

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's May 2024 Tai Chi Chih Newsletter
Date: May 1, 2024 at 3:00 AM
To: Stephen Thompson stephen2816@mac.com



Like





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Sandy McAlister's Message

Expansion

Spring is such a lovely time of year. We feel a lightening of the gloom of winter darkness, a looking forward to plans for travel or for visiting family and friends. For those of us who like gardening the fun begins deciding what tomato varieties and other plants we'll grow this season. Earth Day, Arbor Day, and World Tai Chi/Qigong Day all happened in April. This season feels like a time of expansion, of moving forward.

Several Tai Chi Chih groups gathered on April 27, World Tai Chi/Qigong Day, and added their group's energy to the wave of worldwide energy being generated that day and circling around our earth. We have a T'ai Chi Chih practice that can strongly join in this positive "Happening." If you missed being a part of it last month, please place a note your calendar for next year, April 26, the last Saturday of April at 10am in your time zone.

You might consider focusing on expansion in your practice this month. How do you physically experience expansion in the moves, and how do you emotionally, spiritually, in your thinking, and in your heart experience expansion through the practice.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Teachers: Second Saturday, May 11th .

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

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Discussion Topic:

Let's share our experiences of World Tai Chi/Qigong Day. Also considering this time of expansion and moving forward, how do you see that playing out in the T'ai Chi Chih community?

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2024: There are 3 Intensives (a prerequisite for the Accreditation course), one in CA, one in FL, and one on zoom. One Teacher Accreditations will be held in-person: one in CO and one in PA.

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



2024 T'ai Chi Chih Teachers' Conference

July 25 - 28, 2024

Come to the 2024 T'ai Chi Chih Teachers' Conference in Albuquerque, NM!

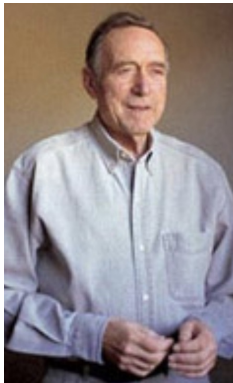
The 2024 T'ai Ci Chih Teachers' Conference is coming quickly! The Conference committees are hard at work attending to the details of the time we have together in Albuquerque. Attending the Teachers' Conference will help deepen your personal practice and expand your network with the broader TCC teaching community. Join the nearly 130 teachers already registered July 25-28 in Albuquerque help celebrate the 50th anniversary of T'ai Chi Chih practice!

If you have not registered yet, there is still time (registration closes July 5). We would appreciate knowing sooner, rather than later, if you do plan to attend. Jim Maple, our Conference registrar is offering to allow payment for the Conference to be deferred until the end of June. This allows you to take a few extra weeks to keep your money in your bank account but we can begin planning on your attendance. All you need to do is indicate you will be **paying** the Conference Fee

by check when you complete the [Registration Form](#). Demand for scholarships to defray the conference registration fee has been high. It is possible we will deplete the Foundation's scholarship fund and not be able to offer one if you procrastinate too long.

There have been some issues with the [Marriott's Registration Website](#). If you do experience any issues making your reservation please contact the Group reservations specialist at the Albuquerque Marriott Pyramid hotel, [Analysia Moya](#) or 505-798-6443). Analysia prefers email since her assistant usually answers the phone and may not be familiar with our group's reservations. Analysia can save you many headaches ensuring you receive the discounted room rate for your stay.

Additional details, including a "Look Who's Coming" list, are posted on the [Main Conference Website](#).



Justin's Insights

There Is Only One Thing

In the West we make dichotomies where none previously existed. Thus we speak of the "mental, physical, and spiritual approach", as though these were three different things. The Japanese word "Koiro" and the Chinese "Hsin" can be translated as "heart", "mind", or "spirit", and realizing these are the same is a great step forward to Enlightenment. In T'ai Chi we cannot say whether we feel so good because of the physical tone acquired from this best-of-exercises, because of the tranquility of mind that comes (much like the Zen state of "Mushin", no-mind, the pure state unbothered by conceptual thinking), or because of the "spiritual development." Actually, we are dealing with the "whole man" here in what Professor Huang refers to as the "Organism", without attempting to compartmentalize that which is without division. One is tempted to remember the sage's advice to think of the space between the ears as being infinite; all things thus exist within us and we realize our true, unlimited identity.

~ Justin Stone, in a preface written as an introduction to Professor Wen-shan Huang's book, Fundamentals of T'ai Chi Ch'uan.

Chi Reflections

[Circular Energy](#)

Circular Energy

As we join our energy with those in circle, we become part of something that is more powerful than the individuals within it.

~ Madisyn Taylor

Mind And Chi

Consciousness and energy are perhaps the same thing. Thus, when we direct our energy, we are also directing our consciousness, and vice versa... Wherever the mind goes, your chi goes.

~Joseph Cordillo

Breath

...Slow, deep breathing intensifies attentiveness in meditation and strength in form.

~Joseph Cordillo

Stamina

Manage your energy. Move only when necessary and as efficiently as possible, and use only as much force as needed to accomplish your task... Pacing will help you restore and conserve energy as you expend it. Practice whenever and wherever you can.

~Joseph Cordillo



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

May 7, 8, 10, 11, 2024 TCC Intensive Online with Daniel Pienciak

Contact: [Email Carolyn Pogwist](mailto:Carolyn.Pogwist@tcc.edu) or call 973 626 2628.

June 17-21, 2024 TCC Intensive with Pam Towne

Prince of Peace Abbey, Oceanside, CA

Contact: [Marie Dotts](mailto:Marie.Dotts@tcc.edu) or call 970-412-9955

July 25, 4pm - July 28 noon 2024 Teacher Conference

Marriott Pyramid in Albuquerque NM

All Conference information is available on the [Main T'aiChiChih.org website](http://MainT'aiChiChih.org)

Contact: [Guy Kent](#) or call (505) 515-8546

October 25, starts 6pm - November 3, ends at noon on 29, 2024 Intensive with April Leffler

Cedarkirk Camp & Conference Center, Lithia FL

Contact: [Anita Vestal](#) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation

with Sandy McAlister

Franciscan Retreat Center, Colorado Springs, CO

Contact: [Marie Dotts](#) or call 970-412-9955

Autumn 2024 Seijaku Teacher Accreditation with Pam Towne

On Zoom

Contact: [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.



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

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

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](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on 6 Tuesdays, 1 to 2:30 p.m. ET 4/2, 4/16, 4/30, 5/21, 6/4/, 6/18. 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. ET, 4/9, 4/23, 5/14, 5/28, 4/11, 4/25. TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and Seijaku Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

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 10:30 - 12pm PDT, \$40/month or \$100 for 3 months
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

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Meeting ID: 816 0880 2694

Passcode: HelloTCC23

Contact: [Lorraine Lepine](#)

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. This is an ongoing practice - start any time. [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](#)

Thursday starting April 4

Lorraine Lepine Seijaku class, starting April 4th till June 6, 2024, from 4 pm till 6:30pm (Central Time)

This is an integrative Seijaku Zoom class for the body, heart, mind and Spirit.

Contact: [Lorraine Lepine](#) for information, Zoom link and registration

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, \$35/month or \$90 for 3 months

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](#). If you don't have a Facebook account, then you will need to [Join Facebook](#) first.

Contact: [Email Linda Jones](#)

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](#)



LINK 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](#)

Sandy McAlister's Seated T'ai Chi Chih DVD [Email Sandy McAlister](#)

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 Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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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