

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's July 2023 T'ai Chi Chih Newsletter
Date: July 1, 2023 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



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A Great Opportunity and Call for Support

Great news for T'ai Chi Chih. Anita Vestal and Jessica Lewis will be presenting a 20 minute experiential workshop this September at "The Science of Tai chi and Qigong as Whole-Person Health Conference". The conference is hosted by Harvard Medical School and Osher Center for Integrative Medicine.

The title of their presentation is, "T'ai Chi Chih: Effective & Adaptive in Research & Practice". Images of T'ai Chi Chih being taught to various populations and adaptive T'ai Chi Chih will be shown during their presentation.

Please support this amazing opportunity for T'ai Chi Chih by sending images/videos that might include groups of individuals, live or virtual, of various backgrounds, genders, ages, and races, from the totally mobile to the completely immobile to [Jessica Lewis](#). Please be sure to have permission. [Email Jessica](#) if you need a photo release.

We wish Anita and Jessica a fruitful, flowing, and fabulous presentation and look forward to hearing from them in the October newsletter following their presentation.

T'ai Chi Chih Guide, Sandy McAlister

Second Sat. July 8th. Practice & Discussion

On July 8th our T'ai Chi Chih community's teachers will connect on Zoom for our Second Saturday of the month practice and discussion.

Discussion: Light at the Top of the Head Light at the Temple.

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 2023 all Intensives (a prerequisite for the Accreditation course) and Accreditations will be on Zoom. We hope to move to in-person courses in 2024 but continuing with at least one Intensive on Zoom each year.

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



2023 T'ai Chi Chih International Teachers Conference

August 11 - 13, 2023

Remembering Connection is our theme for 2023, as we come together to share our Chi in a virtual conference. We will hear from and move with a wide variety of teachers excerpted from previous conferences and other videos. We will have different types of breakout sessions to talk, connect and move together. We will even hear from and practice with Justin. Let's remember how the practice of T'ai Chi Chih connects us on the journey to experience more, while doing less.

Conference registration is open to all accredited teachers until August 1! The cost to attend the virtual conference is a suggested donation of only \$75. International T'ai Chi Chih Teachers living outside of the USA are invited to register at no cost. Scholarship funds are available to assist any teacher with donation support. Register and donate now for the Zoom conference using this link: [2023 T'ai Chi Chih International Teachers Conference](#).

Follow the detailed instructions on the registration website for making your donation. **Hurry to register before the fast-approaching August 1 cutoff.** Access to all of this year's conference videos requires prior registration even if you cannot attend the scheduled zoom sessions but want to view videos later.

All teachers are welcome! Come and have fun with us, uncover connections and enjoy the *Joy Through Movement*®.



Justin's Insights

[Three Steps on the Way](#)



In my view, there are three things to be done (realized): To recognize, deeply feel, and accord with Impermanence. Then, and only then, is it possible to find out Who and What we are (transcending Impermanence). Finally, after realizing the above two, to go into the Marketplace and work with people. This is 'merging Sense with Essence'. From my standpoint, these are the three steps on the Way. Techniques will vary, but the objectives are the same. And, in these ways, we transcend 'Greed, Anger, and Delusion'. Eternity is in this moment.

~ Justin F. Stone, TCC Originator Vital Force March, 1992

_Reprinted with permission from The Vital Force

Chi Reflections

Water

Where there are mountains, there are mountain streams, and many Zen sayings refer to the fluid movement of water. In fact, that movement -- or the movement of something floating along on the moving water -- illustrates a basic concept of Zen. Water flows freely: a ball tossed into a mountain stream floats along, bobbing and moving from side to side, without hesitation, without interruption. It's obvious that the ball isn't thinking about where it's going, and it's equally obvious that the ball is making good progress along the stream. It's as though the ball had its eyes closed and moved without reflection along the current of the stream, finding the right way naturally. And from there it's a simple step to seeing the flowing current as the stream or road of life, and the ball then becomes you or me, making our way through life.

... Learn to move like that ball in the stream -- without reflective thought and by intuition alone. (Let your) movements be fluid and unhesitating (as the) stream flows on and on.

~ Chuck Norris in THE SECRET POWER WITHIN - Zen Solutions to Real Problems

A Peaceful Healthy Mind

The Great Way is not difficult for those who have no preferences. When love and hate are both absent everything becomes clear and undisguised. Make the smallest distinction, however and heaven and earth are set infinitely apart.

If you wish to see the truth then hold no opinions for or against anything.

To set up what you like against what you dislike is the disease of the mind.

When the deep meaning of things is not understood the mind's essential peace is disturbed to no avail.

~ Chien-chih Seng-ts'an in Verses On the Faith Mind

Translated by Richard B. Clarke



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

MONDAYS

Lisa Stroyan Mondays All Levels T'ai Chi Chih is ON HOLD for the summer; contact Lisa (link to lstroyan@gmail.com) to get on the list for impromptu practice opportunities.

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](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on alternating 3 Tuesdays, 1 to 2:30 p.m. EDT, 7/18, 8/1, 8/15. 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. EDT will resume on 10/3. TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

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

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](#)

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](#)



T'AI CHI CHIH EVENTS

LED BY THE GUIDE, TEACHER TRAINERS

2023

July 11, 25, Aug 8, 22, Sept 12, 26, Preparation Course for Teacher Accreditation on Zoom with Daniel Pienciak, 6 Tuesdays, 1 p.m. to 4:15 p.m. Eastern. Contact: [Email Daniel Pienciak](#) or call 732-988-5573 for details and registration.

August 11-13 T'ai Chi Chih International Teachers Conference

[Register and donate now for the Zoom conference by using this link.](#)

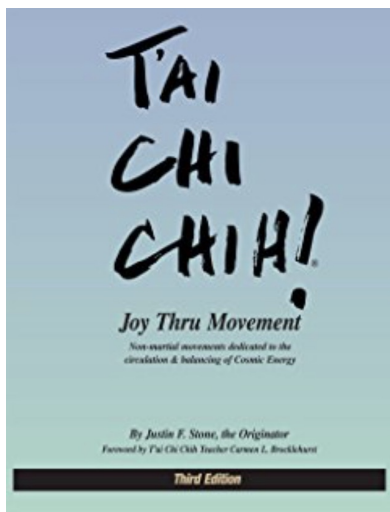
Sep. 16 to Oct. 28 Seijaku Intro or Review On Zoom with Pam Towne
6 Saturdays, 10 a.m. to 12:30 p.m. Pacific. skip Sep. 30
Contact: [Email Pam Towne](#) or call 760-421-7589 for details and registration

September 29, 30, October 1, 3, 4, 6 & 7 2023 Teacher Accreditation with April Leffler
Contact: [Email Lisa Stroyan](#) or call 970-481-9733

Nov. 4-6, 2023 Seijaku Teacher Accreditation with Pam Towne
on Zoom, [Info flyer & Registration Form](#)
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.



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](#)

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](#)

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 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.



T'ai Chi Chih is a federally registered trademark of Kim Grant.

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