

From: Stephen Thompson stephen2816@mac.com
Subject: Sandy's Nov. 2018 T'ai Chi Chih Newsletter
Date: August 3, 2019 at 5:53 PM
To: Stephen C Thompson stephen2816@mac.com



Like



Contents:

Sandy McAlister's Message: Sinking Into The Pauses

2019 Teacher Conference News

Justin's Insights & Chi Reflections

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Sandy's Message: Sinking Into The Pauses

There is a slight pause between Light at the Top of the Head and Light at the Temple, and between each repetition of Wrist Circles Taffy that I feel bears exploring.

At the conclusion of Light at the Top of the Head we come into the rest or graceful conclusion position briefly. Then we begin Light at the Temple by sinking down before rising. If we come down too far in our completion of Light at the Top of the Head there is no room to sink further as we begin Light at the Temple, or we may sink to an uncomfortable level or lean forward to sink.

To address this, consider sinking into the conclusion only part of the way between the two parts of the movement so there is room to continue sinking when moving into the second part of the move. The pause between the two is slight, perhaps only a second.

There is also a slight pause between each repetition of Wrist Circles Taffy. It is the same process as above, in that we come down to a grounding position or graceful conclusion before starting the next repetition. Each movement begins with a sinking down and the fingers dropping downward as the wrists release because the hands follow the tan t'ien's downward movement. So also try the same idea of only sinking part way down between each rep so there is room to sink some more as you begin the next repetition.

To feel a complete stillness in those pauses, although brief, requires patience and presence.

T'ai Chi Chih Guide, Sandy McAlister



RETURN TO THE CIRCLE

20
19

2019 Teacher Conference News

2019 International Teachers' Conference – Return to the Circle

June 27-30, 2019

Minneapolis Marriott Southwest

Minnetonka, Minnesota

Ah, November! Let's see—order a turkey, check. Find the winter boots, check. Make out a holiday gift list, check. And, register for the 2019 International T'ai Chi Chih Teacher's Conference to be held in Minnesota! Registration materials and applications are available on both the www.taichichih.org and the www.taichichihfoundation.org websites. On the Foundation's website you will be able to register for Conference using a credit card after November 15. Register now before the hub-bub of the season swoops in and swamps you.

Here are 10 facts and figures about Minnesota to stir your interest:

- The name Minnesota comes from Dakota Indian words meaning "sky-tinted waters" or "sky-blue waters."
- Capital: St. Paul
- One of Minnesota's nicknames is "Land of 10,000 Lakes," but it has lots more—11,842.
- Minnesota is on the shore of Lake Superior, the world's largest freshwater lake.
- And, it's where the world's third-largest river, the Mississippi, begins.
- Rivers and streams add up to 69,200 miles.
- State Bird: Common Loon--there are more loons in Minnesota than in any other state except Alaska.
- State Flower: Pink and White Lady's Slipper--looks like a moccasin or slipper.
- Average temperature range in Minnesota for end of June: 83°/62°
- Average annual snowfall: 36-70 inches—but you won't have to worry about snow in June...unless it snows!

The Minnesota T'ai Chi Chih community is thrilled to be hosting the 2019 Conference. We look forward to welcoming you and making your visit a memorable one as we invite you to Return to the Circle!



Justin's Insights

TEACHING TIPS FOR TEACHERS

Light at the Top of the Head is done softly. After the hands above the head swing out and back three times, the two hands are slowly twirled to the count of six (silent count), and then held stationary for a count of six, before swinging out again. On the descent to the "rest" position, be sure the right hand goes under the left.

Source: Teaching Tips For Teachers (Also Valuable For Students)
by Justin Stone
The Vital Force, September 1992

To download older issues of The Vital Force for free [CLICK HERE](#)
Chi Reflections

T'ai Chi Chih Practice Notes

To teach well, it is obviously necessary to do T'ai Chi Chih: I know what the practice has done for me. One can't get the benefits without practice. But, whether or not you want to do T'ai Chi Chih is entirely up to you. There is nothing wrong in abandoning T'ai Chi Chih practice if you get nothing out of it.

With the coming of the beautiful autumn weather, there is heightening of spirit, a great feeling of "livingness" and, usually, a gratitude for being alive.

As Zen Master, Seigen, said as he was dying, "Better than Zen doctrine, the Joy of Living."

Source: Spiritual Odyssey, 2nd Edition, pg. 30

Patience

"Patience is an inner pause, a brief stillness, a moment we give ourselves to breathe through our initial reaction so we can move to the place where a calm, thoughtful response is born. Patience is a gift of time we give ourselves so we can give the gift of peace to others."

~ L.R. Knost

Stillness

Be still

Stillness reveals the secrets of eternity.

~ Lao Tzu

A Pause

"Yes?" asked Margaret, for there was a long pause—a pause that was somehow akin to the flicker of the fire, the quiver of the reading-lamp upon their hands, the white blur from the window; a pause of shifting and eternal shadows."

~ E.M. Forster

Waiting

A pause gives you
breathing space
so listen
to the whispers
of the real you
waiting to happen.

~ Tara Estacaan



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation with Pam Towne
Contact: Molly Grady mmlwov@aol.com

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with Daniel Pienciak
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

May 31-June 6, Aston, PA TCC Teacher Accreditation with Sandy McAlister
Contact: April Leffler lirpaleff@rcn.com

June 14-16, 2019 T'ai Chi Chih NJ Shore Retreat
Contact: Daniel Pienciak wakeupdaniel@aol.com

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

July 3-7, 2019, TCC Intensive, Santa Barbara, CA with Daniel Pienciak
Contact: Pam Towne pamtowne@gmail.com

July 29-Aug. 1, 2019, Seijaku Meditation Retreat, Aston, PA
Contact: Daniel Pienciak wakeupdaniel@aol.com

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, 2019 T'ai Chi Chih/Meditation Retreat
Contact: Daniel Pienciak wakeupdaniel@aol.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 DVDs/Videos, Books, CDs/Audios: [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](#)

[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 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 517, Midland Park, NJ 07432

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 Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

©2018 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by [Mad Mimi](#)®
A GoDaddy® company