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Subject: Sandy's January 2017 T'ai Chi Chih Newsletter
Date: January 1, 2017 at 3:01 AM
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Mission Statement

Sandy's Message:

Grateful for What We Are

“When the mind is really still, creative and receptive, the joy of being shines thru.” Isn't this what happens when we do T'ai Chi Chih! The mind is stilled of chaotic and non-productive thoughts. Sometimes clarity of a situation manifests. The judgmental mind lets go and, as Justin states above, “the joy of being shines thru.”

The Dec/Jan T'ai Chi Chih Association Newsletter used an excerpt from chapter 13 of Justin Stone's book Meditation for Healing. The quote above and the following are taken from that article: “We are not grateful for what we have, which is not lasting and so is not ours, we are grateful for what we are.”

Last week I read the article to my class and used the above sentence as the focal point for discussion. I asked them to consider if we are not grateful for what we have, then what are we grateful for? What is it about what we are that we are grateful for?

I asked them to think of a couple of things about themselves that they are not grateful for and then to consider several things about themselves that they are grateful for. Most of us find it easier to come up with a long list noting our flaws, but are much more reluctant to acknowledge our positive qualities. The subject did prompt a good discussion about appreciating ourselves and the work we each had done to uncover the person under our conditioning, social pressures and expectations of others, and how T'ai Chi Chih has been instrumental in this exploration. The practice moves us to be still allowing time for clarity and insight.

Beginning a new year is often a time of contemplation. Let us reflect on what we have uncovered and continue to uncover through our spiritual practices and T'ai Chi Chih. Give thanks for the inner being, what we are, and let our joy be contagious.

Sandy McAlister
Hayward, CA





Update: What to do while you are in Boulder for our 2017 Teacher Conference

What to Do while you are in Boulder next Summer for the Teacher Conference

We bet that after the holidays are over, one of the most important items on your To-Do List is to plan your trip to Boulder, CO for the June 15 - 18, 2017 T'ai Chi Chih Teacher Conference. We want to let you know about all the exciting things you can do while in Boulder so you can decide whether or not to add extra days to your trip. You may even decide to bring the entire family since there are so many interesting things to keep them busy while you are at conference.

Let's start with shopping because it is one of our favorite recreational sports and because the shopping within the two miles of the Millennium Hotel is fabulous. However, it pales in comparison to all the other things to do in Boulder. If you forget one of your comforts of home or forget a food item you can't live without there is a Safeway grocery store adjacent to the hotel, and [The Twenty Ninth Street Mall](#) with many major retailers including Macy's, Target, Home Depot, Century Theatres and dozens of others, is about a half a mile away. There are also many restaurants within walking distance of the Millennium Hotel. About two miles from the hotel is the famous [Pearl Street Mall](#), a wonderfully charismatic four-block-long outdoor pedestrian mall. Colorful, bright flowers fill the mall almost the entire year and street performers, with a multitude of talents, make the Pearl Street Mall one of the best people-watching destinations anywhere. The shopping, dining, and entertainment along the Pearl Street Mall and adjoining corridors is truly incredible.

Want to see the beautiful landscape and go on an easy nature walk or take a challenging hike in the foothills adjacent to Boulder? Within a few miles drive from the hotel you can visit [Chautauqua Park](#), a beautiful city park with a large meadow where you could do a very special T'ai Chi Chih practice in front of the iconic Flatiron Mountains, as seen in the link above. Chautauqua is the starting point to dozens of Boulder's Open Space Mountain Park trails; and there is a dining hall, auditorium, rental cottages, playground, tennis courts, and open turf. If you drive just a little farther, you are at the base of [Flagstaff Mountain](#). The best part of Flagstaff Mountain is that you can drive to the top where there is a summit park. From the top of Flagstaff, you can see the entire city of Boulder and may even be able to see Denver in the distance. While walking the trails on Flagstaff Mountain, you are likely to see wildlife on a hike there. If you stay on after the conference, you may want to treat yourself to an amazing dinner at [The Flagstaff House Restaurant](#). Another park you can visit is [Eldorado Park](#), which is very popular with rock climbers and it is fun to watch their bravery. If you take a drive up the [Boulder Canyon](#), there is a place to stop and hike up to the [Boulder Falls](#).

The Millennium Hotel is also very close to the University of Colorado, so you could schedule a tour or plan to attend the [Shakespeare Festival show, Taming of the Shrew](#),

which will be playing while you are here. Are you interested in science? [The National Center for Atmospheric Research](#) is in Boulder; there are also several trailheads at their location too. Did you know that Boulder's sister city Dushanbe, in Tajikistan gifted Boulder [an authentic teahouse](#)? It is a lovely place to have a meal and a spot of tea. Boulder is the home of Celestial Seasonings Tea and you can [tour the tea making facility](#) and visit their gift shop where you can buy items not on sale anywhere else. In the same vicinity as Celestial, there is the [Leanin' Tree Museum and Sculpture Garden of Western Art](#).

I would be remiss if I did not tell you that this area of Colorado is the Microbrew Capital of the Country. There are more than [230 Microbreweries](#) in Colorado and dozens of them are in and near Boulder. There are tours if you are interested and several have great restaurants. Are you a golfer or are you traveling with one? There are also [dozens of beautiful golf courses](#) in the area with amazing views of the Rocky Mountains.

