

From: **Stephen Thompson** newsletter@tccccommunity.net
Subject: Sandy's August 2018 T'ai Chi Chih Newsletter
Date: August 1, 2018 at 3:01 AM
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Sandy's Message:

We Are All In This Together

I noticed one student returning a book to another with a "Thanks, it was uplifting." As we shared "Does anyone have good news?" which is the way I often start my classes, the student walked over and picked up the book and brought it back to our circle. She shared how whenever she is discouraged or disappointed with how things are going in our country or the world she reads something by this writer and she is soothed. The writer of the book connects deeply with nature and our relationship with it. Several people wrote down the authors name, which is an example of how building community in our classes is beneficial.

We all share in this time and space. We have the choice to support each other, or not. T'ai Chi Chih develops in us a sensitivity to the vibrancy of life. We become more aware of all the things around us, our environment, our neighbors, our culture, our choices. Our awareness broadens. By building community in the class, by giving students an opportunity to share their lives in a small way, we recognize our commonalities and the differences seem less important. We may then begin to apply this perspective to the broader world.

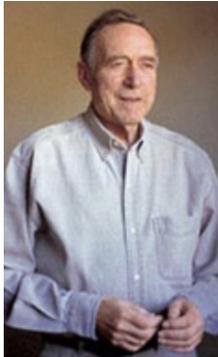
As teachers of T'ai Chi Chih we have an opportunity to foster recognition of the "bigger picture" of the world and the role we play – the idea that we are all connected through this universal energy, Chi. We do not even need to talk about Chi or energy. As teachers we have a golden opportunity at the end of a practice to give our students a few minutes of silence or stillness to notice within themselves how the practice makes them feel, and to share this with others in the class if they feel moved to.

Bill Douglas, founder of World Tai Chi Qigong day, wrote, "When we begin Tai Chi or Qigong many of us do it for health reasons, but then we see that it not only heals our bodies, but heals our relationships with those we love, and the world around us. We find a new way of approaching our lives and the world is FUN!"

T'ai Chi Chih is so much more than just a practice for health.

T'ai Chi Chih Guide, Sandy McAlister

Note: For a more expanded view of building community in our classes read Sandy's article in the next VFJ. (August 2018)



Justin's Insights

Cosmic Rhythm

[E]verything in the universe has a rhythm, and that rhythm has to do with cycles. It's circular as is T'ai Chi Chih. But it is interesting that people unconsciously express their joy (not their unhappiness) in dance, in rhythmic movement. All you have to do is look around the universe. We can predict what time the sun comes up in the morning, how the tides will flow, when we will

see the full moon and so forth. This is all part of Cosmic Rhythm.

Wherever we look, circularity and the cyclical are representative of what is real. Those of you who are sinking deeply into T'ai Chi Chih (not on the surface but those who, over a period of time, sink deeply into it) begin to get the feeling of the circularity and of the cyclical. This is very encouraging because if you don't grab the brass ring the first time around, you will come around again; you'll get a second chance. With almost everything... I could go on with this particular idea in great detail. In a sense what we're seeing is expansion and contraction, destruction and construction. There is no construction without destruction, and there is no destruction unless there's been construction.

We could say there is always a transformation from the expanding to the contracting.

... So the thing that keeps someone from entering Cosmic Rhythm is lack of inner sincerity. I'm talking about truthful sincerity where you live, the way you talk, the way you think you live. If we do T'ai Chi Chih, and particularly if we teach it (because I know you have all found out the best way to learn T'ai Chi Chih is to teach it), if you'll listen to yourself while you're talking, you're going to begin to learn how to do it.

...When you do T'ai Chi Chih and particularly when you teach T'ai Chi Chih, you are doing what is necessary to enter Cosmic Rhythm. You are speeding up evolution at a pace... well, those of you who take Seijaku will begin to realize what I'm talking about.

...Not only are you practicing the way to enter Cosmic Rhythm or to be one with Cosmic Rhythm, you are passing it along to others. You are aiding in the evolution of the world and of mankind, to a point where maybe one day it will be entirely peaceful. Does that make your task seem as though what you are doing is teaching "exercise?" What you are teaching is so important. Don't forget, you are all pioneers. It's very early in the game; I'm guessing 21 years of T'ai Chi Chih. It's miraculous. I can't figure out how there are teachers in Chile, New Zealand, Switzerland, Germany, Belgium, Ireland, and so many other places. How did all this happen? The reason it happened is, one, because T'ai Chi Chih has its own life. T'ai Chi Chih is meant to do certain work in the world and is doing it at a very rapid pace. And two, it's happening because of the inner sincerity of the teachers.

...Everybody here is capable of getting deeply into the essence of T'ai Chi Chih and being a great force. Your pupils will go on to become teachers and have other pupils who will have other pupils. Each one of you is a Johnny Appleseed – you planted one apple seed and suddenly there are apple trees all over the country. So, it's worth taking seriously and doing it with complete sincerity.

~ Justin Stone

"Cosmic Rhythm," by Justin Stone © Good Karma Publishing 2009 [Click here for the full transcript of COSMIC RHYTHM From the 1995 T'ai Chi Chih Teacher Conference, Denver, CO](#)

Justin's quotes reprinted with permission of Good Karma Publishing.

Chi Reflections

Now

Seijaku

It is never too late or too soon

It is when it's supposed to be.

~ Mitch Albom

Harmonious Mind & Body

Softness will always overcome hardness, and harmonious mind and body will always win out over chaotic mind and body.

~ David-Dorian Ross in "Essentials of Tai Chi and Qigong"



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

Sept. 25-28, 2018, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

October 4-8, 2018, Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

Oct 24-28, 2018, Colorado Springs, CO TCC Intensive Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com

Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation with Pam Towne

Contact: Molly Grady mmlwow@aol.com

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 31-June 6, Aston, PA TCC Teacher Accreditation with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

Late June dates (June 20-23 OR June 27-30, To Be Determined) 2019 Teacher

Late June dates (June 20-23, OR June 27-30, To Be Determined), 2019 Teacher Conference, Minnetonka, MN.

Late June dates (or last of June and early Aug dates, see above) To be Determined, 2019 Post Conference Seijaku, Minnetonka, MN.

July 3-7, 2019, Santa Barbara, CA TCC Intensive with TBD

Contact: Pam Towne pamtowne@gmail.com

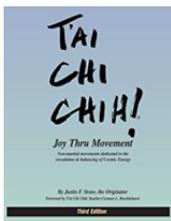
Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

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 DVDs/Videos, Books, CDs/Audios: [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:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

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 517, Midland Park, NJ, 07432

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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