

From: Stephen Thompson stephen2816@mac.com
Subject: Sandy's December 2018 T'ai Chi Chih Newsletter
Date: August 3, 2019 at 5:51 PM
To: Stephen C Thompson stephen2816@mac.com



Like



Contents:

Sandy McAlister's Message: "Slow Down and Smell the Season," plus "A new face to TCCcommunity.net"

2019 Teacher Conference News

Justin's Insights & Chi Reflections

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Sandy's Message:

Slow Down and Smell the Season

A familiar comment occasionally made by students trying T'ai Chi Chih for the first time is that they have a hard time moving so slowly. Society does rather encourage us to "move it," "get going," "don't hold up the show," "what's taking so long," "hurry up." It's no wonder students are often challenged by the slow pace of the practice.

up. It's no wonder students are often challenged by the slow pace of the practice, but isn't it one of the great life lessons learned from T'ai Chi Chih!

When I've slowed down my practice, I've noticed that I become more aware of all the parts that make up the whole. I have time to feel more, which allows me to stay in the present with greater awareness.

The lesson of slowing down in our TCC practice can be a model for slowing down in our daily lives, especially this time of year. There is so much to enjoy during the holiday season if we don't rush through it. And being patient and moving slowly can have a calming influence not only on ourselves but on those around us.

Practice your T'ai Chi Chih skill of moving slowly in everyday life and realize a far-reaching benefit you never knew existed from learning this practice.

A new face to TCCcommunity.net

If you've not looked at the TCCcommunity.net website recently, I encourage you to do so. Along with new graphics and content, it has been updated with many additional teacher resources. The site is now much easier to read on cell phones and it has been optimized to make it more visible in internet searches.

A big "Thank You!" to Stephen Thompson for his hours of work to keep our community connected and supported through this website.

T'ai Chi Chih Guide, Sandy McAlister



RETURN TO THE CIRCLE

20
19

REMEMBER BEING ENCIRCLED IN CHI IN 2013?

THE MINNESOTA COMMUNITY WELCOMES YOU TO
RETURN TO THE CIRCLE FOR THE
2019 T'AI CHI CHIH® TEACHERS' CONFERENCE

JUNE 27 - 30, 2019

MINNEAPOLIS MARRIOTT SOUTHWEST HOTEL
5801 OPUS PARKWAY
MINNETONKA, MINNESOTA 55343

QUESTIONS: CONTACT CO-CHAIRS: LAURIE JACOBI AND LINDA ZELIG
LAURIE.JACOBI@MSN.COM AND LMZELIG@COMCAST.NET

2019 Teacher Conference News

June 27-30, 2019 — Minneapolis Marriott Southwest — Minnetonka, Minnesota

*'Tis winter now; the fallen snow
has left the heavens all coldly clear;
through leafless boughs the sharp winds blow,
and all the earth lies dead and drear*

and on the earth, his head and feet.

~ Samuel Longfellow

It may be cold and drear, but the excitement of the next international T'ai Chi Chih teachers' conference has the Minnesota crew bustling about, ensuring that your experience will be a warmly embracing "return to the circle."

Two items to consider this month of December—

- Only 60 days left to register early and get early bird discount--\$365 prior to 2-1-2019, \$395 after that date.
- While you're hunting for the perfect gift this holiday season, consider donating an item to one of our gift-sharing opportunities at the conference: live auction, silent auction, and raffle. T'ai Chi Chih teachers bring the most beautiful gifts such as jewelry, art, clothing, and accessories to share with others. And it's always fun to win a prize!

2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

Register online

OR

Register by mail

Do not begin your winter hibernation until you have registered! We have shoveled a path to your easy registration.

Tusen takk!

Laurie Jacobi and Linda Zelig, Co-Coordiators



Justin's Insights

The Reciprocal Character of Mind and Chi

I have often spoken of the "Reciprocal Character of Mind and Chi" ("Prana" in Sanskrit). The character of the Chi greatly influences our State of Mind, and our State of Mind greatly influences "our" Chi. How can we break into that circle to change influences for a more desirable effect? We do T'ai Chi Chih, circulating and balancing the Chi. As the Yin-Yang elements are brought into better balance, this not only balances the Chi but it also influences how we think. Ultimately we are what we think; this creates our Karma.

The state of someone's Chi creates "vibes." as we all know. Sometimes we meet someone and get "bad vibes" when that person's Chi is out of balance. We can't explain it – and we often ignore it – but we are reacting to that individual's energy field. Such reactions are usually reliable.

By changing the quality of the Chi (thru TCC practice) we are actually performing the deepest Yoga, going back to the cause and erasing it so the affect will be improved or will disappear. This is, in a sense, "de-hypnotization."

In this respect TCC has the same deep purpose as Yoga and Zen, but it is a much easier practice. Few are capable of following either Zen or Yogic life to their deepest levels, particularly in our busy society. But we can practice TCC and have the deepest Spiritual effect on ourselves.

~ Justin Stone

Reprinted with permission from The Vital Force, Fall, 1987

To download older issues of The Vital Force for free [CLICK HERE](#)

Chi Reflections

Mind-Body

Tai Chi does not mean oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind body together as one process.

~ Chungliang Al Huang

Mind-Body-Spirit

Tai Chi brings together the body, the mind, and the spirit. When it's done correctly, it almost feels like it's floating because the mind communicates with the energy and

almost feels like it's floating because the mind communicates with the energy and the energy moves the body rather than the mind communicating with the muscles and the muscles moving the body.

~ Richard Jesuits



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training

(Accreditation) with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 31-June 6, Aston, PA TCC Teacher Accreditation with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 27-30, 2019 Teacher Conference, Minnetonka, MN.

Contact Co-Hosts:

Laurie Jacobi LaurieJacobi@msn.com

Linda Zelig lmzelig@comcast.net

June 30-July 2, 2019 Post Conference Seijaku, Minnetonka, MN.

Contact: Daniel Pienciak wakeupdaniel@aol.com

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak

Contact: Pam Towne pamtowne@gmail.com

Aug. 20-23, 2019, Aston PA T'ai Chi Chih Teacher's Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523(C)

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.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

[inquiries: pam@tai-chi-chih.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](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle 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: [click here](#)

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 gentle meditation and its benefits: effective, body, mind, and spirit.

form or moving meditation and its benefits affecting body, mind, and spirit.

©2018 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by [Mad Mimi](#)®
A GoDaddy® company