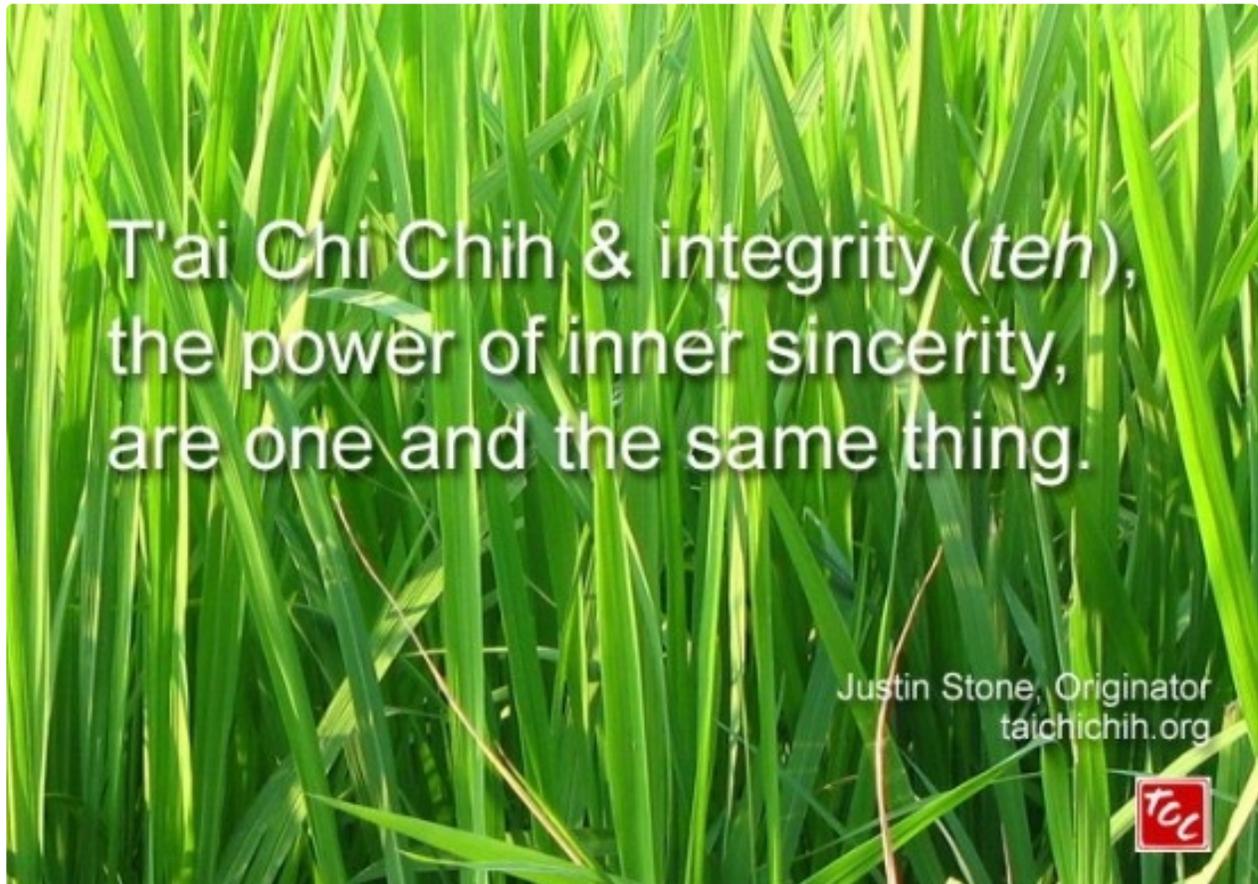


From: **Stephen Thompson** stephen2816@mac.com  
Subject: Sandy's November 2017 T'ai Chi Chih Newsletter  
Date: November 1, 2017 at 3:03 AM  
To: stephen2816@comcast.net

ST

Like

+1



## Contents:

**Sandy McAlister's Message: Welcome and Renewal**

**2018 Conference News**

**Justin's Insights & Chi Reflections**

**Events led by the Guide and Teacher Trainers**

**More T'ai Chi Chih Events**

**Links to Resources & Materials**

**Mission Statement**

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## **Sandy's Message:**

### **Welcome and Renewal**

*They were amazing, funny, startling, passionate, heart-wrenching, tearful, and joyful – this is what my returning students, who are now newly accredited TCC Teachers, expressed to me about the 17 presentations that were given at the T'ai Chi Chih Teacher Accreditation Course they attended two weeks ago. What was evident from those presentations, and actually from all presentations given over the years at the Accreditation courses, is that an overwhelming majority of people that become T'ai Chi Chih teachers do so because they have experienced T'ai Chi Chih's benefits and want to offer the same opportunity to others.*

