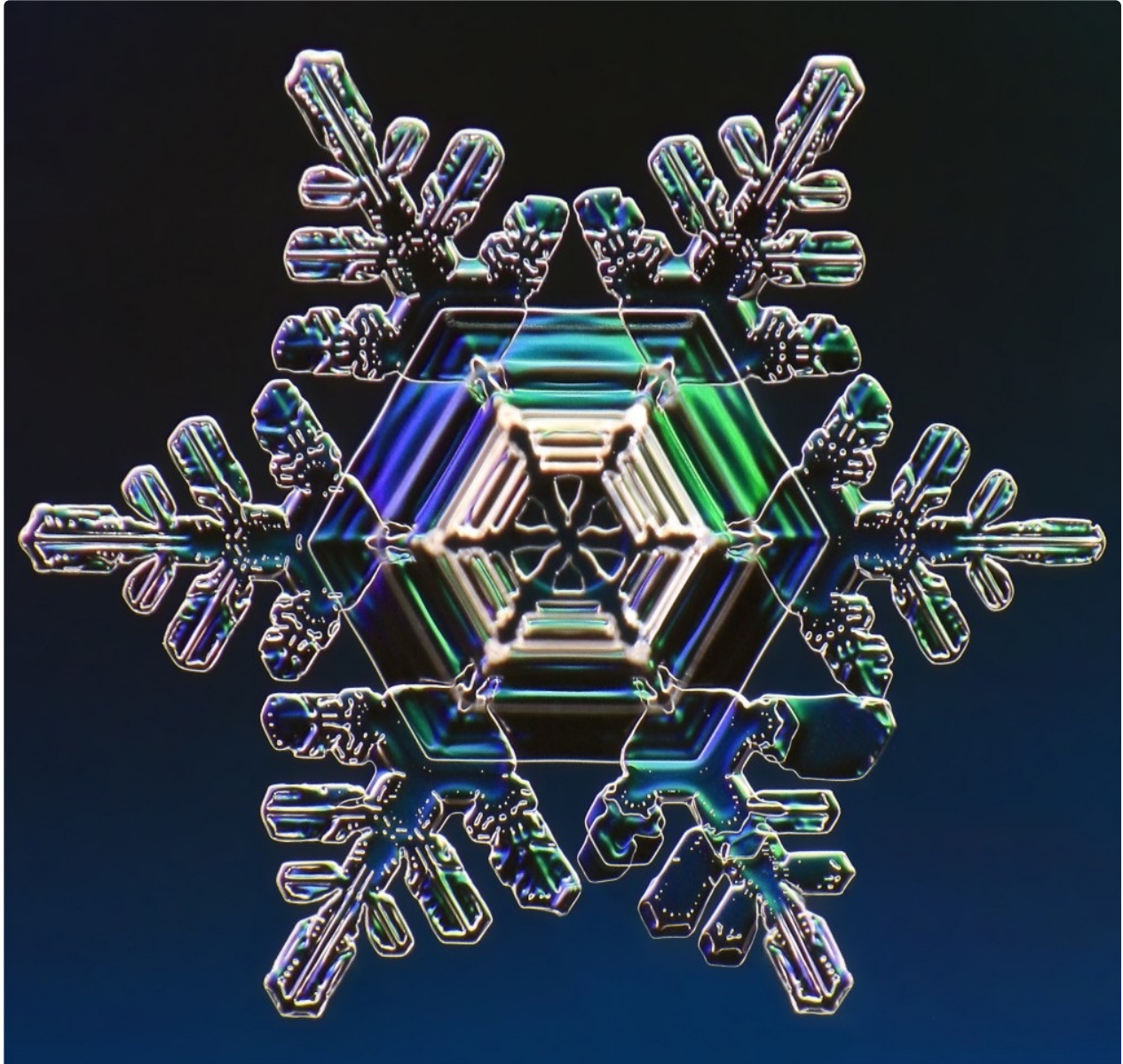


**From:** Stephen Thompson newsletter@TCCcommunity.net  
**Subject:** Sandy's January 2021 T'ai Chi Chih Newsletter  
**Date:** January 1, 2021 at 3:02 AM  
**To:** stephen2816@comcast.net



Like



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**Mission Statement**

## **Sandy McAlister's Message:**

### **Surrendering to Transformation**

*Nature does it all the time, surrendering to transformation. Sometimes that transformation is soggy and messy, sometimes slow and minute, sometimes bold and beautiful. What has your transformation been like this year?*

*We have all been forced into changes in 2020. Was our surrendering easy and matter-of-fact, or painfully grasping. Did it create transformation or just temporary changes?*

*Surrendering to Transformation was one of the proposed themes for the 2021 conference and it got me thinking. Transformation is more than just change. It is about growing, developing, moving forward in life and most likely it can't happen without some letting go. It is that letting go, that surrendering, that allows for transformation. Maybe it should be surrendering FOR transformation.*

*The definition of Transformation in linguistic terms: a process by which an element in the underlying deep structure of a sentence is converted to an element in the surface structure.*

*Applying that to the human experience, when we allow for transformation by surrendering or letting go we allow for something deep inside, our true nature to surface.*

*When we practice TCC we are letting go, and we all feel the transformation that happens within us. We are more peaceful, more this, less that. It's different for each of us, yet we all feel transformed for a time. The more we practice that transformation becomes a constant.*

