

From: Tai Chi Chih Community newsletter@tcccommunity.net
Subject: Sandy's December 2023 T'ai Chi Chih Newsletter
Date: December 1, 2023 at 10:10 AM
To: stephen2816@comcast.net



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Justin Gifted Us More Than T'ai Chi Chih

Thank you, Janet Starr, for posting the Happy Birthday Justin reminder on the teacher circle Facebook page. It took me back to all the Novembers when I was in Albuquerque.

Often there was a Teacher Accreditation scheduled during the same time as Justin's birthday. Those attending the Accreditation could then also attend and participate in the joyous the birthday celebration that the TCC Albuquerque center put on for Justin. I attended many of those celebrations even when I was not part of the Accreditation.

At this time of year of remembrances, on many levels, for family, friends, our life's journey, and gifts, it seems only fitting that Justin Stone is a big part of that.

May his life's journey be remembered considering the many lives he touched in many ways beyond the practice of T'ai Chi Chih.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

On Saturday, December 9 our T'ai Chi Chih community's teachers will connect on Zoom for our Second Saturday of the month practice and discussion.

Discussion: In what way has Justin Stone affected or touch your life beyond TCC?

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern
Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation: In 2024 there will be 3 Intensives (a prerequisite for the Accreditation course), one in PA, one in CA, and one on zoom. Two Teacher Accreditations will be held in-person: one in CO and one in PA.

Intensives are \$300 and Teacher Accreditation are \$650.



2024 T'ai Chi Chih Teachers' Conference

July 25 - 28, 2024

We are just eight short months away from the highly anticipated in-person T'ai Chi Chih Teachers' Conference in Albuquerque, New Mexico. Thank you to all those who have already reserved their rooms at the Albuquerque Marriott Pyramid and have registered for the event.

All registration, hotel, and conference information can be found on the [T'ai Chi Chih website](#). Please follow [this link to read all about the conference](#), [reserve your room](#), and [register](#) to take advantage of the discounted conference rate before it increases after Jan. 31st.

We already have at least 22 teachers who have booked their hotel rooms and the Planning Committee is well on its way to meeting the financial commitment to the venue. We are also excited that many of you are extending your visit by using the discounted shoulder night rate of \$124 per night that we arranged with the Marriott. This can be used before, or after, the conference. This affordable rate offered by the Marriott can also be cut in half to save expenses if you decide to share a room. (See details at the registration link provided above).

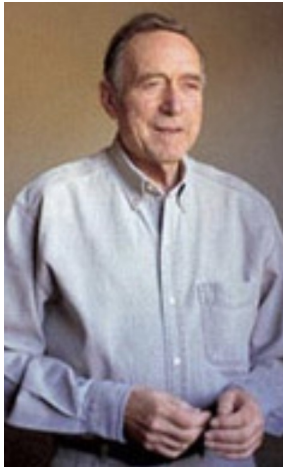
Our conference begins at 4:00 PM MDT, Thursday, July 25, 2024 and concludes at noon on Sunday the 28th . The Early-bird conference rate of \$465 lasts until January 31, 2024, after which it increases to \$495.

If you need some assistance in reducing the cost to attend, the T'ai Chi Chih International Foundation scholarship fund can reduce your registration fee by \$250, selected when you register.

The 2024 Conference theme is "There is only one thing going on...". This builds on Justin's talk at the 2005 Teachers' Conference which we reviewed during this year's

“Remembering Connection” conference. Consider what this statement means to you, and come to share your insights in July!

Questions can be directed to guykent@yahoo.com or 505-515-8546.



Justin's Insights

The Mystery of MYO

”These days one hears a lot about enlightenment, generally, I believe, it is thought that ‘enlightenment’ is a super-intellectual state where the brain has great knowledge and knows many answers (or concepts). Nothing could be further from the truth; it has nothing to do with I.Q. rating or knowledge assimilated. When the individual energy (Chi) merges with the Universal Energy (Chi), something acts through one, and that something is infallible.

“This is Prajna, the Inherent Wisdom. Give it theological terms if you will. Just as my Zen teacher said, ‘Love is Manifestation,’ so is ‘enlightenment’ known by this manifesting, not by words, phrases, logic or dialectics.

“In his fine book, Zen and Japanese Culture, D.T. Suzuki speaks of Myo, which he says is a hard word to define. ‘It is a certain artistic quality perceivable not only in works of art but in anything in nature or in life. The sword in the hands of the master swordsman attains this quality when it is not a mere display of technical skill ... for Myo is something original and creative growing out of one’s “unconscious.”

“(I wish he wouldn’t use Western psychological terms.) What he is referring to, of course, is the action propelled by Prajna, not one’s discriminating consciousness.

“The fencer, the swordsman whose life depends on instantaneous reaction far more rapid than mental response - intuitive sensing, if you will - and the jazz pianist, who has no time to think as he improvises, all cultivate something far beyond necessary technique. It is not enough to be a mere technician, no matter how skilled. When one goes beyond technique, it is Myo, the great

mystery. It is the reason enlightened Zen men tend to be artists, poets, etc., all on a spontaneous basis, the manifestation of enlightenment.

- Justin Stone, Vital Force June 1991

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Chi Reflections

Look Not Without ... But Within!

"The teacher who is wise does not bid you to enter the house of his wisdom but leads you to the threshold of your mind."

