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Subject: Sandy's December 2016 T'ai Chi Chih Newsletter
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Mission Statement

Sandy's Message: Now, more than ever, we need Kindness

In my TCC classes the past couple weeks there has been a noticeable number of students expressing fear, depression, and uncertainty about the future. This is

students expressing fear, depression, and uncertainty about the future. This is moving me to take more care in setting the tone at the beginning of the classes – to take more time in allowing people to settle and go inward, with reminders to be open and open-minded, to let go of negative thoughts, allow the feeling of kindness and love to expand from the heart, to draw the attention downward to **BE GROUNDED** and centered in who we are, and bring focus to the here-and- now.

Our T'ai Chi Chih practice is like a refuge. We create a unique environment where we feel safe and can let go of our psychological armor. It is a tool of transformation. We can let go of fears, and feelings of uncertainty, angst, or sadness, and feel waves of peace roll through us. We feel the beauty in ourselves and acknowledge it in others. Compassion, insight, and openminded awareness awakens in us. The more we regularly practice, we find the clarity gained during practice becomes a constant, supporting us as we journey this life. We become more cognizant of the connection of human kind and the value of expressing kindness, love, acceptance, and tolerance.

Jack Kornfield, a well-known Vipassana meditation teacher expresses it beautifully:

Now more than ever we need kindness, we need one another, we need the strength of wisdom and wise action.

May we all be present with the fact that this is our world. Plant seeds of goodness and water them everywhere. Then blessings will grow for yourself and for all.

I'd like to encourage all to remember the vastness of time and let ourselves become a manifestation of integrity, with our thoughts, words and deeds. No matter how the outer world turns, compassion in speech and action, virtue and non-harming always brings benefit.

Sandy McAlister
Hayward, CA

T'ai Chi Chih's Christmas Wish List

At every T'ai Chi Chih Teachers Conference we pay a considerable amount to rent the projector and all the microphones that are needed to ensure a great learning experience. Seriously, the cost of renting the equipment for one Conference can easily exceed what it would cost to flat-out buy the exact same equipment.

With that in mind, this year's conference committee is looking into purchasing, rather than renting, the equipment so that it can be reused in future Conferences.

Realizing that some of you might be contemplating making a year-end tax

Realizing that some of you might be contemplating making a year-end tax deductible donation to a 501(c)3 before year's end, this year's Conference Committee is putting their TCC Christmas Wish List out to anyone who might be willing to help improve the financial wellness of the Tai Chi Chih Community – one that would benefit our Community year-after-year. Could you be that person?

If so, here is our Christmas Audio-Visual Equipment Wish List:

- A set of UHF wireless Microphones – including at least two handheld microphones and two clip-on Lavalier mics. Cost: about \$350.
- Either a BenQ or Optoma LCD Projector for presentations with at least 3200 lumens. Cost: \$450 to \$650.

If you are willing to make a year-end tax deductible donation to the foundation to reduce future cost of conference rental AV equipment, please make your check payable to:

T'ai Chi Chih International Foundation noting "Equipment Purchase" and mail it to PO Box 517, Midland Park, NJ 07432.

Thank you for your consideration of this opportunity to support our Tai Chi Chih community for years to come.

Lisa W

PS There are other ways you can support us in this effort. If you have extensive AV experience, your expertise and advice in purchasing the equipment would be invaluable – and we would love to have your help with AV at the conference.

Please email Lisa W tccbuckinghorse@yahoo.com

Update: T'ai Chi Chih Teachers' Conference 2017: Feel the Chi ~ Share the Chi Boulder, CO @ The Millennium Harvest House Hotel June 15-18, 2017

The Conference committee is very excited to let teachers know the Information and Registration forms for the Conference are now available on the main website. You can access them by [Clicking Here](#). Please talk to your fellow teachers and encourage them all to come. A special prize will be awarded to the teacher who influenced the most teachers to attend the Conference. What a gift it is to come together and share the Chi. I look forward to receiving your registrations!

Leya Cragin, Conference Registrar

Your 2017 Teachers Conference Committee

Conference Coordinator: Marie Dotts mcdotts@hotmail.com

Venue and Hospitality: Lisa V. tccbuckinghorse@yahoo.com

Registration and Scholarship: Leya Cragin leya@rigozsaurus.com

Program and Outreach: Lisa Otero lisa.otero@post.harvard.edu

Justin's Insights

APPRECIATION

*"We know the life of the plums and tree is limited,
But the beauty is here now, to be appreciated."*

~ Justin Stone_

Chi Reflections

Sharing the Life Force

*"Sharing the Life Force is what brings people together in community;
With it, Love and Compassion naturally flow."*

~ Bruce Frantzis in *The Chi Revolution*

Grace

"Bad choices make good stories."

~ Unknown

Look and be filled

"Looking behind, I am filled with gratitude

Looking forward, I am filled with vision

Looking upward, I am filled with strength

Looking within, I am filled with peace."

~ Quero Apache Prayer

Grace & Gratitude

. . . Seasons come and seasons go

No matter what we choose

A thousand names

A thousand roads

All lead to one simple truth

Thank you for life

Thank you for everything

I stand here in grace and gratitude

And I... I thank you

Thank you for everything

I stand here in Grace and Gratitude

And I...

... I thank you...

I thank you

~ Olivia Newton-John

Events led by the T'ai Chi Chih Guide and Teacher Trainers

2017 Events

Jan 27-29 TCC NJ Shore Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com

Mar 2-5 Littleton, CO TCC Retreat with Pam Towne

Contact: Marie Dotts mcdotts@hotmail.com

Mar 23-26 Santa Barbara Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 28-31 Santa Barbara TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

April 1-7, 2017 Aston, PA Teacher Training with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

April 20-23 Rochester, MN TCC Retreat with Pam Towne

Contact: Judy Trousdell jtrous1a@charter.net

May 5-7, 2017 TCC Teachers NJ Shore Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com

May 11-14 Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Iowne pamtowne@gmail.com

May 17-21 Buffalo, MN TCC Intensive with Sandy McAlister

Contact: Sue Bitney smbitney@gmail.com

June 15-18 2017 Teachers Conference Boulder, Colorado — As soon as Registration Materials are available they will be posted at taichichih.org.

June 18-20 Boulder CO, Seijaku Teacher Accreditation with Pam Towne

Contact: Daniel Pienciak wakeupdaniel@aol.com

June 18-20 Boulder CO, Seijaku Basics Course: Intro or Review with Daniel

Pienciak - Contact: Daniel Pienciak wakeupdaniel@aol.com

Sept 14-18 Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

September 24-27 Aston, PA Teacher Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

Oct 13-15 Rochester, MN Seijaku Accreditation with Pam Towne

Contact: Anna Vaith vaith.anna@mayo.edu

Oct 15-21 Rochester, MN Teacher Training (Accreditation) with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@q.com

A TCC Retreat offers a wonderful way to:

- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Give oneself a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

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

~~the sake and teacher transfer.~~ 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: [click here](#)

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

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](#)

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 Community: [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](#)

T'ai Chi Chih Guides' Archived newsletters: [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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