

From: **Tai Chi Chih newsletter** newsletter@TCCcommunity.net
Subject: Sandy's March 2021 T'ai Chi Chih Newsletter
Date: March 5, 2021 at 4:37 PM
To: Stephen Thompson stephen2816@mac.com



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Sandy McAlister's Message:

Contemplation and Gratitude

When I am stuck for what to write for this newsletter I often go to Justin's writings. Today it was, Climb the Joyous Mountain, Chapter 4. The following spoke to me and I present it to you as food for thought.

"To live each day with some contemplation, and try to feel gratitude for the really countless blessings we take for granted, will lead us to treat others as we, ourselves, wish to be treated. Simple though these two activities may sound, the effects are profound. Will the average person offer 'thanks' when the help is late, or the Stock Market down? Will he take time from a busy schedule to go within and explore the giant world of inner space? Not very many will do those two things."

Those that practice T'ai Chi Chih are more likely to develop a contemplative nature and often find themselves giving thanks for common everyday occurrences. Have you ever thought about the feeling that accompanies a heartfelt 'thank you'? That honest gratitude sticks with us more than the words, not only with the giver but also with the receiver. So be generous, but also sincere, with a 'Thank You'.

It lifts all our spirits.

- T'ai Chi Chih Guide, Sandy McAlister

Continuing the Connection: T'ai Chi
Chih Teacher Conference 2021

June 24th-27th 2021 Virtually on Zoom



June 27th - 29th, 2021 Virtual on Zoom

Continuing the Connection is our theme for 2021, join us to share our Chi in a virtual conference. Sessions will begin Thursday morning and go through Sunday afternoon (Mountain Time). We will have daily practices, presentations, breakout sessions, and interaction with others in small groups.



RECORDINGS of presentations will be available to registered teachers after the conference for a limited time at no additional fee. Presentation recording will focus primarily on the presenters, not the attendees. Interactive sessions that are recorded may include the likeness of anyone speaking if their video camera is on. If you do not wish to have your likeness on the screen or recorded, you can turn off your camera. We will be using the waiting room in Zoom to ensure only registered participants can join the conference, so will need some indication of who you are! For your comfort, most practices and small-group discussions will not be recorded.

CONFERENCE SCHEDULE will be structured around Mountain Time, with practices at the beginning and end of the day so that participants can attend at least one practice. Many breaks will be included. Midday interactive mealtimes will provide opportunities for small group discussions. This gives everyone many ways to structure your conference attendance.

Here are just a few presentations and teachers you can look forward to:

Broadening the Reach of TCC by Sue Kenney and George Manning

Seijaku, a kinesthetic path to Heightened Awareness by Ann Rutherford

The Transformational Stages of the TCC Journey by Marie Dotts

DEADLINE for Early Teacher Registration is March 15. Early registration saves you \$40 and helps us plan for our technical needs. More than 50 teachers have already registered!

SCHOLARSHIPS up to \$100 are available on a first-come first-served basis. Your [Registration](#) and [Scholarship](#) application forms must be completed and full payment of \$160 received by **March 15**. **NOTE: Teachers outside the US and those accredited after May 2019** also pay only \$160.

PRESENTERS and breakout leaders should complete the [Presenter Form](#) (which

also serves as your Registration form) [here](#).

VOLUNTEERS are still needed. Training will be provided. Please complete the [Volunteer Form](#) (which also serves as your Registration form) [here](#) as soon as possible.

If you sign up to be a Volunteer or Presenter, the form also serves as your Conference Registration. After submitting the Pre-Registration, or Volunteer or Presenter form (and Scholarship Application, if desired):

You will receive an email confirmation from Google Forms.

Within 24 hours, you will get an email from the Registrars that includes information to complete the registration process with your payment.

If you have chosen to pay the conference fees through PayPal, you can use a credit card with no additional fee and do not need a PayPal account.

If you prefer to not use a credit card through PayPal, you will receive instructions to mail a check made out to: T'AI CHI CHIH INTERNATIONAL FOUNDATION.

STUDENT registration will open on March 15 (deadline for registration and payment of \$35 is June 15). Encourage your students to join us for sessions and practice on Saturday, June 26th. **The link to the Student Registration form will be COMING SOON.**

After March 15, Regular Registration increases to \$200 and must be received by June 15. Your [Scholarship Application Form](#) may be submitted before or soon after your conference registration up to **May 15**. If your plans change, **request a cancellation by June 15** to receive a full refund. After June 15, a \$25 cancellation fee may apply.

Links to the registration and scholarship application forms are also posted on the Teacher Circle group on Facebook and on the [2021 Conference Event](#) page, where you will also find the Look Who's Coming list updated every 2 weeks after March 1.

