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Sandy's Message: Arriving Fully with Awareness

I find through years of teaching my tendency is to exaggerate sometimes to get a point across. This has created a habit in my practice of over shifting in my front-and-back movements. I became aware of this when I noticed a lightness in the heel of my front foot at the end of a weight shift into that leg/foot. Ideally, at the end of each weight shift, the weight should fill the bottom of my foot evenly. If I shift too far going forward my front heel becomes light or may even slightly come off the ground. This could also throw my balance off.

One way I am working to bring this imbalance into balance is to recognize the moment my weight arrives fully in to the foot. A silent "arrive" is voiced in my mind. This has the added bonus of keeping my wandering mind focused on my practice in

an awareness way, not a thinking way. And, I am also focusing below the waist which is ideal for the flow of chi.

As we shift the weight in T'ai Chi Chih, whether in a side-to-side movement or a front-and-back movement, we feel the weight arrive equally across the bottom of each weighted foot. Devote a practice with the focus of noticing the weight "arriving" on the bottom of the foot each time you come to the end of a weight shift, whether in a front-and-back movement or a side-to-side movement.

Next month's article will explore the glide in between each arrival.

Sandy McAlister
Hayward, CA

2017 Teacher's Conference Message: Feel the Chi ~ Share the Chi

I am honored and grateful for the opportunity to host next year's T'ai Chi Chih Teachers' Conference in Colorado. I was called to help build a T'ai Chi Chih community in Colorado and I am now called to help support and grow our world-wide T'ai Chi Chih community through hosting next year's conference. I have experienced the value and joy of coming together in community in both Minnesota and in Colorado and at the Teachers' conferences I have attended.

We are all united by our call to practice and share the Chi. There is something magical that happens when people come together united by something greater than themselves. Experience that magic at next year's conference. We have an amazing core team and a whole community ready to welcome you. We are in the process of closing in on our dates and location. As soon as we know them we will communicate them to you so you can mark your calendars. It will most likely be in the Denver/Boulder area in June or July.

The 2016 conference in Seattle was small in numbers but large in impact. The conference team did a great job and I thank them. We all left inspired, enriched and more connected as a community. If you missed this year's conference, do not miss next year's! You will shine brighter and your students will feel it. I look forward to seeing you all there!

~Marie Dotts ~ 2017 Conference Host

Justin's Insights

Becoming

Nothing is in a state of Being; everything is in a state of Becoming (from one point of view). T'ai Chi Chih can greatly influence that path of Becoming.

~ Justin Stone in the VFJ Winter 1988

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Chi Reflections

The Painful Beauty of Impermanence ...

As we watch the blossom falling, we see ourselves in it, and we feel the gravity of the moment. ~Leo Babautab

An old day passes, a new day arrives

Old friends pass away, new friends appear.

It is just like the days.

An old day passes, a new day arrives.

*The important thing is to make it meaningful:
a meaningful friend - or a meaningful day.*

~Dalai Lama

Rigidity

*The most rigid structures,
the most impervious to change,
will collapse first.*

~ Eckhart Tolle

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

2016 Events

Oct. 4-7 Santa Barbara, CA TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct. 8 Wheatley UK Student & Teacher Workshop with Sandy McAlister

Oct. 9 Wheatley UK Teacher Preparation Workshop with Sandy McAlister

Contact: Tina Wells tinawells1@ntlworld.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: April Leffler lirpaleff@rcn.com

Oct. 21-24 Near Orlando, FL TCC Silent Retreat with Pam

Contact: Anita Vestal vestala7@gmail.com or Susan Quinn rsusanquinn@gmail.com

Nov 4 - 6 NJ Shore TCC Retreat with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

Nov. 17-19 Albuquerque, NM Seijaku Accreditation with Pam

Contact: Robert Montes de Oca r_montes7769@msn.com

2017 Events

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 20-23 Rochester, MN TCC Retreat with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@q.com

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

Contact: Pam Towne pamtowne@gmail.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 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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