

From: Stephen Thompson stephen2816@mac.com
Subject: Sandy's October 2017 T'ai Chi Chih Newsletter
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Sandy's Message:

Going deeper into Stillness

Why is there a pause or stillness between the moves of T'ai Chi Chih? During that time what are we doing, what are we thinking, what are we feeling? These are the questions I asked my classes this past week.

Usually one student in each class gave the technical or the "book-learned" answer. But many talked of their personal experience of what is going on for them during this time.

In two places in the photo text, pages 6/7 and 18/19, Justin Stone writes about how in movement the yin and yang aspects of chi separate and in stillness they unite, and the importance of this action for balancing our energy. This concept can be found in many books and writings about Tai Chi, not just Tai Chi Chih.

What I found interesting were the more personal answers:

"It is a time for me to be quiet, no thinking."

"I let go of negativity."

"It is like pushing a reset button. I let go of thoughts of the previous moves and open to whatever is next to come without wondering what that will be. It's like clearing the slate."

"I become aware of my breathing which brings me more into my body."

"It gives me time, without movement distraction, to really feel the ground under my feet and connect with the earth below."

"During stillness I feel an internal sigh of, AAHHHH. It's a time of nothingness – no thoughts, no movement, an internal quietness."

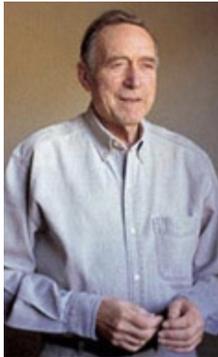
Our class discussions were an opportunity for me to talk about the balancing of energy during our practice, to read from the pages mentioned above in the photo text, and give students direction in how they might get comfortable with the stillness between moves. The stillness can be a time of anxiety, especially

for newer students wondering what comes next, wondering when I will start the next movement, or thinking about their performance.

For me the stillness is vibrant and anything but still. I'm aware that my blood is flowing, my body is slightly moving in response to my breathing, I'm experiencing a letting go feeling and a sense of spaciousness expanding outward and inward, and a drawing downward as my knees soften and I let my body sense the earth below.

I would encourage all practitioners of T'ai Chi Chih to become more attuned to what they are experiencing during the space/time between moves. Explore your body and mind responses to the stillness. Find and cultivate what serves you in the stillness allowing you to become more connected with your T'ai Chi Chih practice.

T'ai Chi Chih Guide, Sandy McAlister



Justin's Insights

The stillness is always there ..."

~ Justin Stone

Climb the Joyous Mountain:

Living the Meditative Way

[Good Karma Publishing](#)

[Pinterest](#)

Chi Reflections

The Way of Nature

"Returning to the source is stillness,

Which is the way of nature.

The way of nature is unchanging.

Knowing constancy is insight."

~ Lao Tzu

Stillness Has No Form

"Stillness is the only thing in this world that has no form.

But then it is not really a thing

*But when, it is not really a thing,
And it is not of this world."*

~ Eckhart Tolle

Movement, Power, Strength, Balance, Vitality

Movement arises from Stillness

Power from No Effort

Strength from Softness

Balance from Attention

Vitality from Relaxation

~ santacruztaichi.com



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2017 Events

Sept 14-18 Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

Sept 26-29 Santa Barbara TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

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

Contact: Bonnie Sokolov bonnietaichi@q.com

Oct 15-21 Rochester, MN Teacher Training (Accreditation) with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@q.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

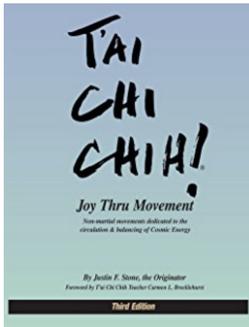
May 10-13 Prescott TCC Retreat with Pam Towne Contact: Pam Towne

pamtowne@gmail.com

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

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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