To Register or Register Early [Click Here](#)

To Sign Up To Be A Volunteer [Click Here](#)

To Sign Up To Be A Presenter [Click Here](#)

The Conference Planning Team looks forward to seeing you at the virtual conference!

Conference Co-Coordinator - Lisa Stroyan, Margery Erickson

Conference Registration Chairpersons - Jim and Lorel Maple

Opening Ceremony/T-shirts - Stephen Thompson

Publicity Chairperson - Judy Kistler-Robinson

Programming Chairperson - Sky Young-Wick

Technology Chairperson - Barbara Thurber

Technical Consultant - Charlise Latour

Foundation Webmaster - Laurie Thomas



Justin's Insights

Rest in the Essence

Spiritually-minded people follow many paths toward the goal of a one-pointed mind resting in Emptiness (the Fullness of Emptiness). Their problem is that they divide life into two parts: five hours of mundane thought and financial struggle, five minutes of spiritual practice. In other words, they see life as a struggle to make a living, to raise the children, and to let the habit energies drag them around. Then a brief oasis is reached and there is time to briefly contemplate enlightenment (whatever that is).

Such division is not the way. Properly seen, every incident in life points to the unseen Essence. Right in the midst of the turmoil one must rest in the Essence, making the effortless effort while shouting, crying, and feeling bitter and joyous in alternate periods.

In our freedom there are rules we follow, and in our anguish we are still aware of the empty desireless state. To not know, and to know we don't know – that is the real knowing. As my Zen teacher said: "When you once have a day of laughter, then you are on your way." It does not come from sporadic effort.

~ Justin Stone, Spiritual Odyssey

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Chi Reflections

What Lies Within

What lies behind us and what lies before us are tiny matters compared to what lies within us.

- Ralph Waldo Emerson

Contemplation's Purpose

The purpose of contemplation is not to provide us with an easy solution - it is to help us understand our personal truth.

Often, the learning will not threaten our physical life, but rather impact on our way of life. It can call on us the courage to live our true self.

-Christine Spring

Thankfulness

Thankfulness is the quickest path to joy.

- Jefferson Bethke



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

2021 Events

Dates to be Announced (6 Fridays) 11 a.m. EST Ongoing TCC with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

Dates to be Announced (6 Mondays) 11 a.m. EST Begin or Review, TCC with Daniel Pienciak
Contact: [Daniel Pienciak](#) or call 732 988 5573

Mar. 3 Online Weekly Seijaku Practice on Wednesdays 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 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

August 1 - 7 Zoom Teacher Accreditation, with Daniel Pienciak
Contact: [Email April Leffler](#) or call 610-809-7523

June 24-27, 2021 Teacher Conference on Zoom

TEACHERS can register [Here](#) Deadline for Conference Registration: June 15, 2021. Conference cancellations will be fully refunded until June 15, 2021. Refunds after that date will incur a \$25 fee.

Registration before June 15, 2021 is \$200.00

Early Registration and payment before March 15, 2021 is \$160.00

Registration for teachers outside the US is \$160.00

Registration for teachers accredited after July 2019 is \$160.00

Teacher Scholarships are awarded on a first come, first served basis at a maximum of \$100.00. Scholarship applications are confidential and are only viewable by the conference committee.

STUDENTS will be able to join the Saturday's sessions and concluding practice. Students may register March 15 thru June 15. Student 1 day cost: \$35 (Student's registration form coming soon)

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](#)

Daniel Pienciak, Start Date TBA 6 Mondays 11 am EST, Beginning TCC

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

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 March 30 - May 25

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Anita Vestal T'ai Chi Chih en Espanol para principiantes. Aprendemos 3 movimientos cada clase.

En Zoom

4:30-5:30 pm EST.

Para inscribirse o más información email [Anita Vestal](#)

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: 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

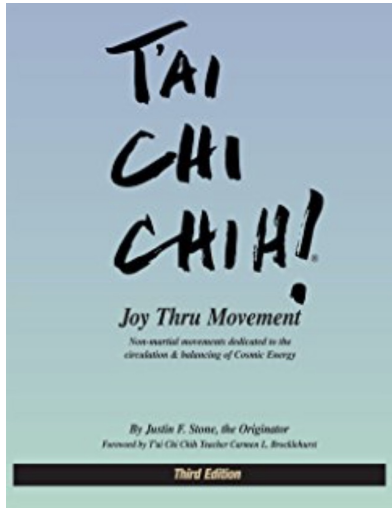
Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)

Daniel Pienciak, Start Date TBA, 6 Fridays 11 am EST, Ongoing TCC

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



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'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.

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