are coming, the t-shirts are coming! We are offering many styles and colors as well as a choice between two logos! Please check out the order forms which will be posted on the TCC website in the beginning of January and order yours for Conference!

We are looking forward to seeing you in July when we'll be Flowing From Emptiness!!

Co-hosts: April Leffler & Kathleen McAllister

All Teacher Conference registration and information forms are posted on the taichichih.org website under the **TEACHERS** tab. [Click here to be taken to the taichichih.org's 2018 CONFERENCE page.](#)



Justin's Insights

The Chinese say . . .

You cannot appease the hunger by reading the menu. It is only by T'ai Chi Chih practice that you get rich rewards.

~ [Justin Stone quotes on Pinterest](#)

Chi Reflections

MIND and BODY

A Taoist has his cultivation life, or his formal practice, which he puts away, or stores, inside himself; yet the rest of his life becomes an informal practice where his mind, his personality, and his spirit are being refined because of the regular occurrence of formal practice. Said another way, the momentum of regular formal practice continues to move through the Cultivator after the formal session. Intermediate and advanced Taoist Cultivators talk about actually feeling the Tao, the yin and yang of the Tao, turning inside the body mind as they're going about their day-to-day activities. Once engaged, Taoist cultivation continues working even when you're not aware of it.

~Reverend Venerable John Bright-Fey in "The Whole Heart of TAO - The Complete Teachings From The Oral Tradition of Lao-Tzu

Every breath is a gift and a joy, golden in its nature.

~Honshin

Close your eyes, calm your breathing, and focus your attention on the center of consciousness.

*Thus you will master the senses, the emotions, and the intellect
And thereby free yourself from desire and anger.*

~The Bhagavad Gita



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

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

Towne

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 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.

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

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

Contact: Pam Towne pamtowne@gmail.com

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

Contact: Marie Dotts mcdotts@hotmail.com

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.

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