

From: **TCCcommunity** guide@tcccommunity.net
Subject: Sandy's January 2015 T'ai Chi Chih Newsletter [Test Email]
Date: December 28, 2014 at 9:36 PM
To: stephen2816@mac.com
Bcc:



A Newsletter from the Guide of T'ai Chi Chih

Justin's Insights

Tantra promises that every cell in the body can be brought to a point singing with Joy. Those of us who practice T'ai Chi Chih are doing just that. To become jaded and just think of it as "another discipline" is to miss the point. Here are the means; it is up to you to use them.

~Justin Stone

VFJ Winter 1986

THE VITAL FORCE ARCHIVES:

<http://www.taichichih.org/free-archived-past-issues>

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Chi Reflections

A T'ai Chi Chih teacher recently informed me that one of her students desires to become an accredited instructor because of the wonderful benefits he has received through T'ai Chi Chih. This teacher also mentioned that her student was "bothered" when sensations of increased energy circulation occurred and that he stopped practicing when his hands strongly vibrated. This surprised me and I wrote him a note of encouragement, advising that he continue practicing, sensations or not.

Chi is the intelligent, evolutionary energy that nourishes and sustains us. It is not to be feared, but trusted. By working consciously and cooperatively with chi in T'ai Chi Chih practice, we invite a quickening influence to occur within us. The natural process of self-integration through the resolution of restrictive mind-body patterns is stepped up. There can only be gratitude for such a life enhancing opportunity. Anything that enhances the process of mind-body unification is to be welcomed, and T'ai Chi Chih can contribute significantly to this process. Know that the increased circulation of chi not only highlights areas in need of resolution by producing sensations - a symptom of resistance - but that it is an indication of harmonization in progress! In other words, though you may experience a variety of sensations: vibrating, pressure, heat, pain, cold, and mild to intense emotional surges, you are receiving indications that progress toward self-unity is usefully

Feel the Quiet Rhythm

This is the time of year nature seems to be taking a break, laying low. Migrations are finished, hibernations have begun, and plants are resting storing up energy for a spring blooming.

The start of a new year has the feel of a fresh beginning, an opening for trying something new or getting back on track with an abandon project or just looking forward to possibilities. Just as plants are storing up energy for their spring coming-out party, our T'ai Chi Chih practice can be growing our foundation, with stability, clarity, and groundedness, preparing us for what new opportunities may come our way this year.

Often we do our practice for a reason or with a specific intent in mind: we want to calm down or maybe perk up; to relax; get our practice done for the day (obligation); lessen pain or reduce high blood pressure or other physical reasons. We often judge our practice as to how well we followed the principles of softness, continuity, focused grounding, etc. Sometimes we may direct the energy with our concept of where we think the energy is moving or should be moving during a particular movement.

Chi has its own innate wisdom. Allowing it to be free from our constricting thoughts gives it free rein to circulate where it needs to go.

Consider experimenting this month with your T'ai Chi Chih practice. Ask nothing of it, Direct it in no way. Go into hibernation mode and let that feeling permeate your practice. Allow the chi to flow of its own accord, not moved by thoughts. As with hibernation, whether animals or plants, life is still pulsating, and so it is with our practice. Feel the quiet rhythm humming, emanating from the flow of movement and the stillness. Allow the energy to move deeply by creating an open non-constrictive vessel. Move with feeling, awareness, not a calculating demanding mind. No directing, no intention, no desire, no judgment. Allow the flow and balancing of our energy to strengthen our foundation of self-knowing which will support us in our growth.

My wish for us as a community this new year is that we grow in understanding and acceptance. May our T'ai Chi Chih practice support our individual growth and may the positive peaceful energy of our practice ripple outward to be of benefit to all.

Sandy McAlister in Hayward California

Future T'ai Chi Chih Events lead by our Guide or the Teacher Trainers:

March 19-22 Teachers Retreat with Sandy McAlister
Santa Barbara Host: Pam Towne
Email: pamtowne@gmail.com

March 24-27 T'ai Chi Chih Retreat with Sandy McAlister
Santa Barbara Host: Pam Towne
Email: pamtowne@gmail.com

April 19-25 T'ai Chi Chih Teacher Accreditation with Pam Towne
Aston, PA Host: Stacey Moore
Email: slsmot35@gmail.com

May 7-10 T'ai Chi Chih Retreat with Pam Towne
Prescott, AZ Host: Dana Diller
danadillertcc@gmail.com

Materials

Justin Stones materials may be purchased from local T'ai Chi Chih Teachers or through Good Karma Publishing.

www.gkpub.com

★ T'AI CHI CHI PHOTO TEXTBOOK APP

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

★ The app consists of time-lapsed photography of the originator, Justin Stone, performing of all the movements, well as links to some movements on YouTube.

