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### **Sandy's Message:**

#### **Peace**

Sounds:

*The swish swish sound clothing makes as arms brush past sides during T'ai Chi Chih practice.*

*The rising and falling tones of Buddhist Monks chanting. The quite of early morning flowing into the chitter, chirps and songs of birds as they greet the dawn.*

Shapes:

*The slanting of half-closed eyes of a cat purring in bliss as a loving hand strokes them.*

*Hands circling in slow-motion through T'ai Chi Chih movements.*

*Strings of beads threading their way through fingers as prayers are whispered.*

Colors:

*A row of white dresses as young girls profess their faith. All shades of the human coloring sitting together sharing laughter. The glaring white of a peace pagoda studded with golden statues.*

*How does Peace sound and look to you? What images of sound, shape and color can you add to the above?*

*Nichidatsu Fujii, founder of Nipponzan-Myohoji, a Buddhist Order, after meeting Mahatma Gandhi decided to devote his life to promoting world peace. By 2000 his order has built 80 Peace Pagodas in Europe, Asia and the U.S. with Hiroshima and Nagasaki among the first. These symbols of world peace offer a place for people to contemplate and feel within themselves peace.*

*Recently my travels took me to two of these Peace Pagodas in Nepal, one in Pokhara and the other in Lumbini, the birth place of the Buddha. Circumambulating one of the pagodas I felt enveloped in a vast stillness from which there was a sense of strength and rootedness and yet a lightness, as if I was caught in the middle of a dynamic tug of war, drawing me upward and pulling me downward at the same time. Yet it was a feeling of wholeness rather than at odds.*

*I think many of us who practice T'ai Chi Chih have experienced a similar awareness, feeling grounded and rooted while remaining soft and pliable. Each time we practice we imbue our environment with peace. We create an energy field of peace others can sense. We may not be builders of pagodas but we are creators of peace.*

*~Sandy McAlister in Hayward, California*

## **Conference Message**

### **August 11-14, The 2016 Teacher's Conference - University of WA, Seattle WA**

The first year I attended the T'ai Chi Chih Teachers Conference was in 2009, the second year after I became accredited as a T'ai Chi Chih teacher. I wish I had attended the first year following my accreditation. At the conference I found a community to which I truly felt connected. It wasn't just that the other teachers were kind and welcoming and that we all loved T'ai Chi Chih, but that I was part of a group of people with whom I shared 'like thinking,' a commitment to creating peace within myself and the world.' Sounds lofty, doesn't it?

*within myself...and the world. Sounds lofty, doesn't it?*

The next year when I planned to attend the conference my sister said, "So, *you are going to be with your tribe.*" "Yes," I thought, "*This is my tribe...my people, my T'ai Chi Chih family.*" I live in a geographical area where there are only two other T'ai Chi Chih teachers, both an hour drive away. We get together only once a year so I really treasure the opportunity to be with other teachers at the annual conference. The first year I attended I knew just these two teachers, but was happy to also be reunited with some alumni of my teacher accreditation course. I left with many new friends and have expanded the number of friendships each year.

At the conferences, I enjoy the socialization and learn a lot from the informative presentations. What I cherish the most are the group T'ai Chi Chih practices. There is nothing in my experience more profoundly peaceful than when I am part of a large group, feeling the rhythm and energy as we move together. Yes, I do feel this with my own T'ai Chi Chih classes, but our teacher practice is so deep. The collective energy of our movement vibrates through the group and is reflected into the world in a big way. Do we really make a difference in effecting the world? You bet we do! And...we feel great joy in doing so.

Now I and Roseann Heinrich are coordinating the 2016 T'ai Chi Chih Teachers' Conference. We hope to see *you* at the conference in August. *We especially look forward to greeting teachers newly accredited in the past year. New teachers who are receiving their teacher accreditation after the June 1 deadline for the lower rate may still register for \$110.*

[All the conference information is on the T'ai Chi Chih website.](#) Click on "teachers", click on 2016 conference. *If you are planning to attend the conference and/ or Seijaku following the conference, please register with UW by June 6 if possible. This will greatly help us in projecting counts at a strategic point in our contract.*

