

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's October 2021 T'ai Chi Chih Newsletter
Date: October 1, 2021 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like





Contents:

[Sandy McAlister's Message: Meditation: Mental Practice](#)

[2nd Saturdays Get Togethers & Practices on Zoom for Teachers](#)

[Justin's Insights & Chi Reflections](#)

[T'ai Chi Chih Practices Led By Accredited Teachers on Zoom](#)

[Events led by the Guide and Teacher Trainers](#)

[More T'ai Chi Chih Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

Sandy McAlister's Message:

[Meditation: Mental Practice](#)

One definition of meditation might be: Using techniques to train attention and awareness. Sounds like T'ai Chi Chih to me. While Justin advised to not mix other practices, techniques, or products when teaching T'ai Chi Chih he did suggest doing what he called "The Great Circle Meditation" at the conclusion of a T'ai Chi Chih practice. Instructions for this can be found in the back of his book, T'ai Chi Chih, Joy Thru Movement, (the photo text).

The Foreword used in the first printing of this book is by Justin's T'ai Chi Ch'uan teacher, Huang Wen-Shan. He states, that Tai Chi forms and practices derived from them: "Externally train the sinews, bones, and skin; internally train only the CHI." "...we may tentatively state the process of training the CHI in the following ways." He then describes a technique for circulating the CHI by using the mind to direct it. He does not call it The Great Circle Meditation but it is the same practice Justin describes, each in their own way.

In general, I do not think Justin intended for meditation practices to be used in T'ai Chi Chih classes but I do see why he suggested The Great Circle Meditation. It is a practice to work with and train the mind to circulate the CHI. It has a very specific purpose that goes hand-in-hand with our T'ai Chi

...it has a very specific purpose that goes hand in hand with our T'ai Chi Chih practice. It both supports and enhances our T'ai Chi Chih practice.

I searched online for "Great Circle Meditation" and thanks to Kim Grant the complete meditation from Justin Stone comes up. I encourage serious students and teachers of T'ai Chi Chih to include the meditation at the end of their TCC practice for a few weeks and see if it gives you a greater feel-connection with the CHI. Enjoy exploring!

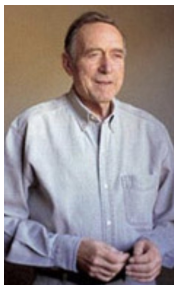
- T'ai Chi Chih Guide, Sandy McAlister

PS (Read "Second Saturdays" below for further discussion on the Great Circle Meditation)

2nd Saturdays Get Togethers & Practices on Zoom for Teachers

SECOND SATURDAYS: TCC Teachers are meeting on Zoom the Second Saturday of each month, 9am Pacific Time. The link for the zoom meetings is posted on the Tai Chi Chih Teacher Circle Facebook page.

We will start with a 6 rep TCC practice. The rest of the hour will be used for discussion. Discussion for the Teacher gathering on Zoom for the Second Saturday, October 9th: How do you feel about teaching The Great Circle Meditation to students? What has been your experience using this with students? Personally?



Justin's Insights

With What Do You Identify?

One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As is usual, someone asked about Re-incarnation (a bad term).

I pointed at the trees in the courtyard. "It is Autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Re-incarnation?"

"Oh, those will be different leaves!" they rushed to point out.

"Why identify with the leaves?" I asked. "Why not identify with the Tree?"

- Justin Stone, Vital Force Spring 1986 Reprinted with permission from The Vital Force

The Vital Force Archives: [click here](#)

Chi Reflections

Channeling Creation

We are each a channel
For the virtues of the universe;
Love, Peace, Harmony, and Vision
Flow through us.

Open the 'souls' of your feet
Feel the energy surge from the Earth
And gather within you
Like roots into a tree.

Let the passions of the cosmos
Fill your heart, and radiate
Into every muscle and nerve
Like the blood that nourishes.

This strength then emanates forth
From your smile, fingertips, eyes.
It weaves its way through the stars
Creating the net of existence.

-Leslie Oldershaw, Vital Force Spring 1987 Reprinted with permission from The Vital Force

The Vital Force Archives: [click here](#)



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant
Teacher Trainers

2021 Events

Saturdays, Sept. 11 - Oct. 30, 2021 Learn or Review Seijaku

on Zoom 10am - 12 noon PDT with Pam Towne

for teachers or students, who want to learn or review & deepen Seijaku

Contact: [Email Pam Towne](#) or call 760.421.7590

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Tuesday's Sept. 21 - Oct 26, 2021, 3:00-6:00pm EST, Six Teacher Prep Classes on Zoom with April Leffler

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

October 8, 9, 10 and 16, 17, 2021: BRITISH ZOOM TCC Intensive with Daniel Pienciak (For Students ONLY, both European and American Students welcome)

European Contact Host : [Email Lesley Nell](#) or call +44 (0) 7813947181

USA Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Nov. 6-13, 2021 Online Teacher Accreditation with Pam Towne

6 days of training with no formal class on Nov. 8 & 11

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

Nov 11 - 14, 2021 Thursday 4 p.m. to Sunday 1 p.m. EDT

Seijaku Meditation Retreat on ZOOM with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Dec. 3-5, 2021 Cultivating Cosmic Consciousness Workshop Online with April Leffler

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

2022

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

IN PERSON at Prince of Peace Abbey, Oceanside, CA

Contact: [Email Pam Towne](#) 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](#) or call 732 988 5573

May 5-8, 2022 TCC Retreat with Pam Towne

IN PERSON at Chapel Rock, Prescott, AZ

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 be with other T'ai Chi Chih practitioners.



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

MONDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

TUESDAYS

Daniel Pienciak Seijaku on Zoom on alternating Tuesdays, 11 a.m- 12:30 p.m. EDT, 10/5, 10/19, 11/16, 11/30, 12/14 NO Class 11/2. Seijaku guided practice with meditation

Contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih on Zoom on alternating Tuesdays, 11 a.m- 12:30 p.m. EDT, 10/12, **No class 10/26**, 11/9, 11/23, 12/7. TCC guided practice with teaching, contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST thru Oct 12

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

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 T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

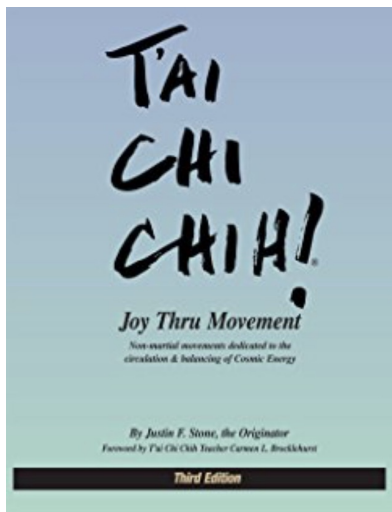
FRIDAYS

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](#) or call 760-421-7589



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](#)

Skype Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](#) 760-421-7589

Seijaku Booklet:

\$4.00 per copy +\$1.20 (first class)

\$20 for 10 copies +\$8.00 (priority mail) or \$2.75 (media rates)

₪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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