

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's December 2019 T'ai Chi Chih Newsletter
Date: December 1, 2019 at 3:01 AM
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Mission Statement

Cultivating Preparation

This is the time of year for those big holiday meals, full of family, friends and food. A lot of preparing goes into the gathering: planning of the menu and who's bringing what, cooking, decorating, a bit of dressing up, getting to and from locations, remember names, cleaning before and after should it be at your house. It is through thoughtful preparation ahead of time that we can sit down and enjoy the company of our family and friends.

So it is with our T'ai Chi Chih practice. If we prepare ourselves and the movement space before we begin, what follows will flow smoothly.

Before beginning my practice, I take a few moments or minutes to mentally and physically prepare.

Mentally: I feel the place where I am. I feel the space around me. I feel the ground under my feet. I feel the air on my hands, arms, face. These awareness's help me become present to the moment.

Physically: I notice my breathing, the movement of my body expanding, and then letting go as the air slides out. I consciously soften muscles. As the knees let go, slightly bending, I feel my whole body sinking downward and a feeling of weightiness settles in my legs and feet. My feet feel rooted to the earth. I become aware of my alignment, from my tailbone up my spine to the top of my head. In one cohesive moment my body feels rooted and solid in my legs and feet, while being drawn upward to a softness and lightness in the upper body.

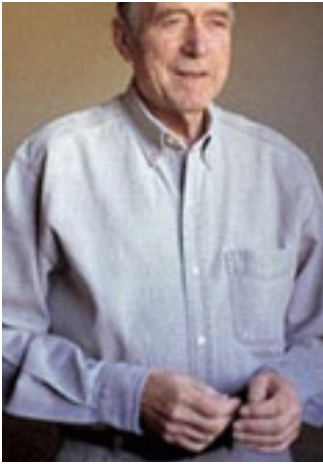
NOW I am ready to practice. And each time I come into stillness at the end of each set of repetitions, I can quickly reengage the awareness I cultivated at the beginning. I can allow my movements to flow from a place that is unrestricted, not cluttered physically or mentally. I have prepared the way and the practice is joyful.

May we all enjoy the loveliness of this season.

~ T'ai Chi Chih Guide, Sandy McAlister



**** Justin's Insights**



Bring The Heart Fire Down As Chi Circulates

The practitioner must keep his or her concentration in the soles of the feet (easy) or on the spot two inches below the navel (more difficult) while doing the movements. The “Heart Fire” (the yang of the heart, corresponding to the yang of the sun) should be brought down; otherwise the yin of the kidneys (corresponding to the yin of the moon) will rise. It is not desirable to have the water section floating

upward. The great benefits in health, increased energy and serenity come from bringing the Heart Fire down as the Chi circulates. When the reader becomes familiar with the practice, these points will become clear.

...

To say that practice, preferably daily practice—early in the morning seems the best time, but some people also do it late in the afternoon—is necessary is to point out the obvious. But that practice must be done softly and continuously, preferably at a slow pace. If you rush you will cut the movements short. The yinny and yanggy, the bending of the knees and the shift of weight to the bent knee (a slow, steady shift) is all-important, but it must be done softly and evenly.

~ Justin Stone [**Important Points on Moving**

Correctly]<https://justinstonetcc.com/joy-thru-movement-photo-text/important-points-on-moving-correctly/>)

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Chi Reflections

Cultivation

The height of cultivation runs to simplicity.

Halfway cultivation runs to ornamentation.

~ Bruce Lee

Heaven and Earth

If people can master the path of purity and serenity, that is most excellent. If people can always be pure and serene, then heaven and earth will resort to

..

them.

[Commentary: This "heaven and earth" do not mean external sky and ground. It refers to heaven and earth in the body. Above the solar plexus is called heaven, below the solar plexus is called earth. If the energy of heaven descends and the vessel of earth opens, so that there is harmony above and below, then vitality and energy spontaneously stabilize.]

~ Taoist scripture

Maybe you are searching among the branches for what only appears in the roots.

~ Rumi

Tai Chi and Qigong

When you cultivate balance and harmony in yourself or in the world – that is Tai Chi.

When you work and play with the essence of energy of life, nature and the universe for healing, clarity and inner peace – that is Qigong.

~ Roger Jahnke, O.M.D.



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2020 Events

Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

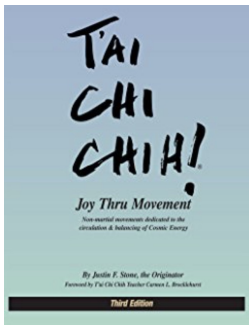
May 29-June 4, 2020, Aston, PA TCC Teacher Accreditation with Daniel Pienciak
Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

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

By releasing 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 Materials [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:

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

1534 Wagon Train Dr. SE

ABQ, NM 87123

Web Resources:

T'ai Chi Chih's originator Justin Stone's website: [click here](#)

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 11, Norwood, PA 19074

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](#)

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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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