

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's May 2022 T'ai Chi Chih Newsletter
Date: May 1, 2022 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Mission Statement

Sandy McAlister's Message

Chi Train

I have a jumble of thoughts for this month's newsletter which don't seem to be coalescing into one train of thought. So this Chi train will explore several stops before the end of the line... After all, as any experienced traveler will tell you, "It's not the destination that's important, it's the journey."

Stop 1. *One of the gifts I received from spending time with Justin and reading his books was an interest in religions of the world. This has made my travels richer and more meaningful when visiting places of religious importance to other cultures. And, I hope, more accepting and open... Which also brings awareness of how far I am from acceptance and openness.*

Stop 2. *On a friend's altar I saw this card with an image of Buddha and the following words:*

Healing Buddha

When positive and joyous feelings and attitudes

pass through each organ and circulate throughout our whole system,

our physical and chemical energies are transformed and balanced.

Sounds like the practice of TCC at work! What an uplifting thought to consider that each time we practice, positive and joyous feelings and attitudes pass through each organ. How can that not lighten us and brighten us and lift spirits.

Stop 3. *_We do not need to have any religious beliefs or understanding of any religion to do TCC. It can be practiced on a strictly physical level without any knowledge of its origins or philosophy behind it and still be of great benefit... But for those who seek a deeper level of involvement, it is a practice rich in its potency to connect us to the essence of life/humanity/self/God/the Creator/all that is. It opens us to see inside ourselves, beyond ourselves and, if we are lucky, no self.*

Stop 4. *_ World Tai Chi Qigong Day was beautiful as our group practiced in the fresh air with the intent to allow our energy to connect with those who have practiced before us at 10 am their time and connect with those who will come after us. So*

before us as to all their time and connect with those who will come after us... so that a web of energy encircling the earth will be vibrating with love._

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

Our Second Saturday Teacher Practice and Discussion

Saturday, May 14th teachers will gather on zoom for a practice followed by a discussion. This month we will share the first time we felt the chi flow through TCC. How do we feel it now, how does it manifest?

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern,

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



Justin's Insights

Rewards of T'ai Chi Chih Practice

When the Chi circulates and is in balance, we can approach Oneness (Unity). Is it possible to attain Oneness? Yes! The very nature of Reality is Joy! Hakuin, the great Zen Master said, "After this Enlightenment, observing the things of the world was like seeing the back of my own hand!" ~ Justin Stone, Vital Force Spring 1985
Reprinted with permission from The Vital Force

Chi Reflections

Peace Train

Now I've been happy lately
Thinking about the good things to come
And I believe it could be
Something good has begun
Oh, I've been smiling lately
Dreaming about the world as one
And I believe it could be
Someday it's going to come...

Oh Peace Train sounding louder
Glide on the Peace Train
Come on now Peace Train

Yes, Peace Train holy roller
Everyone jump upon the Peace Train
Come on now, Peace Train

-Cat Stevens *Peace Train* lyrics

Chi Resistance Resolution

Chi is the intelligent, evolutionary energy that nourishes and sustains us. It is not to be feared, but trusted. By working consciously and cooperatively with chi in T'ai Chi Chih practice, we invite a quickening influence to occur within us. The natural process of self-integration through the resolution of restrictive mind-body patterns is stepped up. There can only be gratitude for such a life enhancing opportunity. Anything that enhances the process of mind-body unification is to be welcomed, and T'ai Chi Chih can contribute significantly to this process. Know that the increased circulation of chi not only highlights areas in need of resolution by producing sensations - a symptom of resistance - but that it is an indication of harmonization in progress! In other words, though you may experience a variety of sensations: vibrating, pressure, heat, pain, cold, and mild to intense emotional surges, you are receiving indications that progress toward self-unity is usefully proceeding.

Regular, daily practice of Tai Chi Chih ensures that self-integration will continue to unfold. This requires a measure of discipline and motivation. Each of us knows that we are here to grow into the limitless potential of our essential identity. And we recognize that by doing so we bring an end to the root of suffering. T'ai Chi Chih is a potent involvement that can bring about the resolution of self-fragmentation and disharmonious living, while opening us to true health and joy.

-Steve Ridley Vital Force Spring June 1991
Reprinted with permission from The Vital Force



CULTIVATING WISDOM
T'ai Chi Chih® International
Teachers' Conference 2022

2022 T'AI CHI CHIH CONFERENCE

Virtually on Zoom

This year's 2022 Conference for teachers, **Cultivating Wisdom**, is condensed into two full days and a short evening, beginning Friday, July 22, (6:00-8:30 pm Eastern) and continuing Saturday and Sunday, July 23-24, 10:00 am -7:00 pm Eastern. The schedule will include an optional 30-minute time **Open for**

Socializing immediately following the program each evening. This way teachers will have time together to share insights during this shorter conference; students will not be invited to join us this year.

