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Sandy McAlister's Message:

Continuity

It was surprising to hear my student's answers this week in my various T'ai Chi Chih classes. I asked them, "How do you see continuity in relationship to T'ai Chi Chih. It is one of our guiding principles."

Some folks wanted me to define what I meant by continuity but I declined as I did not want to limit their responses.

The very first comment was not one I expected, "Continuity is practicing every day, well, almost every day". One student said, "I am a universal being and doing T'ai Chi Chih brings my body and mind together and I feel whole."

There were many other interesting comments and many that addressed the most common reference to continuity in our practice, that of moving with evenness and having a sense of flow from movement to stillness throughout the form.

Often in classes when I present a topic for discussion there are always one or two people who will comment. But if I wait long enough and with encouragement, accepting each person's answers as their experience, more folks will join in, even the very new people. Some comment on the difficulty of putting an experience into words, which in itself is important to recognize that they are having an experience and not just doing movements.

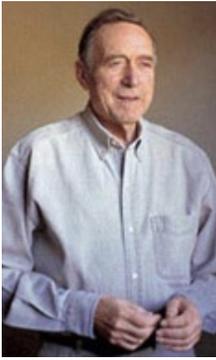
By allowing time for reflection and discussion students uncover their own awareness and understanding of how T'ai Chi Chih affects them. They realize their understanding is coming from their own experience and not from having been given the answer by me as their teacher, or by someone else.

It is important to take time as teachers and students to contemplate and find answers for ourselves. As a teacher, I enjoy seeing my students discover, uncover, and/or recognize a deeper connection with their T'ai Chi Chih practice.

From movement to words and ultimately no words, fluid continuity.

T'ai Chi Chih Guide, Sandy McAlister

[Editors note: The [Teacher Resource Page](#) at [tcccommunity.net](#) recently added fourteen pdf handout's. These handouts were voted to be the "Top Ten" (there were several ties) during the 2015 Teacher Conference. Check them out - they contain great information, including a Softness and Continuity handout written by Ed Altman.]



Justin's Insights

Always Emphasizing Softness & Continuity

T'ai Chi Chih teachers are always emphasizing softness and continuity. Softness is such that at any time your wrists could be knocked down. There is no tension at all, only one movement is done with any force.

~ Justin Stone [Click here to watch Justin on Youtube](#)

Chi Reflections

From Chaos to Quietude

Chaos is the first condition.

Order is the first law.

Continuity is the first reflection.

Quietude is the first happiness.

~ James Stephens

Continuity, Concentration, and Attunement

Continuity is important in every endeavor in life. It is the expression of the philosophy of "Being in the Moment." Gaps in continuity of actions stem from gaps in mental concentration and in attunement with nature and it's processes.

~ Robert Chuckrow, Ph.D. in "The Tai Chi Book: Refining and Enjoying a Lifetime of Practice"

Continuity

. . . Each and every movement must be brought to its completion with the movements clearly defined and not run together. There are no gaps or pauses at any time and the continuity of motion is free-flowing while integrating every part of the body. Most important is continuity of the extension and flow of the Chi.

. . .

In T'ai Chi (Chuan), continuity means more than just movement. Besides the idea of not stopping our movement and extension, motion must also be smooth, void of abruptness, pauses, or stops. The Classics poetically refer to the continuous motion of T'ai Chi as reeling silk from a cocoon. To prevent the thread of silk from breaking, it must be drawn out continuously and in smooth fashion. Because most of us have never reeled silk from a cocoon, it may be

easier to consider the waves of the ocean. The waves rise and fall fluidly, continuously and smoothly, each one flowing into the other and connected by the water's motions.

~ John Kotsias in "The Essential Movements of T'AI CHI"



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2017 Events

Aug 22-25 Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com

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

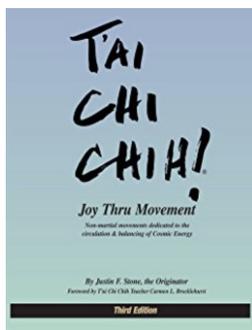
A TCC Retreat offers a wonderful way to:

- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Give oneself a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

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](#)

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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