*As we welcome 17 new teachers into our teaching community with their varied stories and experiences, it sparks the thought that a review of our roots is a good balance to this new addition; especially since the month of November is Justin's birthday and I can't think of a better time or way to honor him than by making sure we know the history of what we practice. It is in the Introduction section of the photo text. Here is a sample:*

*"I began, around 1969, to experiment with my own forms based on ancient principles." Justin taught these new movements to his T'ai Chi Ch'uan students as warm-ups. "Over the next few year.... new movements came to me in an effortless manner. When enough of them had been perfected, I decided to call them, collectively, T'ai Chi Chih."*

*Also, if you have the 3rd edition of the photo text a wonderful time-line of Justin's life was added at the end. It is a beautiful way to introduce him to students.*

*I would encourage all practitioners to read all of the photo text this month, not just the introduction part. Each time I go to the photo text with a question I am surprised to read something either I had forgotten or something that had never registered before. What better way to express our gratitude for the originator than to do our best to know the history of what we practice. Happy reading!*

*T'ai Chi Chih Guide, Sandy McAlister*

*PS It is with great satisfaction and gratitude that I inform the community that*

*through your generous contributions, in response to my request just last month, we have received the full amount to cover the cost of the AV equipment purchased for conference use. Way to go community!*



## 2018 Conference News

Co-hosts April Leffler and Kathleen McAllister are delighted to announce the date and place for next year's Teacher Conference:

**July 26 – 29, 2018**

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

Mark your calendars now. The Hilton has round-the-clock complimentary airport shuttle for those that are flying and free parking for those who will be driving. Downtown Philly is only 7 miles from the hotel.

The theme is **Flowing From Emptiness** so plan on leaving your monkey minds at home.

The hotel has offered us a special rate three days pre and post conference. Come a few days early or stay later to explore the "City of Brotherly Love." Philadelphia is a thriving metropolis packed with museums, fine restaurants and plenty of sightseeing attractions.

As usual our Teacher Conference registration and information forms are posted on the [taichichih.org](http://taichichih.org) website under the **TEACHERS** tab. [Click here to be taken to the taichichih.org's 2018 CONFERENCE page.](#)



### Justin's Insights

#### All Things Are As They Have Always Been

Those who do T'ai Chi Chih regularly have not been taught



how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers – they would spoil the experience.

~ Justin Stone in the Vital Force, Summer 1993

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

## Chi Reflections

*If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities; in the expert's mind there are few.*

~Shnryu Suzuki - Zen Mind, Beginner's Mind

*Stop talking, stop thinking, and there is nothing you will not understand.*

*Return to the Root and you will find the Meaning.*

*Pursue the Light, and you will lose its source... There is no need to seek Truth: only stop having views.*

~Sengstan



## T'ai Chi Chih Events

### Led by the Guide and Teacher Trainers

#### 2017 Events

**Nov 2-5 San Antonio, TCC Retreat** with Pam Towne Contact: Alice Holden [alicemholden@gmail.com](mailto:alicemholden@gmail.com)

**Nov 16 - 19, 2017 Albuquerque, NM TCC Intensive** w/Daniel Pienciak  
Contact: Marc Kwasman [marcabq@gmail.com](mailto:marcabq@gmail.com)

#### 2018 Events

**March 3 - 9, 2018 Aston, PA Teacher Training (Accreditation)** with Pam Towne

**March 15-18, Santa Barbara, CA TCC Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**March 20-23, Santa Barbara, CA TCC Retreat with Sandy McAlister**

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 10 -13 Prescott TCC Retreat with Pam Towne** Contact: Pam Towne

[pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 11-14 Teacher Symposium** Aston, PA with Sandy McAlister

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

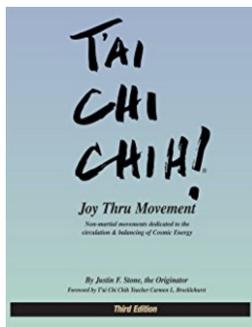
Kathleen Mcallister [tccteacher555@gmail.com](mailto:tccteacher555@gmail.com)

**Post Conference Seijaku Philadelphia, PA.** Details to follow

*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:

[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](#)

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**T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link:** [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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