Speaking of the Rocky Mountains, it is only a one-hour drive to [Rocky Mountain National Park](#). Rocky Mountain National Park is a living showcase of the grandeur of the Rocky Mountains. Located outside Estes Park, Colorado, Rocky Mountain National Park is a great family vacation destination, offering outdoor experiences for all—from easy nature hikes around crystal clear mountain lakes to daring rock scrambles up waterfalls and mountains. Estes Park is also a fun mountain town loved by tourists. [The YMCA of the Rockies](#) has all types of fun lodging, but book early. The Northern Colorado TCC community was born at a retreat there in 2014.

If enough of you come early or stay late, the Colorado teachers would be willing to help plan some field trips. Maybe a group would like to go up to Chautauqua Park on Thursday morning for a practice followed by a nature walk or lunch in the dining hall restaurant. Sunday after lunch maybe a group would like to head to the Pearl Street Mall or out to the Celestial Seasonings facility or the Leanin' Tree Museum. We will be in contact with those registered a couple months in advance of the conference to see if there is an interest in field trips. For now, keep an eye out for more information on www.taichichih.org and on the official TCC Facebook page, where we will post a list and links to the websites of all the destinations mentioned in this article. We hope to have it posted there by mid-January for your reference.

The Colorado Teachers hope you are able to come to the Teacher Conference in June, here in Boulder, Colorado, to see the beautiful playground we are so fortunate to live in. We really want to help you plan a beautiful summer trip.

Lisa VV - Conference Venue & Hospitality

[CLICK HERE TO: Register for the conference, Get conference information, Check out conference transportation information, Find out about a scholarship, Review vendor guidelines and apply to be a vendor, Conference T-shirt options, Post Conference Seijaku - Teacher Accreditation and Basic Classes](#)

Your 2017 Teacher Conference Committee

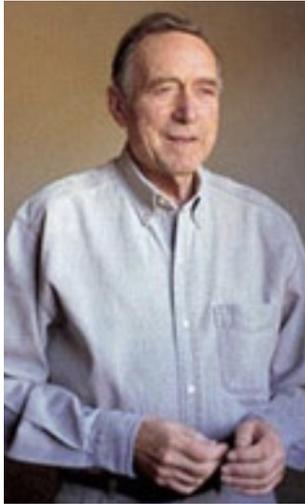
Conference Coordinator: Marie Dotts mcdotts@hotmail.com

Venue and Hospitality: Lisa VV tccbuckinghorse@yahoo.com

Registration and Scholarship: Leva Crain leva@rigorzealous.com

registration and scholarship. Leya Cragin leya@ngozsaur.us.com

Program and Outreach: Lisa Otero lisa.otero@post.harvard.edu



Justin's Insights

Merging Sense with Essence

The high plateaus do not produce the lotus flowers; it is the mire of the low swamplands.

If you consider quietude right...it is just the time to apply effort by a million times.

The sun shines on everybody-pure and unpure.

You do not have to give up the ordinary life.

What is given up is greed, anger and delusion.

Love and do as you please.

When active you are revealing the function.

It is better to discipline yourself than have life do it for you.

- Justin Stone

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Chi Reflections

Perception

"We spend January 1st walking through our lives, room by room,

Drawing up a list of work to be done, cracks to be patched.

Maybe this year, to balance the list,

We ought to walk through the rooms of our lives ...

Not looking for flaws, but looking for potential."

- Ellen Goodman

Patience

"It takes a very long time to be young."

- Pablo Picasso

Enduring

"Things don't change.

You change your way of looking

That's all."

- Carlos Castaneda

Discovery

The real voyage of discovery consists of not in seeking new landscapes,

But in having new eyes.

- Marcel Proust

Openness

*"Keep your hands open,
And all the sands of the desert can flow through them.
Close them,
And all you can feel is a bit of grit."*
- Taisen Deshimaru

Creation

"The future is not some place we are going, but one we are creating. The paths are not to be found, but made. And the activity of making them changes both the maker and the destination."
- John H. Schaar



Events led by the T'ai Chi Chih Guide and Teacher Trainers

2017 Events

Jan 27-29 TCC NJ Shore Retreat with Daniel Pienciak
Contact: Daniel Pienciak wakeupdaniel@aol.com

Mar 2-5 Littleton, CO TCC Retreat with Pam Towne
Contact: Marie Dotts mcdotts@hotmail.com

Mar 23-26 Santa Barbara Teachers Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

Mar. 28-31 Santa Barbara TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

April 1-7, 2017 Aston, PA Teacher Training with Sandy McAlister
Contact: April Leffler lirpaleff@rcn.com

April 20-23 Rochester, MN TCC Retreat with Pam Towne
Contact: Judy Trousdell jtrous1a@charter.net

May 5-7, 2017 TCC Teachers NJ Shore Retreat with Daniel Pienciak
Contact: Daniel Pienciak wakeupdaniel@aol.com

May 11-14 Prescott, AZ TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

May 17-21 Buffalo, MN TCC Intensive with Sandy McAlister
Contact: Sue Bitney smbitney@gmail.com

June 15-18 2017 Teacher Conference Boulder, Colorado – As soon as Registration Materials are available they will be posted at taichichih.org.

June 18-20 Boulder CO, Seijaku Teacher Accreditation with Pam Towne

Contact: Daniel Pienciak wakeupdaniel@aol.com

June 18-20 Boulder CO, Seijaku Basics Course: Intro or Review with Daniel Pienciak -

Contact: Daniel Pienciak wakeupdaniel@aol.com

Aug 21-25 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 24-27 Aston, PA Teacher Symposium with Sandy McAlister

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: Anna Vaith vaith.anna@mayo.edu

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

Contact: Bonnie Sokolov bonnietaichi@q.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

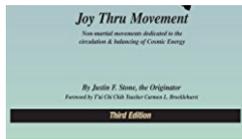
[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



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](#)

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 Community: [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.

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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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