The conference will begin with the popular Around the World practice from last year. Each full day will have beginning and ending group practices, with a Seijaku practice option in the mornings. There will be movement sessions each day offered by the Teacher Trainers. Here's a sample of the presentations you may look forward to:

Amy Tyksinski *Dyeing the Cloth* Justin spoke of the spiritual journey as one of dyeing cloth. What does that mean?

Patty Stupca *What is an Empty Cup in T'ai Chi Chih practice?* Feel the difference between an empty and not empty cup while doing movements.

[Conference Registration Form](#)

REGISTRATION IS OPEN! We intend this **Teachers' Conference** to be available to all teachers. The cost to attend the virtual conference is a **suggested donation of \$100**. However, you can donate any amount you can afford using the 'Donate' button on the Foundation home page.

World Ambassadors (teachers with an international address and living outside of the USA) are invited to register at no cost. On the registration form, select the box if you are a teacher living outside the USA and click 'Submit Registration'. No payment will be required.

The link to the Teacher Conference registration form is on the [TCC International Foundation page](#). After completing the registration form, click 'Submit Registration' to use a credit card to donate \$100 on the Foundation PayPal page. Teachers who wish to donate an amount more or less than \$100 should submit their registration, then exit out of the PayPal page and return to the Foundation home page to make their donation. (The Registrars and Foundation Treasurer will match your registration with your donation.)

CONFERENCE SHIRTS in a variety of styles, materials, and colors with the conference logo will be available to order by May 1st. Orders must be in by June 5th so they can be shipped to you in advance of the conference dates in July. Shirt catalog and order link will be posted on the Conference 2022 page [<https://taichichih.org/conference-2022/>] when available.

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

Conference Co-Coordinators - Email [Eliza Fulton](#) or [Anita Vestal](#)

Conference Registrars - Jim and Lorel Maple

Communications- Judy Kistler-Robinson

Programming - Judy Chancey and Sky Young-Wick

Volunteer Coordinator - Linda Jones



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

MONDAYS

Lisa Stroyan TCC for students, candidates, and teachers; beginners welcome to follow along, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

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 Guided Meditation on Zoom on Tuesdays, 2:15 p.m- 3:30 p.m. EST, 5/3, 5/10, 5/17, 5/24, 6/7, 6/14, 6/21, 6/28. Practice with 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 on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/12, 5/3, 5/17, 6/7, 6/21.

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

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

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

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.

[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

Pam Towne Ongoing Intermediate TCC

Pam Towne Ongoing Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

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

Contact: [Email Pam Towne](mailto:pam@tcc.org) 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

2022

Apr. 7-10, 2022 TCC Teacher Retreat on Zoom with Sandy McAlister

Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT

Earth Day T'ai Chi Chih & Seijaku Retreat on Zoom with Daniel Pienciak

Contact: [Email Daniel Pienciak](mailto:daniel@seijaku.com) or call 732-988-5573

May 5-8, 2022 TCC Retreat on Zoom with Pam Towne

Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

June 9 - 12, 2022 Seijaku Meditation Retreat Online with Daniel Pienciak

Thursday 3:30 p.m. to Sunday 1:30 p.m. E.D.T.

Contact: [Email Daniel Pienciak](mailto:daniel@seijaku.com) or call 732-988-5573

June 10 & 24, 2022 Seijaku Review Online w/Daniel Pienciak, 2 Fridays 10:30

n.m. to 1 p.m. F.D.T. Contact: [Email Daniel Pienciak](mailto:daniel@seijaku.com) or call 732-988-5573

Printed on 100% recycled paper. Contact: [Email Steve Stevens](mailto:Steve.Stevens@tcc.org) or call 760-766-6676

July/Aug, (specific dates pending) Intensive on Zoom with Sandy McAlister
Contact: [Email Steve Stevens](mailto:Steve.Stevens@tcc.org) or (828) 776-9489 cell or (828) 252-9489 home

Fall 2022 dates TBD, Online Seijaku Teacher Accreditation
on Zoom with Pam Towne
Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.org) or call 760-421-7589

September/October 2022, 6 Teacher Prep Class Series Online w/ April Leffler.
Dates to be determined. Classes are three hours each. Cost: \$180
Contact: [Email April Leffler](mailto:April.Leffler@tcc.org) or cell-610-809-7523

September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online
with April Leffler. Friday 10:00am-Sunday 4:00pm EST Cost: \$200
Contact: [Email April Leffler](mailto:April.Leffler@tcc.org) or cell-610-809-7523

November 2022 dates TBD, Online TCC Teacher Accreditation
on Zoom with Daniel Pienciak
Contact: [Email Daniel Pienciak](mailto:Daniel.Pienciak@tcc.org) or call 732-988-5573

2023

June 2-4, 2023 TCC Teacher Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA
Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.org) 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](#)

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](#)

Zoom 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 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.*

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