

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's December 2021 T'ai Chi Chih Newsletter
Date: December 1, 2021 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message:

I Did Not Want To Become A Teacher!

I did not want to become a teacher! But I did want to increase my experience with T'ai Chi Chih and take my practice to another level. In 1985 there were few teachers of T'ai Chi Chih, no workshops, no retreats, and the only way to study with Justin Stone was to attend a Teacher Accreditation course. My teacher encouraged me to go. Again, I had no intention of becoming a teacher, I just wanted to study with Justin. I'm guessing my teacher saw some potential in me and mentoring that, prepared me for Teacher Accreditation, and well, as they say, the rest is history.

These past two years many of us have had to adapt, adjust, reinvent, and try new ways of connecting, teaching, and learning. I would encourage teachers to continue exploring new ways to teach classes. Try new class formats, use different quotes and teaching materials. You might ask students to take a more active role in their learning, to explore T'ai Chi Chih websites and online videos, maybe asking them more questions or have them share their experience of class that day. If, as a teacher, you feel a student has potential to stretch themselves, then encourage them, just as my teacher did with me. Students are sometimes hesitant to ask for clarification or voice what they might consider a personal observation or to ask a question which they feel only pertains to them. But often student's questions help the teacher focus the direction of the class and their teaching that day. Students, speak up! Your teacher wants to know what's on your mind.

Not everyone is meant to become a T'ai Chi Chih teacher but there may be students who need just a bit of encouragement to take their practice to the next level. I feel as teachers we have an obligation to encourage, mentor, cajole and nudge those students we see have potential to become T'ai Chi Chih teachers. We all love this practice and see the value in sharing it. The more teachers there are, the richer and more beautiful is the fabric of our community.

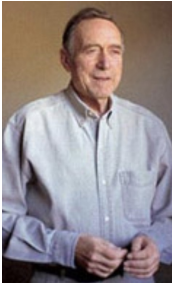
- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice & Discussion

On Dec. 13 our T'ai Chi Chih community's teachers will come together on zoom for our Second Saturday of the month get together. After practice our discussion will be, "If you teach the movements out of order, why?" For instance, I teach the 6 Healing Sounds, which is our last movement, in the fourth class. Why? Come Saturday to find out. Do you teach all the Taffies the same day or over

several classes, Why? Other thoughts? It should be an interesting discussion topic. Come join us if you can!

[Note: Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.]



Justin's Insights

Don't Push

Do not push. It will come of its own accord if it were meant to come at all. How we struggle to manipulate that which can not be manipulated.

~Justin Stone, *Abandon Hope* Reprinted with permission from the copyright holder (K Grant)

Finding Meaning

We have a duty to find meaning in this very life, this present existential situation - this requires a disciplined mind.

~Justin Stone, *Climb the Joyous Mountain: Living the Meditative Way* Reprinted with permission from the copyright holder (K Grant)

Chi Reflections

Mental Gift of Clarity

"The practice of T'ai Chi Chih provides so many physical, emotional, and spiritual benefits. As I learned to accept these gifts unconditionally, I was surprised to find that the mental gift of clarity was also included in the benefits package. Beginning my practice I focus on letting go of the day's chaos, challenges, and unresolved problems....

"After the practice is complete, I realize that answers to questions have appeared, realizations are more acute, and understandings of people, situations and my own self are deeper and more profound....They come with unusual clarity....It is now as if a fog has lifted to uncover a crisp blue sky, warm glowing sunshine, and the clear bubbling stream of life. TCC provides access to the subconscious, the inner self. It is where answers reside, where clarity makes its presence known." ~Deb Bertelson, TCC teacher, Maplewood, MN

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T'AI CHI CHIH EVENTS

LED BY THE GUIDE, TEACHER TRAINERS & ASSISTANT TEACHER TRAINERS

2021 Events

Dec. 3-5, 2021 Cultivating Cosmic Consciousness Workshop Online with April Leffler

Contact: [Email April Leffler](#) or call 610-809-7523 *Sign up deadline Dec. 1*

2022

March March 4,5,6,12 & 13, 2022 T'ai Chi Chih Intensive Online with April Leffler

Contact: [Email Kathleen McAllister](#) or call 610-308-4846

Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister
IN PERSON at Prince of Peace Abbey, Oceanside, CA

Contact: [Email Pam Towne](#) or call 760-421-7589

Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT

Earth Day T'ai Chi Chih & Seijaku Retreat on ZOOM with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732-988-5573

May 5-8, 2022 TCC Retreat with Pam Towne

IN PERSON at Chapel Rock, Prescott, AZ

Contact: [Email Pam Towne](#) or call 760-421-7589

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.



T'AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

MONDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

Anita Vestal T'ai Chi Chih for Everyone 5-5:50 pm Eastern, live in Tampa and virtual. Register at least two hours before class at bit.ly/abrahamsfitness \$7 by credit/debit card

TUESDAYS

Daniel Pienciak Seijaku on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/4, 1/18, 2/1, 2/15, 3/8, 3/22 NO Class 3/1.

Seijaku guided practice with meditation. Contact Daniel for details/zoom information/cost.

[Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/11, 1/25, 2/8, 2/22, 3/15. NO Class on 3/1.

TCC guided practice with teaching. Contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Anita Vestal T'ai Chi Chih for Everyone 10 -10:50 am Eastern, live in Tampa and virtual. Register at least two hours before class at bit.ly/abrahamsfitness \$7 by credit/debit card

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 474 422 020

Meeting ID: 1/1 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

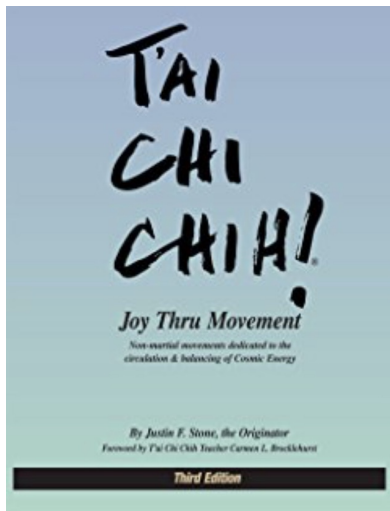
FRIDAYS

Pam Towne Ongoing Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

Contact: [Email Pam Towne](#) or call 760-421-7589



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction (plus separate 30- and 45-minute practices) streamed digitally. [Click here for lifetime access](#)

100% of your subscription allows [Justinstonetcc.com](#) to remain available online.

For Justin Stone's Other 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: [Email Pam Towne](#) 760-421-7589

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:

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

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](#)



Mission Statement

The International Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai 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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