

From: **Stephen Thompson** stephen2816@mac.com
Subject: Sandy's October 1, 2017 T'ai Chi Chih Newsletter
Date: October 1, 2017 at 3:00 AM
To: stephen2816@mac.com

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Mission Statement

Sandy's Message:

Subtle, Sublime, Serene

Here is something fun to do to increase your awareness around T'ai Chi Chih. How many words can you come up with that start with the letter S that have to do with T'ai Chi Chih?

This week I started each of my classes with this question. Some answers related directly to the principles of the form, such as softness, shifting, sinking, and circularity (sounds like it starts with S) received a chuckle. This gave an opportunity to reiterate the importance of the principles. Some answers were interesting and thought-provoking such as sky, stingray, soulful, sunny. But one answer was down-right puzzling, until they explained. When the student said "shitty" we all looked perplexed. Then she explained that some days she just couldn't do the moves right or was off balance or some other reason came up during her practice that gave her pause to criticize herself. As she was explaining you could tell that a self-revelation was unfolding for her, an awareness within. She did reassure us that most of the time she loved her practice.

Isn't that one of the gems of the practice that it draws us inward and heightens our awareness. And as we become more aware we realize we have choices, choices of how to respond rather than react to situations and emotions. How many words can you and your students come up with that start with the letter S that have to do with T'ai Chi Chih? Give it a try. You might find your answers to be supportive, satisfying, and perhaps even surprising!

FYI, One of the big expenses each year at our teacher's conference has been the rental of AV equipment. Last year with the financial support of the T'ai Chi Chih Foundation the conference team took on the responsibility of purchasing some AV equipment which will be passed on to each conference. Four mics

some AV equipment which will be passed on to each conference. Four microphones and a projector were purchased. So far we have raised about 2/3 of the money to cover the purchase cost. I am calling on our community to help bring a graceful conclusion to this project through financially supporting the remaining \$900 of the cost. The Foundation has a tax-exempt status so donations are tax deductible. Your support can go to: T'ai Chi Chih International Foundation, P.O. Box 517, Midland Park, NJ 07432.

On the topic of conference, keep reading for great news! Thank you April Leffler and Kathleen McAllister for stepping up to serve our teaching community.

T'ai Chi Chih Guide, Sandy McAlister



2018 Conference News

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

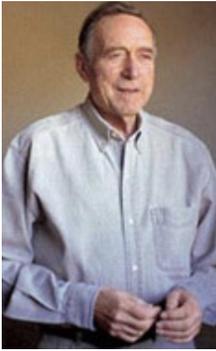
July 26 – 29, 2018

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. Stay tuned for more details!



Justin's Insights

Perspective

"The world is a reflection of ourselves. What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make new friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and we repel others."

~ Justin Stone, *Climb the Joyous Mountain: Living the Meditative Way* _

Chi Reflections

Practice

"All spiritual practice is the art of shifting perspectives."

~ TEAL

A Fully Engaged Mind

"Something mysterious happens to a curious, fully engaged mind"

"And it happens as often as not, subconsciously."

"Strange little sparks are set off, connections made, insights triggered."

~ Tom Peters

Meaning

"Tai chi does not mean oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind and body together as one process."

~ Chungliang Al Huang



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2017 Events

Oct 13-15 Rochester, MN Seijaku Accreditation with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@a.com

Contact: Bonnie Sokolov bonnietaichi@gmail.com

Oct 15-21 Rochester, MN Teacher Training (Accreditation) with Pam Towne
Contact: Bonnie Sokolov bonnietaichi@gmail.com

Nov 2-5 San Antonio, TCC Retreat with Pam Towne Contact: Alice Holden
alicemholden@gmail.com

Nov 16 - 19, 2017 Albuquerque, NM TCC Intensive w/Daniel Pienciak
Contact: Marc Kwasman marcabq@gmail.com

2018 Events

March 3 - 9, 2018 Aston, PA Teacher Training (Accreditation) with Pam Towne
Contact: April Leffler lirpaleff@rcn.com

March 15-18, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

March 20-23, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

May 10-13 Prescott TCC Retreat with Pam Towne Contact: Pam Towne
pamtowne@gmail.com

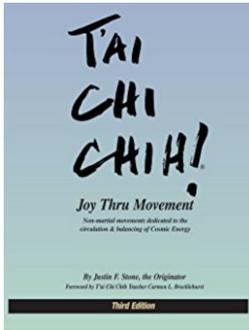
July 26 – 29, 2018 TCC Teacher Conference - Flowing From Emptiness
Philadelphia, PA. Details to follow

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

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: [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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