

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's June 2019 T'ai Chi Chih Newsletter
Date: June 1, 2019 at 3:06 AM
To: stephen2816@comcast.net



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Mission Statement

Sandy's Message: Conference Scholarships Dollars Still Available!

It is a long-standing tradition of our T'ai Chi Chih conference that each year teachers donate to the conference scholarship fund either including a donation at registration time or through participating in the raffle during conference.

And most years that fund is used to the max, only to be replenished again at the raffle for next year's conference. Teachers donate because it is one way to support other teachers and a way to give back to a practice that they have benefited from. Scholarships are meant for those folks who wouldn't be able to come to conference unless they had a bit of help.

I know that some folks feel awkward about applying for a scholarship but if you would truly like to come to conference and a scholarship could make that happen then search your heart for what is holding you back.

If you are on the fence about attending conference and accepting a scholarship would push you over that fence then here is good news. Not only are there still scholarships available but the cut off date to receive the hotel room discount has been extended by one week, until June 6.

The Minnesota Team has worked hard to put together a program that will enrich our teaching and expand our understanding of our T'ai Chi Chih practice.

T'ai Chi Chih Guide, Sandy McAlister



EV HANSON-FLORIN

LINDA ZELIG

JUNGMIN LEE

DEB BERTELSEN

RETURN TO THE CIRCLE

20
19

SUE BITNEY

LOREL MAPLE

JIM MAPLE

LAURIE JACOBI

IT TAKES A COMMUNITY

(not pictured: Bonnie Sokolov)

2019 Teacher Conference Update

There is still time to get the hotel discount. We've added one more week to the eligibility period so get your hotel registration in today! Conference is only weeks away. Please register! We look forward to welcoming ALL to Return to the Circle in Minnesota!

**2019 International T'ai Chi Chih Teachers Conference
June 27-30, 2019
Minneapolis Marriott Southwest
5801 Opus Parkway -- Minnetonka, Minnesota**

Spring! I think we can count on it now. Lilacs have blossomed, Lily of the Valley is spreading its fragrance, and our State Flower, the Showy Lady's Slipper, is about to emerge. It's the tallest native orchid and grows throughout eastern and central North America. An orchid! Aren't they delicate and hard to grow—how can such a tropical-looking plant spring every year from the frozen earth of Minnesota?

Just as the Lady Slipper has been getting ready to burst forth in all her finery, so too have T'ai Chi Chih teachers been storing up a particular energy and beauty to bestow on the 2019 International Conference. Our committee has been scrambling for several weeks and will continue the busy-ness so that come Thursday, June 27, we have created a garden of tranquility and grace for you to blossom anew in your understanding and practice of T'ai Chi Chih. The collective chi is palpable!

If you're reading this article before June 6, you still have time to register for the conference AND book your hotel room at the discounted rate. We want to see all of you here in Minnesota. It's no fun without you and our garden is missing a few ornamentals.

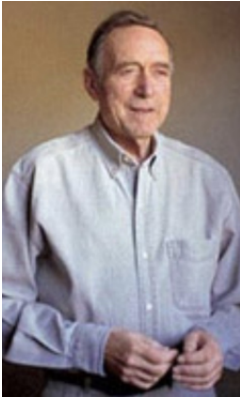
Register here – register now!

~Linda Zelig and Laurie Jacobi, Conference Co-Chairs

2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

Click here to register online . . . OR . . . Click here to register by

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Justin's Insights

Where Did You Place Your Shoes?

"To know that we have placed our shoes under the bed – to know it and not assume it – is a great step forward in achieving bare attention and the beginning of the way to a heightened awareness. To realize that our posture is a slumping one – without feeling the need to immediately correct it – is to observe the posture in complete attention.

To be aware of the gradual aging of the lines in one's face when looking in the mirror, and not to pretend the lines aren't there, is true attention, and it can lead to understanding, the knowledge that nothing is permanent and that change is inevitable. This is not easy in the beginning and requires real effort."

. . . "So, in going from bare attention to heightened awareness, we are countering these destructive trends. At one level we become more alive, more capable of real joy in everyday life; we become masters of ourselves. At the deeper level we begin to undo the strands of karma we have woven for ourselves. To achieve heightened awareness would seem to be very desirable."

~ Justin Stone, T'AI CHI CHIH Joy Thru Movement (Photo Text) 3rd edition
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Chi Reflections

Many Levels Of Meaning

[Editor's note: The writer's original text referred to understanding the printed words of Lieh~Tzu. In the text below her words have been adapted for understanding our T'ai Chi Chih practice.]

1. A T'ai Chi Chih practice has many levels of meaning. The meaning carried in the outward expression of the T'ai Chi Chih practice is the surface meaning.
2. A deeper level of meaning is expressed in *how* T'ai Chi Chih is performed, not just *what* is moved.
3. Even deeper levels of meaning are carried in the "intention" of the movement, which is its "voice."
4. The deeper levels of meaning can be grasped by listening.
5. Religious and spiritual practices tend to have many levels of meaning. The

goal is to "open" our T'ai Chi Chih practice so that its many levels can be revealed.

~ Eva Wong in the book *LIEH~TZU - A Taoist Guide to Practical Living* 2001
Shambhala Publications, Inc.



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

June 8, 2019, Broomall, PA Working Together Workshop for Students and Teachers with Sandy McAlister.

Contact: Kathleen Mcallister TccTeacher555@gmail.com or 610-308-4846

June 14-16, 2019 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

June 27-30, 2019 Teacher Conference, Minnetonka, MN.

Contact Co-Hosts:

Laurie Jacobi LaurieJacobi@msn.com

Linda Zelig lmzelig@comcast.net

June 30-July 2, 2019 Post Conference Seijaku, Minnetonka, MN.

Contact: Bonnie Sokolov [bonnietaichi5@gmail.com]

(<mailto:bonnietaichi5@gmail.com> or 507-250-3360

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

Jul 29 - Aug 1, 2019, Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Aug. 20-23, 2019, Aston PA T'ai Chi Chih Teacher's Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523 (C)

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct. 4-6 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne

Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523 (C)

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

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

By retreating 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:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, 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](#)



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 sharina with the

world this form of moving meditation and its benefits affecting body, mind, and spirit.

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