

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's October 2019 T'ai Chi Chih Newsletter
Date: October 2, 2019 at 9:54 PM
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Mission Statement

Moving Outward in Order to Move Inward

Does the practice of T'ai Chi Chih take us out of ourselves or move us more into ourselves? I feel it does both.

While we practice, we tend to let go of our ego and our self-absorption, in a sense, moving our awareness away from our personal self. When we let go of a self-focused mind we are freed to expand our awareness. Our judgements are suspended. While moving, playing with, and shaping the energy as we practice T'ai Chi Chih, we are energetically connecting with the world around us. We begin to see the bigger picture which allows us to let go of the petty and small 'me', the ego 'me'.

The longer we practice T'ai Chi Chih the more we come to know ourselves. We begin to question and explore our purpose and our place in this world. As we begin to uncover our true nature we are moving inward to understanding and acceptance.

We move outward first by letting go, opening up, embracing the world around us and then we have room to move inward for self-exploration. Practicing T'ai Chi Chih works to unclutter us inside so we can see more clearly our true nature.

~ T'ai Chi Chih Guide, Sandy McAlister

PS _For those Teachers interested in what is happening with the VA/Tai Chi program I suggest [joining the T'ai Chi Chih Teacher Circle Facebook page](#).

Jessica Lewis and Margery Erickson are trailblazing their way through the process of signing up and being a T'ai Chi Chih teacher for the program. They are keeping us posted as to their progress. Being a new program there are kinks to work out and questions to plow through. Linda Jones is working to get clarity on some questions regarding the contract and liability issues._

This may or may not turn out to be a golden opportunity for T'ai Chi Chih. I would ask the community to support Jessica, Margery, Linda and the other teachers who are working on behalf of all of us to pioneer the process. Questions and concerns are gradually being addressed. Patience and hopefulness for a positive outcome as to this being a lovely opportunity of service.

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 tallvina vour 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.

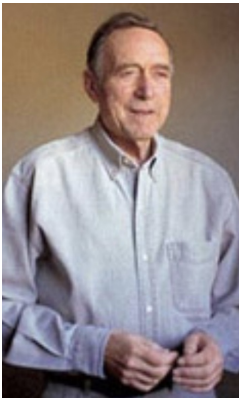
2. For teacher trainer lead events attended since Jan. 2015, contact the host of each event and they will email you a verification of attending said event and the hours.

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

The Zen teaching that when we eat, we only eat, and when we see something, we just see that thing, is great as an ideal. But it is not the way we live. Seeing burning leaves, various associations may arouse nostalgia, and we may think of an autumn day in childhood, perhaps one on which we played football. A stream of consciousness chain is unleashed. Eating a dessert, we may remember eating a similar piece of pie with a departed loved one. (Taste is great for evoking memory.) Pretty soon we drift down the path of recollection and then into daydreams. This is not mindfulness, which says "now."

By registering all objects of mind and noting our reactions to them, we take away the tendency to drift. Daydreaming may be pleasant, as many songs imply, but it does not help us toward a heightened awareness. Be strict with yourself and continually bring your mind back to the observations counseled here.

~ **Justin Stone's Written Words**

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Chi Reflections

Inward Solitude

To have inward solitude and space is very important because it implies freedom to be, to go, to function, to fly.

~ Krishnamurti

Follow your bliss

Sink so deeply into your center that you experience a consciousness devoid of thought—an intuition that is illuminated with awareness. This is who you are at your deepest. Let this consciousness guide you; allow yourself to grow and change with it. As long as you can move from there, you will know your bliss. Let it enlighten you.

~ Joseph Cordillo

Reality

Reality has no inside, outside, or middle part.

~ Bodhidharma

Harmony

Hot and cold, light and darkness, movement and repose ... opposites do not bring confusion to the world; they bring harmony.

~ Rabindranath Tag-or



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

DATE CHANGE

New Dates Are Oct. 18-20, 2019 (Not Oct. 4-6) NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732-988-5573

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

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

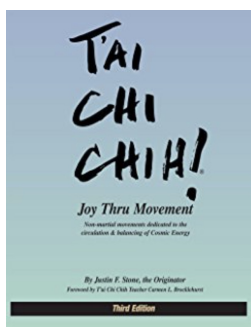
May 29-June 3, 2020, Aston, PA TCC Teacher Accreditation with Trainer TBA.

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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