

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's November 2019 T'ai Chi Chih Newsletter
Date: November 1, 2019 at 3:02 AM
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Mission Statement

Conference 2020

The nature of our world is circular, cyclical. A time for stillness/movement, resting/doing, formulating/producing. The earth, nature, needs a quiet time for regeneration. A time to gather and build energy within in order to sprout, bloom, produce.

A natural quiet time has presented itself to the TCC community of teachers, a time of non-doing allowing for contemplation, a time for energy to gather and build in order to continue preparing teacher conferences that are energetic, educational, and fun.

While a few teachers have offered to help with the annual conference for 2020 there has not been enough momentum and effort to produce concrete plans. It takes a long lead time to secure a location and plan the event. At this point in the year we just don't have the time to get the job done without creating a ton of stress and pressure, and frankly, no one has stepped forward to volunteer to take on the responsibility to spearhead the job.

I feel by not having a conference next year we are following what nature, or you could say the chi, is giving us or telling us. We will take a break, settle downward, and allow time for regeneration rather than trying to force something to happen.

There are two teaching communities I have contacted to consider hosting conferences in 2021 and 2022. I would like teachers to consider the year of 2020 without a conference as an opportunity. How can you replace what you receive from attending conference? Is there another TCC event you can attend? Can you prepare your own workshop or retreat for your students? Can you contact teachers in your area and plan a day of sharing? If you find it monetarily a struggle each year to attend conference then you have an opportunity to start saving now for 2021.

Let the year 2020 give us a clearer vision of what we do want for our community. If we want a conference every year we all need to be involved and support the effort – not just with our intentions, but with our ideas, our physical support, and sharing our talents and skills. Let the non-conference year be a

time of building excitement for when we will come together again in 2021.

~ T'ai Chi Chih Guide, Sandy McAlister

PS Teachers FYI: You will be receiving an email via newsletter@TCCcommunity.net in the next few weeks with an update on the VA teaching opportunity.

Veterans Program - 150 Hour Certification Procedure

Procedure to receive your certificate of 150 accumulated training hours for the Veterans teaching program.

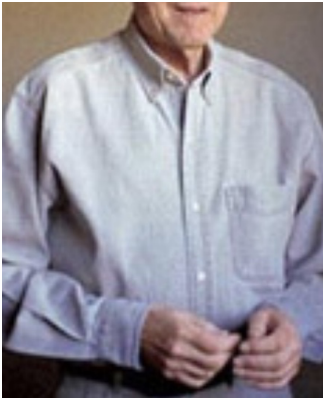
- 1. Download the form for tallying your hours here:** Look about 1/3 of the way down the webpage to find the form. Fill in online. Check off any conferences attended, list events attended, and tally hours.
- 2. For teacher trainer lead events attended since Jan. 2015, contact the host of each event and they will email you a verification of attending said event and the hours.**
- 3. You will not need host verification for your teacher accreditation or conferences.**
- 4. Email completed form and host event verification forms to the teacher trainer who lead your accreditation course or any one of the three present trainers.**
- 5. The trainer will email your 150 Hour Certificate to you.**

For questions about the VA Tai Chi program do not contact T'ai Chi Chih Trainers other than for securing your confirmation of 150 credentialed teacher training hours. We have no involvement or connection to this program other than seeing it as an opportunity, for teachers, for veterans, and for T'ai Chi Chih. For answers to your questions and to register for this program go to: www.taijifit.net/vets



**** Justin's Insights**

Heightened Awareness



In the 13th century, the great T'ai Chi Chuan Master Chang San Feng described the way to move by saying, "In any action, the body should be light and alert, coordinated like strung pearls. The Chi, vital energy, should be actively excited. But the shen (spirit) must remain calm internally." From this we learn that all T'ai Chi is essentially spiritual in nature. Meaning, it is in accord with reality.

...

The Japanese speak of Seijaku, serenity in the midst of activity. [It is] not escaping from the world to some mountaintop as is taught in the Indian teachings. But [it is] finding the real meaning, fulfillment, energy, and wisdom in the midst of everyday hustle and bustle.

[It is] building a silent and imperturbable center while active in the disappointments and triumphs of our busy lives. This is real fulfillment.

~From Justin Stone Speaks on T'ai Chi Chih! Joy Thru Movement

Compiled By Pauline Quimson-Tong, Chama, NM in The Vital Force Feb. 2009.
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Chi Reflections

Connecting to the Cyclical Nature of Life

Life is an ever-moving circle. We grow close to others, then things fall away. We experience the joy of birth, then have to grieve what is lost. We feel we are close to recognizing our life's purpose, then realize there is further seeking to be done. Once we realize that the movements and changes of life are part of a natural cycle, we can stop trying to control and resist them and instead experience the peace that can be found in surrender.

Life is circular and cyclical and there are many prominent models to reinforce this. The same patterns can be seen in plant growth, the way waters move, and in the cycles of nature around us. By seeing that we are connected to the world around us, we are reminded that we are not alone, we are part of something larger, and from this connection we can find strength through transitions.

...

When we pay attention to examples such as these, we can more deeply

when we pay attention to examples such as these, we can more deeply connect with others and with the world around us. We better know where we come from and where we are headed, and it's less likely that we'll become stuck in a certain phase or resist change. It becomes easier to embrace the the unknown instead of fearing it as we understand that we are always exactly where we should be in relation to the Universal wheel of life.

When we feel loneliness or start to question why certain changes have occurred in our lives, simply looking for all the powerful examples of cycles around us can be all the peace we need to move forward with purpose.

~Lucinda Bakken White

Yang Cheng-Fu's Top Ten Tai Chi Essentials

- 1) The energy at the top of the head should be light and sensitive
- 2) Sink the chest and raise the back
- 3) Relax the waist
- 4) Distinguish between full and empty
- 5) Sink the shoulders and drop the elbows
- 6) Use the mind and not strength
- 7) Unity of the upper and lower body
- 8) The unity of internal and external
- 9) Continuity without interruption
- 10) Seek stillness in movement

~ Yang Cheng-Fu



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Nov. 7-10, 2019 Albuquerque, NM TCC Intensive with Sandy McAlister
Contact Amy Tyksinski amytyksinski@gmail.com or (505) 228-2104

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

May 29-June 3, 2020, Aston, PA TCC Teacher Accreditation with Daniel Pienciak
Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

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:

\$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:

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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