

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's November 2022 T'ai Chi Chih Newsletter
Date: November 1, 2022 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



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Sandy McAlister's Message

[Many Ways To Enjoy A Practice](#)

Do I have to do nine repetitions? Do I have to do all the movements when I practice? Do I have to keep my attention always in the soles of my feet? Do I have to..... Do I have to..... Do I have to..... These question about the practice crop up all the time.

Justin developed TCC as a practice to be used for health and well-being. It is a practice for each of us to use in a way that serves our needs. In the TCC Photo Text Justin writes, "We only have to learn 5 or 6 of the movements...do them regularly....to gain the benefit." In the teacher training manual he writes, "Even ten or twelve, well-mastered [movements] will provide ample practice for the student, with attendant cumulative results." Justin was also fond of quoting Paul Reps, who said "If it isn't fun, it is better left undone."

Here are some ways I see the form or movements of T'ai Chi Chih can practiced.

Formal Practice: Doing all the moves, in the proper order, with the full suggested number of repetitions.

Working Practice: Doing TCC with a questioning mind. Maybe starting a formal practice but along the way a movement doesn't feel right so time is spent on doing the movement without consideration to how many repetitions but with a focus on noticing all aspects of the movement, questioning and playing with the movement over and over again. So, a formal practice has now turned into one focused on refining a movement/s. Or instead of a formal practice time is set aside to work on a movement or two, or full attention is given to applying a principle to the form throughout the practice. Maybe we do some movements too big, then too small and observe what we noticed.

Play Practice: Doing TCC in any way you want. Doing the movements out of order, doing three sets of one or 36 repetitions of another, skipping movements, just doing whatever comes into your mind. Enjoy the freedom of the movements without do's and don'ts. This may sound like blasphemy to some but just goofing around with the movements might shine a light on some aspect of a movement you never noticed before. Move the focus from the soles of the feet to different places and see what is noticed.

Tailored Practice: Not doing a full practice but doing some movements for a specific purpose. It might consist of 10 to 15 minutes or so of our favorite TCC movements done with the intention to let go of an emotion, to take a break from work in order to refocus attention, to warmup the body and mind together to prepare for an athletic event, or to just do three or four of our favorite movements to feel lighter, happier, or more grounded.

BUT, to gain the full benefit of what a thorough circulation and balancing of chi can do for us, doing a full practice the way Justin developed it is recommended. As with much in life, balance is the key. In order for our Formal Form to develop we work, play, and enjoy along the way.

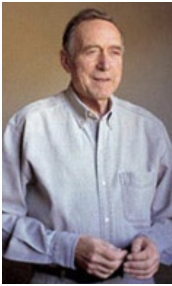
-Sandy McAlister

Teachers 2nd Saturdays Get Togethers & Zoom Practices

Second Saturday topic: What are the different ways you do a practice and what has it taught you?

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

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



Justin's Insights

Our Very Nature

Most students come to T'ai Chi Chih feeling, "I am going to do a beneficial exercise." Eventually they find it is beneficial - and joyous - but they still think of it as exercise, and still put the "I" in there. As they proceed farther, they begin to slowly realize the Essence of T'ai Chi Chih and one day they have the experience that "no one is doing T'ai Chi Chih. T'ai Chi Chih is doing T'ai Chi Chih." Now they have the "I" out of the way. Their practice is done without thought, concentrating on the soles of the feet. This "non-ego" state is greatly beneficial; it is what makes T'ai Chi Chih more than exercise and has a deeply spiritual benefit. One does not have to outguess T'ai Chi Chih, nor to understand it intellectually (having to do with the circulation and balancing of the Vital Force, and the benefits thereby realized). At this point the practice has become meditation, and the practitioner is gaining the considerable physical benefits while evolving spiritually. It is so easy to learn and easy to do, yet look at the extent of the rewards!

To get to the point where one realizes the Essence of T'ai Chi Chih is wonderful. As I have pointed out many times, Bliss is our very nature, and here is a simple way to realize that Bliss. The habit energies do not at all intrude on the practice of the movements, and there is no effort made (though some do make the mistake of trying hard). If one needs a goal, why not aim at realizing the Essence of T'ai Chi Chih? It is worth the no-effort effort.

~ Justin Stone, in [Spiritual Odyssey](#)

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Chi Reflections

Mushin

The mind must always be in the state of 'flowing,' for when it stops anywhere that means the flow is interrupted and it is this interruption that is injurious to the well-being of the mind.