**REGISTRATION DEADLINE FOR THE CONFERENCE AND WITH THE UNIVERSITY OF WASHINGTON IS JULY 21.**

*Conference accommodations:* Yes, we know. University dorm rooms aren't the most luxurious. However, also not the worst. I have literally camped out at some other group gatherings. Holding the conference at the university makes it possible to keep the fees low so as many people as possible can afford to attend. There are double and single rooms all with private baths. Our sleeping rooms and conference assembly are all in Alder Hall that has an elevator. The dining room is in the building right next door. [Details of the accommodations are on the T'ai Chi Chih website.](#)

**SCHOLARSHIPS ARE STILL AVAILABLE.** Please do not hesitate to apply for a scholarship if needed. Send in your scholarship application with your conference registration form that can also be found on the [T'ai Chi Chih website](#). **Application**

registration form that can also be found on the [T'ai Chi Chih website](#). **Application deadline for scholarships is July 7.**

Conference Shirts can now be ordered. Forms are also available on the [T'ai Chi Chih website](#).

Our Conference Team looks forward with great excitement to seeing you in Seattle!

*Lucinda Kutsko, Conference Coordinator*

[tccteachersconference@aol.com](mailto:tccteachersconference@aol.com)

h.330-538-2292

c. 330-727-4477

**August 14-16, Post Conference Seijaku Accreditation and Seijaku Workshop - University of WA, Seattle WA**

**[CLICK HERE](#) for more information about the 2016 T'ai Chi Chih Teachers Conference & Post Conference Seijaku Accreditation and Seijaku Workshop registration forms, room & meals, scholarships, vendor application form, info on post-conference Seijaku Teacher Accreditation and Seijaku Basic Course, and the University of Washington's website.**



*The 2016 T'ai Chi Chih Teachers Conference - University of WA campus, Seattle WA*

## **Justin's Insights**

### **Flow Slow Motion**

Teachers should remember that the most important thing with beginning students is to see that they move correctly. Once they learn how to flow slow motion in a dream, there is no problem in teaching them the movements. I hope teachers keep this in mind and concentrate, in the beginning, on getting the students to flow with softness and continuity.

~Justin Stone in the VFO winter 1980

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**The Vital Force Archives:** [click here](#)

## Chi Reflections

### Flow

*"I am rooted, but I flow."*

~Virginia Woolf

### Slow is smooth

*When we slow things down and seek perfect effort, our body and mind absorb the concepts and techniques more completely.*

~Rich Verneti

### Flow connects everything

*There is a flow that connects everything.*

*Become one with the stream.*

*Leave any sense of separateness on the shore.*

*Serenity is knowing unity.*

~Steve Frey

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

### 2016 Events

**June 19-25 Colorado TEACHER ACCREDITATION** with Daniel Pienciak

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Aug. 11-14 2016 TEACHERS CONFERENCE Seattle, WA**

Contact: Lucinda Kutsko [tccteachersconference@aol.com](mailto:tccteachersconference@aol.com)

**Aug.14-16 Seattle, WA. Seijaku Teacher Accreditation** with Pam Towne

Contact Dan Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Aug. 14-16 Post-Conference Seijaku Workshop** Seattle, WA

Contact: Dan Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

**Sept 16-18 NJ Shore Seijaku/Meditation ("Turiya")** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Oct. 4-7 Santa Barbara, CA TCC Retreat** with Pam

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

**Oct 9-13 Aston, PA INTENSIVE** with Daniel

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

**Oct. 16-19 Aston, PA Prajna Retreat** with Sandy

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

**Oct. 21-24 Near Orlando, FL TCC Silent Retreat** with Pam

Contact: Anita Vestal [vestala7@gmail.com](mailto:vestala7@gmail.com) or Susan Quinn [rsusanquinn@gmail.com](mailto:rsusanquinn@gmail.com)

**Nov 4 - 6 NJ Shore TCC Retreat** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Nov. 17-19 Albuquerque, NM Seijaku Accreditation** with Pam

Contact: Robert Montes de Oca [r\\_montes7769@msn.com](mailto:r_montes7769@msn.com)

## 2017 Events

**Mar 23-26 Santa Barbara Teachers Retreat** with Sandy McAlister

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

**Mar. 28-31 Santa Barbara TCC Retreat** with Sandy McAlister

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

**May 11-14 Prescott, AZ TCC Retreat** with Pam Towne

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

## More T'ai Chi Chih Events

[Click here](#) for additional events including those lead 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:**

**Official 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.

**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](#)

**T'ai Chi Chih Guides' Archived 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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