

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's September 2022 Tai Chi Chih Newsletter  
**Date:** September 1, 2022 at 3:01 AM  
**To:** Stephen Thompson stephen2816@mac.com

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## Sandy McAlister's Message

### [Polarity: Better Sooner Than Later!](#)

Well, who knew? *“As soon as we begin moving we make a ball.” “... but we don't start with the ball, we start with the hands at the chest.”* And in the video at this point, Justin shows his palms facing the floor, hands only a few inches apart, about mid-chest. The above quotes were taken from the Around the Platter Variation's portion of the Joy Thru Movement DVD where Justin Stone was teaching and demonstrating the T'ai Chi Chih movements.

Well, I did know sort of know this but I didn't realize he made the ball as soon as he did. My journey with this movement so far has been three-fold. At first, I use to make the ball gradually, my palms slowly coming into position to face each other and then returning to face the floor at the half way point of the circle. Then at some point a while back I realized I wasn't getting all I could from the polarity so I start making the ball a bit sooner in order to have the polarity longer.

At our last Teacher Trainer meeting while reviewing our movements we checked to see when Justin started his variation in Around the Platter Variation. I think we were a bit surprised that he started making a ball so soon. We all decided to adjust our teaching to begin forming the variation sooner.

If one is to picture a clock in front of us on the floor and we are standing at 6 o'clock, we start with the hands facing the floor and as soon as we begin shifting the weight we begin forming the ball rather quickly, but not abruptly, and have it formed by 7:00 when going to the left and formed by 5:00 when going to the right. I know this is putting the movement in a box but you get the idea.

So this is my journey with the Around the Platter Variation, I use to have it formed by 9:00, but then I wanted more polarity so I started sooner and formed it by 8:00. Now it will be by 7:00. If the point of the variation in Around the Platter Variation is to produce polarity, then let's get on it.

~Sandy McAlister

## Teachers 2nd Saturdays Get Togethers & Practice

Saturday Topic: *Polarity in our movements: When, Where.*

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

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



### Justin's Insights

TEACHING TIPS FOR TEACHERS (Also Valuable For Students)

*T'ai Chi Chih is an inner discipline, with great outer effects, and tends to bring about relaxation, lessening of stress, and a growing feeling of serenity.*

*There is great room for laughter and joy in T'ai Chi Chih practice, and the power of group Chi is felt by almost everybody in group T'ai Chi Chih practice.*

*To practice is all-important, to discuss aimlessly is a waste of time. Be firm about this.*

~ Justin Stone 1996

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## Chi Reflections

### How Long Should Practice Last?

Don't practice until you get it right. Practice until you can't get it wrong.

~ Unknown

## The Secret Of Self-Improvement

We, in fact, determine how skilled we become in the sense that if we choose not to practice, we recognize that we will not move beyond the point at which we stopped.

~Byron Pulsifer

## The Effort To Improve

The result is not the point:

It is the effort to improve ourselves that is valuable. There is no end to this practice.

~ Shnryu Suzuki - Zen Mind, Beginner's Mind



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

### 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](mailto:lorlepine@gmail.com)

**Lisa Stroyan** TCC for students, candidates, and teachers; beginners welcome to follow along, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

**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 (Sunday 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](mailto: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, 9/27, 10/11, 10/25, 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, 9/20, 10/4, 10/18, 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](mailto: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@pamtowne.com) 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@jessicalewis.com) 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](mailto: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. [Please email Richard](mailto:richard@richardkarasik.com) 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@anitavestal.com) or call 813-418-0146

**Lorraine Lepine** Seijaku class on Thursdays Sept. 29 - Dec. 22 4-6pm Central

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

## 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@keepcalm.com) 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

**September 15 - October 20, 2022 Seijaku Intro/Review on Zoom with Pam Towne**  
6 Thursdays 10am - 12:30pm Pacific

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589

**September/October 2022, 6 Teacher Prep Class Series Online w/ April Leffler.**

Thursdays, September 29 to November 3 from 2:00-5:00 EST. Classes are three hours each. Cost: \$180

Contact: [Email April Leffler](mailto:aprilleffler@keepcalm.com) or cell-610-809-7523

**September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online**  
with April Leffler. Fri-Sun; 10:00-4:00 EST Cost: \$200

Contact: [Email April Leffler](mailto:aprilleffler@keepcalm.com) or cell-610-809-7523

**Oct. 22-24, 2022 Online Seijaku Teacher Accreditation on Zoom with Pam Towne**

Contact: [Email Pam Towne](mailto:pam@keepcalm.com) or call 760-421-7589

October 28, November 4 and 11, 2022 Exploring Seijaku Retreat Online with Daniel Pienciak, 3 Fridays 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.

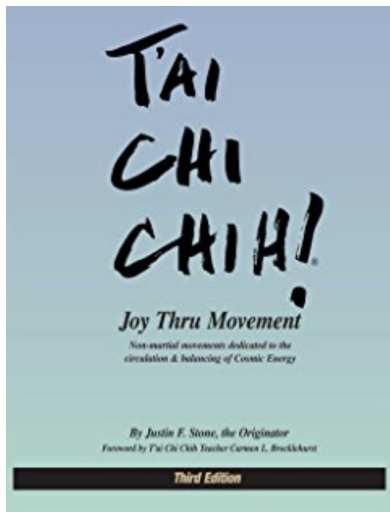
November 11, 12, 13, 15, 16, 18, 19, 2022 Online TCC Teacher Accreditation on Zoom with Daniel Pienciak  
Contact: [Email April Leffler](#) or cell-610-809-7523

## 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 be with other T'ai Chi Chih practitioners.



## Links to Resources & Materials

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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](#)

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



inquires. [Email.Fair.TOWNE@700-421-7307](mailto:Email.Fair.TOWNE@700-421-7307)

**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](#)

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## 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.*

**T'ai Chi Chih is a federally registered trademark of Kim Grant.**

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