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Subject: Sandy's July 2018 T'ai Chi Chih Newsletter
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Mission Statement

Sandy's Message:

Temper Resistance With Softness

In T'ai Chi Chih there are movements that do not conform to the general guidelines or principles we use to shape and guide our practice.

But, the exceptions to the principles are not black and white, or absolute. For example, in Joyous Breath, when the hands rise with the in-breath and return down with the out-breath the hands move as if working through resistance. Breathing is done with a fullness and an effort is made to fill the lungs – and then empty them as completely as possible.

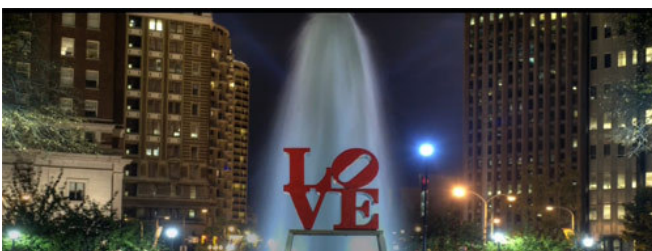
So where is the softness in Joyous Breath that we strive to embody throughout our practice? Ah, it is in the transitions! When the hands finish their direction of movement and turn over, that is when we have the opportunity to apply the principle of softness. Be patient, feel your way through the transitions. Allow time to pass. Let go of all tension and resistance. Give as much attention to the transitions as to the rest of the movement. To temper and balance the resistance and effort we use during the majority of Joyous Breath, we completely let go into softness during the moments of transition.

Often we see aspects of our T'ai Chi Chih practice reflected in our daily lives. Consider the above concept of tempering the resistance, which encompasses the majority of Joyous Breath, with transitions of corresponding softness.

Softness can bring balance and comfort when we are feeling an emotional extreme or when we take a black and white, or absolute position in a heated discussion. Have you ever been deeply sad but in the midst of that feeling a pleasant memory comes to mind putting a smile on your face? That smile will soften the sadness, just as humor will often break the tension in a discussion to bring balance, or to soften anger.

May we all flow with the effort of no effort, be mindful of life's transition points, and find balance in all things.

T'ai Chi Chih Guide, Sandy McAlister



2018 Teacher Conference Update

**July 26 – 29, 2018 Teacher
Conference "Flowing"**



Conference "Flowing From Emptiness"

**DoubleTree by Hilton Hotel
Philadelphia Airport, PA**

It's hard to believe that the annual T'ai Chi Chih Teacher Conference is less than a month away! If you haven't registered yet, please do so! Both the conference and the hotel are on the official TCC Foundation's new website by following the step-by-step directions under "2018 Conference" on the **TCC Foundation's new website**.

Check out the Look Who's Coming List on the TCC website and if you see some friends missing, feel free to give them a call and ask them to join us!

We are still as excited as ever that things are falling right into place! You've asked (via the evaluations) and we're offering! The intention is to "go deeper rather than wider" in the presentations and breakout sessions.

Breakout session topics include: Initiating the Moves with Greater Awareness, Softness, Teaching Seijaku, Intro to Seijaku, Social Media tidbits, T'ai Chi Chih & Spirituality, Refinement sessions with personal feedback/corrections & even Exploring Nuances in the Cosmic Consciousness Pose.

Presentations topics being offered: Teaching T'ai Chi Chih to Elementary School Children, Exploring Language used in T'ai Chi Chih to Attract more Diverse Audiences & Flowing From Emptiness... just to mention a few.

Of course we have some nice surprises to inspire and delight you as well!

Over \$4000 has been given out in scholarships for this years Conference. Please remember to bring donations for the raffle/silent and vocal auctions, as the money raised benefits teachers via scholarships to attend Conference! It's a worthy cause.

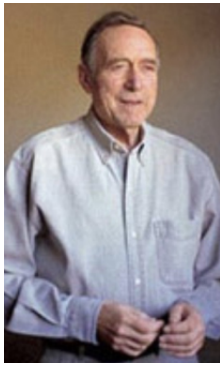
Also please bring a pen, water bottle and some sort of bag to carry your goodies!

We are very much looking forward to welcoming you to Philadelphia-The City of Brotherly Love.

~ The Conference Committee

PS Check Out The Top 50 Must-See Attractions here We are so excited and looking forward to being together!

April & Kathleen



Justin's Insights

The Effort of No Effort

"You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body—no effort."

~ Justin Stone - Vital Force August 1988_

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

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

Chi Reflections

Seijaku

Seijaku

Softness appreciated after resistance Energy increased

Internally focused

Justin's gift

Advanced T'ai Chi Chih

Kindness, loving kindness Understanding

~ Rita Beth

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

July 4-8, Santa Barbara, CA, TCC Intensive with Sandy

McAlister

Contact: Pam Towne pamtowne@gmail.com

July 26 - 29, 2018 TCC Teacher Conference - Flowing From Emptiness

July 20 - 29, 2018 TCC Teacher Conference - Flowing From Emptiness
Philadelphia, PA.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Co-Hosts:

April Leffler lirpaleff@rcn.com

Kathleen Mcallister tccteacher555@gmail.com

July 29 - 31 Post Conference Seijaku Philadelphia, PA.

Late registration is due June 25

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA. Partial scholarships are available for the accreditation course.

[Click here for Conference Information and Conference Registration forms](#)

Or . . .

Contact Host:

Janet Oussaty joussaty@comcast.net or call 908-635-1822

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 TBD

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

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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