- Khalil Gibran

Find Your Center

"Be still and discover your center of peace.

Throughout nature the ten thousand things move along, but each returns to its source.

Returning to center is peace.

Returning to one's roots is known as stillness."

- Lao Tzu



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2023

Dec 15, 16, 17, 2024 Seijaku-Meditation Retreat with Daniel Pienciak. Seijaku practice, guided meditations, Turiya meditation. Friday 1 to 3 p.m., Saturday 11 a.m. to 1 p.m. and 2:30 to 5 p.m., Sunday 11 a.m. to 1:30 p.m. Eastern Time. Contact: [Email Daniel Pienciak](mailto:Daniel.Pienciak@seijaku.com) or call 732 988 5573.

2024

RESCHEDULED to Spring 2024, Dates TBA Seijaku Teacher Accreditation with Pam Towne

on Zoom, [Info flyer & Registration Form](#)

Contact: [Email Pam Towne](mailto:Pam.Towne@seijaku.com) or call 760-421-7589

April 3, 4, 5, 6, 7, 2024 TCC Intensive In-Person with April Leffler

Daylesford Abbey, Paoli, PA

Contact: [Kathleen McAllister]

(Mailto:tccteacher555@gmail.com) or call 610-308-4846

May 7, 8, 10, 11, 2024 TCC Intensive Online with Daniel Pienciak

Contact: [Email Carolyn Pogwist](#) or call 973 626 2628.

June 17-21, 2024 TCC Intensive with Pam Towne

Prince of Peace Abbey, Oceanside, CA

Contact: [Marie Dotts](#) or call 970-412-9955

July 25, 4pm - July 28 noon 2024 Teacher Conference

Marriott Pyramid in Albuquerque NM

September 16-22, 2024 Teacher Accreditation with Sandy McAllister

Daylesford Abbey, Paoli, PA

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

October 28-November 3, 2024 Teacher Accreditation

with Sandy McAlister

Franciscan Retreat Center, Colorado Springs, CO

Contact: [Marie Dotts](#) or call 970-412-9955

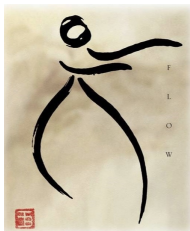
Autumn 2024 Seijaku Teacher Accreditation with Pam Towne

On Zoom

Contact: [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

IN-PERSON WORKSHOP EVENTS

LED BY TEACHERS

2024

March 15-17 2024 ICC In-Person Workshop with Jessica Lewis

Tupelo, MS

Contact: [Ron Richardson]

([Mailto:ron80richardson@gmail.com](mailto:ron80richardson@gmail.com)) or call (662) 255-4994



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

MONDAYS

Linda Jones European T'ai Chi Chih Practice every other week from 5am to 6am (Dec. 11, 25; Jan. 8, 22; Feb. 5, 19; Mar. 4, 18.) Eastern Standard. Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Lisa Stroyan Community T'ai Chi Chih - This guided practice class, with a focus on deepening energy flow, is popular with students, teachers, and candidates; all are welcome to follow along. Come try it out for free; then charitable donation is suggested. Meeting Mondays weekly at 9 PT/10 MT/11 CT/12 ET [Click here for new ZOOM link](#) Meeting ID: 913 1791 5664 no passcode

Contact: [Email Lisa Stroyan](#) / [Lisa's website](#)

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

12:00-1:00 PM EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Tuesday

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on 6 Tuesdays, 1 to 2:30 p.m. ET 9/26, 10/10, 10/24, 11/14, 11/28, 12/12, Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost. [Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. ET, 10/3, 10/17, 11/7, 11/21, 12/5. TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and Seijaku Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Paul Ciske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional short silent meditation. Charitable donation appreciated. [Click here](#)

[to Register](#)

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

Wednesdays 10 - 12pm PDT, \$35/month

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

You are invited to come as my guest to one class for free to see if you'd like to join.

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

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC

Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Linda Jones European T'ai Chi Chih Practice TCC every other week from 5am to 6am (Dec. 14, 28; Jan.11, 25; Feb. 8, 22; Mar. 7, 21) Eastern Standard Time (USA)

[Click here for ZOOM](#)

Meeting ID: 863 2548 7741

Passcode: 671782

Contact: [Linda Jones](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Richard P Karasik T'ai Chi Chih Class + Full Practice on Zoom

9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. Drop-ins welcome. Next series starts on Sept 8 2022. [Email Richard](#) for handouts, and class updates.

[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Thursday

Lorraine Lepine Seijaku class, starting January 4th till March 28, 2024, from 4 pm till 6:30pm (Central Time)

This is an integrative Seijaku class for the body, mind and Spirit.

Contact: [Lorraine Lepine](#) for information and registration

[Click here for the Zoom](#)

Passcode: HelloTCC23

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels

Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. [Click here to get the Zoom link and pay.](#)

Drop-in suggested donation \$10-\$15. First class is free.

Contact: [Email Linda Prosche](#) or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC

Fridays 10:30 - 11:45am PDT, \$25/month

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

You are invited to come as my guest to one class for free to see if you'd like to join.

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

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

SATURDAYS

Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice

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

SUNDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Sunday 9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time)

[Click here for ZOOM](#)



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](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD [Email Sandy McAlister]
(mailto:mcAlister19@comcast.net)

Zoom Lessons with Pam: [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](#)

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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 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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