

**From:** Stephen Thompson [stephen2816@mac.com](mailto:stephen2816@mac.com)  
**Subject:** Sandy's May 2018 T'ai Chi Chih Newsletter  
**Date:** May 1, 2018 at 3:04 AM  
**To:** [stephen2816@comcast.net](mailto:stephen2816@comcast.net)

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## **Sandy's Message:**

### **Practice in Public**

*I just returned from a three-week trip to Peru. I am struggling with the fact that I only did my T'ai Chi Chih practice a few times. There never seemed to be a right time or place. The hotel rooms didn't work for various reasons. I was usually with 15 other people on a group tour time frame, not my own. When I did find I had some time, there was not a private, secluded place to practice. Lots of reasons? . . . Or lots of excuses not to practice?*

*What I question the most is why I felt uncomfortable practicing in public. I have done many practices in public places, alone or in groups, from parks to beaches and in airports. But for some reason this time it felt like I was showing off. Should I not be able to practice without the concern of what others think?*

*Doing T'ai Chi Chih in public can be good advertisement, right? People will want to know what I am doing and it is an opportunity to "spread the word." It can be a good ice breaker. It is a practice that benefits me in so many ways and often helps me connect with the world around me. So why did I find it so difficult to practice and especially in public this time? I'm still pondering this question.*

*I write this self-confession in the hopes that you may consider why and where you practice. Do you have a dedicated place where you usually practice? Before you begin your practice, do you take time to settle into the space and place around you? Do you have a small ritual or routine you go through before beginning your practice? How do you feel about practicing in public? There are many reasons to do a T'ai Chi Chih practice. No matter the reason it is important that we fully engage with the practice – as Justin would say, "Never go on automatic or never do a careless T'ai Chi Chih practice."*

*T'ai Chi Chih Guide, Sandy McAlister*

**PS** *Folsom Prison has changed the date of the prison's annual banquet and Circles of Light event to Thursday, May 3rd. The time of this global, synchronized practice in support of Judy Tretheway and Julie Heryet's prison classes will remain the same: 1:45 PDT.*



## 2018 Teacher Conference Update

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July 26 – 29, 2018  
Teacher Conference  
"Flowing From  
Emptiness"

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

### **RESERVE YOUR HOTEL ROOM ASAP!**

We are very excited about the 2018 conference schedule! At this year's T'ai Chi Chih Teacher Conference we will have: popular, often requested speakers offering you the opportunity to hear them speak on topics never before discussed; break out and moving sessions like never before; and ample the time to reconnect, rededicate and reset as we flow from emptiness.

Keep checking the "Look Who's Coming" list on the official TCC website (along with the many adventures with photos that Ben & Betsy are having as they travel across the country to stay with teachers). We already have 101 people who have registered with almost three months to go! If you don't see someone on the list, give them a call and encourage them to join us in Philadelphia.

You can now use a credit card to register for both the conference and the hotel. How? Go to the official TCC website under 2018 Conference and follow the step-by-step directions on the [TCC Foundation's new website](#)

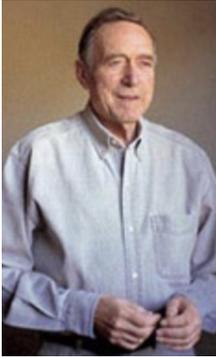
Will you be going sightseeing while in Philadelphia? [Check out the Top 50 Must-See Attractions here](#)

Last but not least, order your conference apparel. You will be amazed at the many styles and colors from which to choose!

April Leffler, Co-Host  
lirpaleff@rcn.com

Kathleen McAllister, Co-Host  
Tccteacher555@gmail.com

DON'T DELAY . . . REGISTER AND BOOK YOUR HOTEL ROOM ASAP . . .  
THE HOTEL ROOMS ARE ALREADY FILLING UP!!!



## Justin's Insights

### Pointing The Way

*Like Zen, T'ai Chi Chih points out the way to serenity and fulfillment while living in the midst of busy worldly conditions.*

**For more of Justin's Quotes on Pinterest:** [click here](#)

### Energy and Wisdom

*Empty space seems to be a vast continuum of Energy, and that energy is Wisdom. Energy appears in many forms, including "matter," and it's always there for us to use in re-charging ourselves—hence, T'ai Chi Chih. When we do, our intuition seems to be greatly sharpened, and this is understandable as "Energy" and "Wisdom" are just different words.*

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

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

## Chi Reflections

### Understanding Oneness

*Do not follow conditions, do not dwell in emptiness.*

*Cherishing oneness in the hearth, everything will stop by itself.*

*Rest to stop motion, and rest will move you again.*

*If you are merely in either, how will you know oneness?*

*Not understanding oneness you will miss in two ways.*

*Expelling being you will be without it, following emptiness you are always behind it.*

*The more words and thoughts the more you will go astray.*

*Stop speaking, stop thinking and there is nothing you cannot understand.*

*Return to the root and obtain the essence; following the outcome you lose the source.*

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*For a moment turn inward, and surpass the emptiness of things.  
Changes that go on in emptiness all have their cause in ignorance.*  
~ Chien-chih Seng-ts'an\_



## T'ai Chi Chih Events

### Led by the Guide and Teacher Trainers

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#### 2018 Events

**May 10 -13 Prescott TCC** Retreat with Pam Towne Contact: Pam Towne  
[pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 11-14 Aston, PA Teacher Symposium** with Sandy McAlister  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**June 1 -3, NJ Shore TCC** with Daniel Pienciak  
Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) or 732 988 5573

**July 4-8, Santa Barbara, CA, TCC Intensive** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**July 26 – 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](mailto:lirpaleff@rcn.com)

Kathleen Mcallister [tccteacher555@gmail.com](mailto:tccteacher555@gmail.com)

**July 29 - 31 Post Conference Seijaku Philadelphia, PA.**

**The deadline for Seijaku early registration discount is April 1.**

The accreditation and basic courses will be held at the nearby Franciscan Spiritual Center in Aston, PA; a substantial savings is being offered with the April 1 early registration (a \$200 deposit will reserve your space); late registration is June 25. Partial scholarships are available for the accreditation course.

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

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Or . . .

Contact Host:

Janet Oussaty [joussaty@comcast.net](mailto: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](mailto:pamtowne@gmail.com)

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

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

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

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

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

Contact: Molly Grady [mmlwow@aol.com](mailto:mmlwow@aol.com)

## 2019 Events

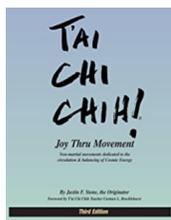
**March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation)** with TBD

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955

*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

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**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](mailto: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:**

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](#)

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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.*

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