*May the new year be filled with transformation whether it be messy, slow and minute, or bold and beautiful. And we are a part of the transformation, for as we change the world around us changes. If we learn nothing else from our TCC practice, letting go and staying grounded is enough. Staying grounded in the midst of change allows for a smooth transition. And isn't TCC about smooth transitions. It is all connected. One piece flowing into the next, without constriction when we can let go, be grounded, and centered in awareness.*

*Bring it on New Year. WE are grounded and ready!*

*~ T'ai Chi Chih Guide, Sandy McAlister*



~ Krishnamurti

## Sacred Silence

Alternation between movement and rest is found frequently in life. In the daytime we are up and moving. But at night we sleep. The heart beat is regular, but rests briefly in between each beat. In breathing there is a slight pause of quiet and rest after each inhalation and exhalation. We have heard it said that we should move like a river but rest as a mountain.

It is in the rest position in T'ai Chi Chih practice that we replicate the stillness and silence in the natural order of life. In an early Chinese classic text, the earth has been identified with stability, immobility, motherhood, the center, and the calmness of origin. In rest we concentrate on the soles of the feet. The body sinks, firmly rooted to the ground. We adopt the nature of earth.

For me, the rest position, the reuniting of the yin chi and the yang chi, can be indeed a spiritual moment. It is then when I can experience in my own body and mind the scriptural proscriptions "beside the still waters", "be still and know that I am God", and "peace be still".

Coming into the rest position softly, with a graceful conclusion and a deep breath, are auspicious ways to prepare body and mind for glimpses of this sacred silence.

~ Michael S. Isaacs - **Spiritual Dimensions of T'ai Chi Chih**



## T'ai Chi Chih Events

### Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

## 2021 Events

**Jan. 6, Online Weekly Seijaku Practice on Wednesdays** with Pam Towne

Contact: **Email Pam Towne** or call 760-421-7589

**Jan. 15 thru Feb 19 (6 Fridays) 11 a.m. EST Ongoing TCC** with Daniel Pienciak

Contact: **Daniel Pienciak** or call 732 988 5573

**Jan 11 thru Feb 15 (6 Mondays) 11 a.m. EST Begin or Review, TCC** with Daniel Pienciak

Contact: **Daniel Pienciak** or call 732 988 5573

**Jan. 21 - Mar. 4, Online Seijaku Beginning Class** on Thursdays with Pam Towne

Contact: **Email Pam Towne** or call 760-421-7589

**Jan. 23, Online Seijaku Workshop** with Pam Towne

Contact: **Email Pam Towne** or call 760-421-7589

**March 11 - 14 3:30 p.m. Thursday thru 1:30 p.m. Sunday EST Seijaku Meditation Retreat** with Daniel Pienciak

Contact: **Daniel Pienciak** or call 732 988 5573

**Mar 19 thru Apr 2 (3 Fridays) 10:30 a.m. to 1 p.m. EST Begin Or Review: Seijak & Meditation**  
with Daniel Pienciak  
Contact: [Daniel Pienciak](#) or call 732 988 5573

**March 18-21, Online Teachers Retreat** with Sandy McAlister Contact: [Email Pam Towne](#) or call 760-421-7589

**March 25-28, Online TCC Retreat** with Pam Towne  
Contact: [Email Pam Towne](#) or call 760-421-7589

**April 22-25, Online TCC Intensive** with Sandy McAlister  
Contact: [Email April Leffler](#) or call 610-809-7523

**May 6-9, TCC Retreat either in Prescott, AZ or Online** with Pam Towne  
Contact: [Email Pam Towne](#) or call 760-421-7589

**June 8, 15, 22, 29 & July 13, 20 (6 Tuesdays) 3:00-6:00pm EST T'ai Chi Chih Online Teacher Prep via Zoom** with April Leffler  
Contact: [Email April Leffler](#) or call 610-809-7523

**June 19-21, Online Seijaku Teacher Accreditation** with Pam Towne  
Contact: [Email Pam Towne](#) or call 760-421-7589

**June 24-27, 2021 Teacher Conference on Zoom** Save the dates. Info to follow.

## 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 PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

### MONDAYS

**Lisa Stroyan** Free "deepening" class/practice on zoom, all levels welcome  
9:30am MST Practice at 10am

[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](#)

## TUESDAYS

**Jessica Lewis** TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST January 12 - March 16 (no class Jan. 19)

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

## WEDNESDAYS

**Daniel Pienciak** TCC Ongoing Practice Class: Wednesdays beginning Jan. 27 11 a.m. EST

Contact: **Daniel Pienciak** or call 732 988 5573

**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: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

**Margery Erickson** Seijaku for accredited teachers and serious students who are familiar with all the moves. These practices will be held regardless of whether Margery is present. Teachers Accredited in Seijaku take turns leading.

11:30am to 12:30pm Eastern (8:30am to 9:30am Pacific)

Meeting ID: 815 1921 2028

Passcode: joyjoyjoy

[Click here for ZOOM](#)

**Lisa Stroyan** Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

## FRIDAYS

**Margery Erickson** For accredited teachers and serious students who are familiar with all the moves. This will be a silent practice. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)



## Links to Resources & Materials

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[Justin Stanch: T'ai Chi Chih individual movement](#)



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](http://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](mailto: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](#)**

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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.*