★ Important points about moving correctly are called out and special essays discuss balancing yin and yang, the Tao, the great circle meditation, serenity, studying with teacher, function and essence, the power Chi circulation, body posture and more.

Buy the Android application: [Android app](#)

Buy the application for iPhone, iPad & iF Touch:

[Apple app](#)

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen

www.gkpub.com

And on the CD:

Justin Stone speaks on T'ai Chi Chih:

www.gkpub.com

Sandy McAlister's Seated T'ai Chi Chih DVD:

[Seated DVD](#)

Pam Towne's DVD:

[Serenity in the Midst of Activity DVD](#)

Lessons with Pam via Skype:

[Skype](#)

Prepare for teacher accreditation, or fine tune your practice

continued from my article on the
proceeding.

Regular, daily practice of Tai Chi Chih ensures that self-integration will continue to unfold. This requires a measure of discipline and motivation. Each of us knows that we are here to grow into the limitless potential of our essential identity. And we recognize that by doing so we bring an end to the root of suffering. T'ai Chi Chih is a potent involvement that can bring about the resolution of self-fragmentation and disharmonious living, while opening us to true health and joy.

Steve Ridley VFJ June 1991

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Essential Qualities

And it is only out of the awakened consciousness that humans can manifest those essential qualities—the qualities that are essential to the individual human life and essential to the civilization— which are compassion, which are kindness, which are joy, and creativity, that can only flow out of that state of connectedness. And that's a new world that arises. And the new world that arises depends on, is a manifestation of, that state of consciousness. Because whatever world we create, what we experience as the world is really a reflection of our state of consciousness.

~Eckhart Tolle

Aug. 6-9 T'ai Chi Chih Teacher Conference
Black Mountain, NC
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Two Seijaku Courses
Following the T'ai Chi Chih Teacher Conference in Black Mountain, NC
Seijaku Introductory Course with Dan Pienciak
Hosting/Registrar Daniel Pienciak
Email: wakeupdaniel@aol.com
Detailed Information will be available Jan 1 or 15th.

And
Seijaku Teacher Accreditation with Pam Towne
<http://www.taichichih.org/events/2015/8/9/north-carolina-seijaku-accreditation>
Hosting/Registrar Daniel Pienciak
Email: wakeupdaniel@aol.com

Oct. 16-18 Deep South Workshop with Sandy McAlister
Tupelo, MS
Co-Hosts: Ron Richardson & Stephen Thompson
Email: ron_richardson@comcast.net

Oct. 25-29 Intensive with Sandy McAlister
Philadelphia, PA Host: April Lirpaleff
Email: lirpaleff@rcn.com

Oct.29 - Nov 1 Prajna Retreat with Sandy McAlister
Philadelphia, PA Host: April Lirpaleff
Email: lirpaleff@rcn.com

November 16 - 21, 2015
T'ai Chi Chih Teacher Accreditation with Daniel Pienciak
Albuquerque, NM
Co-Hosts: Mary White and Joyce Veerkamp
Registrar: Joyce Veerkamp
Email: Kujo1955@gmail.com

Other T'ai Chi Chih Events

<http://www.taichichih.org/events>
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.

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.

Other Resources:

Justin Stone's:

DVDs/Videos

Books

CDs/Audios

www.gkpub.com

T'ai Chi Chih on the web:

taichichih.org

facebook.com/taichichih

pinterest.com/taichichih/inspiration

pinterest.com/taichichih

instagram.com/taichichih

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twitter.com/taichichih

flickr.com/photos/taichichih

youtube.com/channel

T'ai Chi Chihcommunity.net

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Plus ...

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 online to and send to: T'ai Chi Chih International Foundation, PO Box 517, Midland Park, NJ, 07432

T'ai Chi Chih Association

www.taichichihassociation.org

Produces a monthly publication - T'ai Chi Chih News.

Sells books from Justin Stone's *Recommended Reading List*.

Hosts Workshops, Intensives and Teacher Accreditations.

The Vital Force newsletter:

[Vital Force Newsletter](#)

The Vital Force Archives:

<http://www.taichichih.org/free-archived-past-issues>

T'ai Chi Chih Guides' Archived newsletter

[Guides' Newsletters](#)

Teachers, Students and Friends of T'ai Chi Chih may have a free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign Up Form found at:

http://tcccommunity.net/Newsletter_Sign_Up_Form.html

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