

From: **Stephen Thompson** newsletter@TCCcommunity.net
Subject: Sandy's October 2020 T'ai Chi Chih Newsletter
Date: October 1, 2020 at 3:06 AM
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Sandy McAlister's Message:

The Practice and Kindness

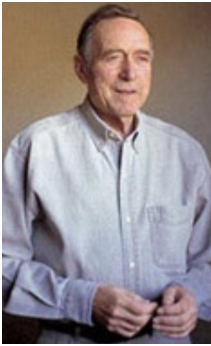
At a recent T'ai Chi Chih day long workshop with Sr. Becky Shinas and myself, Sr. Becky lead a discussion around the work *HUMANKIND*. This is what I came away with. We are all human and we all have an innate kindness or goodness or godliness within. Sometimes that kindness is stifled for various reasons, yet it is yearning to express itself. Fear, inertia, ignorance, or our own pain, may keep us from letting that goodness shine.

Those who practice T'ai Chi Chih realize that it is a very effective tool to help clear a path to the kindness and let it beam forth. When we soften during practice it is not only our physical bodies that soften but also our essence, our emotions, our feelings, our attitudes, our built-up protections. When those barriers dissipate that kindness inside is freed to be shared with others.

My sister made a magnetic sticker for the back of her car about 8" by 12" in big black letters "*BE KIND*". Several times people have passed her car and smiled giving her a thumbs-up or a honk and wave of acknowledgement. Just seeing the words "*BE KIND*" puts a smile on faces. Also, she said that now that she "advertises" it she has to live up to what she preaches.

During your T'ai Chi Chih practice let the softening go deep to dissolve barriers, allowing your kindness to shine and brighten the world. Let us all be rays of kindness.

- T'ai Chi Chih Guide, Sandy McAlister



DIGITAL JUSTIN!

Students visit justinstonetcc.com for a student discount of 25% off with promo code => osmmigm

Teachers: Please email Kim Grant at kim@kimgrant.com for a separate promo code and link.

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Justin's Insights

Real Fulfillment

Building a silent and imperturbable Center while active in the disappointments and triumphs of our busy lives - this is real fulfillment.

~ Justin Stone Speaks on T'ai Chi Chih - Joy thru Movement

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Joy is Man's Heritage

Joy is your natural state, although it is usually clouded over. When the Mind returns to its natural condition, you are joyful. Such Bliss is not the result of anything. "To the Mind that is still the Universe surrenders." The Life Force itself is joyous. All we have to do is get ourselves out of the way and enjoy it.

~ Justin Stone - The Meaning of Suffering

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Chi Reflections

Humankind, Kindness and Divineness

Right now, whether we know it or not, every person on this planet is changed; all have a chance for a new experience in the Supreme Ultimate, a new experience of themselves as Divine, and thus a new experience of seeing every person in the world as Divine.

We hear and feel so much gratitude, graciousness, generosity and sacrifice happening. Let's look at the root words for sacrifice: "One who makes sacred" everything around them; by every prayer, touch and word that they send out into this forever changed world. They are not afraid to own and live their Divinity, to live into their Essence with humble acts of compassion, forgiveness, singular unity through sacred diversity with unconditional loving all around. (As Justin wrote:

“Right in the midst of the turmoil one must rest in the Essence...”)

What does it mean to be divine? The secret is tucked into our name: *Humankind*. To be human is to be kind, and to be kind is to be Divine. That's it. Your kindly-ness, your divinely-ness is what you see and experience with joy all around you as you move through your ordinary, or now not-so-ordinary, day. (As Justin wrote: *“Properly seen, every incident in life points to the unseen Essence.”*)

So if you are yet to believe in your own Divinity, next time you: do T'ai Chi Chih; simply smile; say *Hello*; give an encouraging word; change your plans; pass the remote; cook a meal; pet the cat or dog; make a long-needed telephone call; shelter in place; help carry a load; wash your hand; help with the dishes; do something creative; listen attentively; say *“Excuse me,” “I am sorry,” “Please forgive me,” “I love you,” “Thank you;”* and send a heartfelt prayer into the world... Know then that you are simply Divine.

~ S. Becky Shinas, OP, Vital Force May 2020

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T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

Oct 23, Oct. 30 and Nov. 6 10:30am to 1pm EASTERN

Three Zoom Session Seijaku with Daniel Pienciak

Nov. 12-15 Seijaku Meditation Retreat" on Zoom with Daniel Pienciak

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

Nov. 16-21, TCC Teacher Accreditation live Online via Zoom with Pam Towne

Contact: [Email Molly Grady](#) 505-280-4701

Nov. 29-Dec.5, Teacher Accreditation live Online via Zoom with Daniel Pienciak

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

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

Excellent way for you to receive helpful feedback, improve your practice, and to be with other Tai Chi Chih practitioners.



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

MONDAYS

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome
9:30am MST Practice at 10am

[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

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 August 11 - October 6

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

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

Margery Erickson Seijaku for Teachers and Serious Students
(Starts October 8, 2020)

Teachers accredited in Seijaku will take turns leading the practice. These practices

will be held regardless of whether Margery is present.

11am to noon Eastern (8am to 9 am Pacific)

Meeting ID: 815 1921 2028

Passcode: joyjoyjoy

[Click here for ZOOM](#)

Lisa Stroyan Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

FRIDAYS

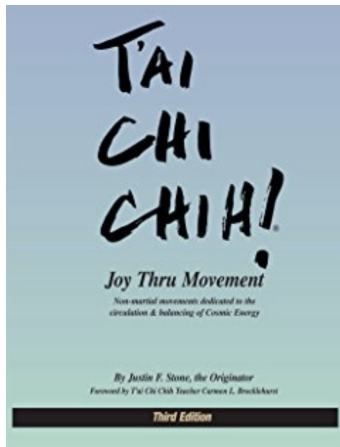
Margery Erickson For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmigkm

Teachers: Please email [Kim Grant](#) for a separate promo code and link.

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)

\$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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