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Subject: Sandy's December 2017 T'ai Chi Chih Newsletter
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Mission Statement

Sandy's Message:

Overabundance Reaps Joy and Connection

OVERABUNDANCE REAPS JOY AND CONNECTION

The eye-widening splashes of color, the swaying and humming to seasonal music, the head-tilting drawing in of remembered scents, the hubbub of movement and action – it's that time of year!

Driving around in the evening, enjoying the twinkling colorful lights on people's homes, my favorite part of Christmas, makes me feel happy. It's as if the lights are saying, "Hello," . . . "I acknowledge the world outside my little world", . . . "Enjoy what I offer." Whereas it seems most of the time folks come home, drive into their garage, go into their house and close the door on the outside world, disconnecting, and I get that.

So, while this time of year may feel loaded with an overabundance of activity, noise, sights, and consumption, internal and external, it is also balanced by the joy and human connections it reaps.

Frustrations, annoyances, and disappointments may not be as easy to handle this time of year because of the heightened energetic output swirling around us, but, on the other hand, I seem to witness sweet and generous random acts of kindness more often at this time of year.

Through the month of December I invite all T'ai Chi Chih practitioners to join me as I pledge to practice 15 minutes a day with the intent of increasing joy in the world. Let's balance the overabundance by adding to one of its by-products, Joy. As we practice allow the center of the chest to soft, open, and expand with spaciousness. Allow the body to exude vibrations of joy rooted in harmony, calm and serene. Support the JOY of the season.

T'ai Chi Chih Guide, Sandy McAlister





2018 Conference News

Co-hosts April Leffler and Kathleen McAllister want to wish everyone a wonderful holiday season and remind you to add next year's

Teacher Conference in your 2018 calendar!

July 26 – 29, 2018

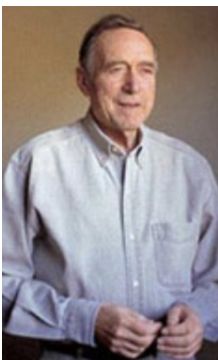
DoubleTree by Hilton Hotel Philadelphia Airport, PA

Look forward to the super easy access to the hotel from the Philadelphia airport! The Hilton has round-the-clock complimentary airport shuttle for those that are flying and free parking for those who will be driving. Downtown Philly is only 7 miles from the hotel.

The theme is Flowing From Emptiness so you'll have plenty of opportunities to 'empty yourself out' if your cup (mind) runneth over with 10,000 things.

Consider taking advantage of the special rate three days pre and post conference. Come a few days early or stay later to explore this historical city. Philadelphia is a thriving metropolis packed with museums, theaters, music festivals, fine restaurants and plenty of sightseeing attractions.

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

Change

The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for

evolving, such as T'ai Chi Chih and Meditation, when they ask for it, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.

September 1991

~ Justin Stone in the Vital Force, September 1991

Justin's quotes reprinted with permission of Good Karma Publishing.

Chi Reflections

Limitlessness

When we inhale, the air comes into the inner world. When we exhale, the air goes out to the outer world. The inner world is limitless, and the outer world is also limitless.

We say "inner world" or "outer world" but actually, there is just one whole world.

~Shunryu Suzuki

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

2017 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 2018 Post Conference Seijaku information has been completed. 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

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

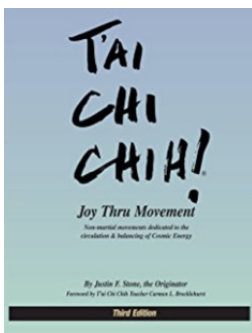
Contact: Marie Dotts mcdotts@hotmail.com

By retreating from the activities of daily life to recharge your physical, mental &

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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