~ Takuan Sōhō, legendary Zen master [Mushin](#)

Complete Awareness

Mushin is not just a state of mind that can be achieved during combat. Many martial artists train to achieve this state of mind during kata so that a flawless execution of moves is learned and may be repeated at any other time. Once mushin is attained through the practice or study of martial arts (although it can be accomplished through other arts or practices that refine the mind and body), the objective is to then attain this same level of complete awareness in other aspects of the practitioner's life.

~ Dr Robert L. Akita, [Mushin](#)

No Mind

Mushin is a fresh stream where as the everyday mental state is a stagnant pond.

...Mushin translates literally as no-mind. Simply put it is the state of mind that is devoid of attachments or thoughts that interrupt the flow of what's going on (in mind-time-space). It is sometimes called a flow state.

...Mushin does not mean not thinking or an empty mind. The mind is not empty, just as a river with water moving through it is not empty.

~ S.F.Radzikowski ラジカスキ from the book [Mushin](#)



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

MONDAYS

Lorraine Lepine silent TCC practice followed by a guided meditation. 9-10am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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 (Sat - Sun 9:00 AM Pacific Time)

MON - FRI 10:00 AM PACIFIC TIME (Sunday 9:00 AM PACIFIC TIME)

[Click here for ZOOM](#)

TUESDAYS

Lorraine Lepine silent TCC practice followed by a guided meditation. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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 Seijaku Guided Practice on Zoom on Tuesdays, 1 to 2:30 p.m., and/or Guided Meditation 2:15 p.m- 3:30 p.m. EDT, 11/8, 12/6, 12/20.

Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost. [Email Daniel Pienciak](mailto:Daniel.Pienciak@gmail.com) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 3 Tuesdays, 1 p.m- 2:30 p.m. EDT, 11/1, 11/29, 12/13. TCC guided practice with teaching.

Contact Daniel for zoom information and cost. [Email Daniel Pienciak](mailto:Daniel.Pienciak@gmail.com) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine a combined Seijaku & TCC practice. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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 - 12pm PDT, \$35/month

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](mailto:Pam.Towne@va.gov) 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](mailto:Jessica.Lewis@va.gov) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Lorraine Lepine silent TCC practice followed by a guided meditation. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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. Next series starts on Sept 8 2022. [Email Richard](mailto:Richard.Karasik@va.gov) 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](#)

Dr. Anita Vestal - Individual/Small Group T'ai Chi Chih for Beginners. Both seated and standing forms combined. 2:30-3:10pm Eastern Time. Please register at least 3 hours prior to class. [Email Anita](mailto:Anita.Vestal@va.gov) or call 813-418-0146

FRIDAYS

Pam Towne Ongoing TCC Practice for teachers & students who know TCC

Fridays 10:30 - 11:45am PDT, \$25/month

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](mailto:Pam.Towne@va.gov) 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

November 4 and 11, 2022 Exploring Seijaku Retreat Online with Daniel Pienciak, 2 Fridays (out of 3 remaining) 10:30 a.m. to 1:30 p.m., EST Cost: \$150. Instruction, refinement, practice, and guided meditation.

Contact: [Email Daniel Pienciak](#) or call-732-988-5573 to leave message for a callback.

November 11, 12, 13, 15, 16, 18, 19, 2022 Online TCC Teacher Accreditation on Zoom with Daniel Pienciak

Contact: [Email April Leffler](#) or cell-610-809-7523

2023

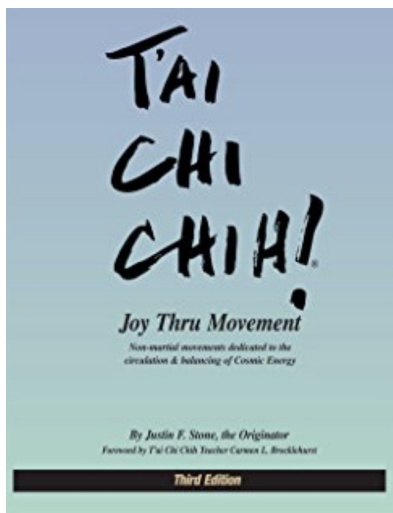
June 2-4, 2023 TCC Teacher Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA

Contact: [Email 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

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](#)

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Twitter: [click here](#)

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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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