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Contents

Sandy McAlister's Message: Savor the Silence

Community Updates

Teacher & Student Survey Link

Justin's Insights & Chi Reflections

Events lead by the Guide and Teacher Trainers

Links to Resources & Materials

Mission Statement

[Silence image: nettehargreaves.com]

Sandy's Message

Savor the Silence

The vibrancy of summer is giving way to a slower pace, a quieter time of the year.

Rather than popping out of bed I want to linger in the warmth of covers and kitties. I savor my morning tea with hands wrapped around the cup feeling the warmth and inhaling the scent, and remembering the friend who gifted it. The wet pavement makes me walk a little slower which allows me to be more present in the moment rather than focusing on my destination.

There are a multitude of ways I notice a shift of activity due to the changing of the seasons. The "Holidays" bring their own chaotic and joyous change of activity, turning some of us into lunatics and some into secret do-gooders or maybe some of both.

We never speak of the "dead of summer", or "the dead of spring", but do use the phrase "the dead of winter". That phrase conjures up various images but to me there is a silent, contracted, grounded feel to it. If we are flowing with the cosmic rhythm winter is a time to be less active, more silent and introspective.

In silence our world becomes richer, we become more aware. In slowing down not only are we more cognizant of our surroundings, the changing colors in nature, the sounds of birds, the rustle of leaves as they skitter across the path, but if we give ourselves the gift of silence from electronics and people and our chattering self-absorbed mind, we open up to our inner landscape.

The first line of the following Rumi poem just blows me away. Savor the silence.

Deafened by the voice of desire,

You are unaware

the Beloved lives in the core of your heart.

Stop the noise and
you will hear His voice in the silence.

Rumi

~Sandy McAlister in Philadelphia, Pennsylvania

Community Updates

Teachers and Students: Please help shape the future of our T'ai Chi Chih Community by taking the following survey:

To take the survey now, [Click Here](#)

Plans for next year's Teachers Conference are still in the works. As soon as we know the date and place an email will be sent to everyone who receives this newsletter.

Justin's Insights

Turiya - the Fourth State of Consciousness

The waves arise and fall, creating quite a commotion, though the waves that arise are merely a manifestation of the ocean itself; there is no difference between them. If we can sink, between the waves, to the ocean's unruffled surface, we have peace with no change.

Similarly, there is the mind, from which thoughts arise...

If we can detect the space before thought, the space between Thoughts, we can sink between the whirling thoughts to the absolute quiet of mind without thought, called in India, the "Turiya" level, or fourth state of consciousness. The first three - the waking, sleeping, and dreaming states - are like the 'unreal' movie that is projected on the permanent, unchanging screen. All emotions and upheavals occur in the first three states, but the reality is the fourth, unchanging one. This is represented by the incessant droning sound, beneath the lightning changes that occur in the solo instruments, representing the ever-present reality. My teaching of Meditation is primarily aimed at realizing, and resting in, this unchanging state...

To be able to enter this Fourth State at will brings the greatest Bliss, and, probably satisfaction that can be known in this world - not to mention the effect it has on future lives.

~Justin Stone

September 1997 Vital Force Journal
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The Vital Force Archives: [click here](#)

Chi Reflections

Silence is a great benediction.

~Krishnamurti

Sacred Silence

Alternation between movement and rest is found frequently in life. In the daytime we are up and moving. But at night we sleep. The heart beat is regular, but rests briefly in between each beat. In breathing there is a slight pause of quiet and rest after each inhalation and exhalation. We have heard it said that we should move like a river but rest as a mountain.

It is in the rest position in T'ai Chi Chih practice that we replicate the stillness and silence in the natural order of life. In an early Chinese classic text, the earth has been identified with stability, immobility, motherhood, the center, and the calmness of origin. In rest we concentrate on the soles of the feet. The body sinks, firmly rooted to the ground. We adopt the nature of earth.

For me, the rest position, the reuniting of the yin chi and the yang chi, can be indeed a spiritual moment. It then when I can experience in my own body and mind the scriptural proscriptions "beside the still waters", "be still and know that I am God", and "peace be still".

Coming into the rest position softly, with a graceful conclusion and a deep breath, are auspicious ways to prepare body and mind for glimpses of this sacred silence.

~Michael S. Isaacs - [Spiritual Dimensions of T'ai Chi Chih](#)

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

2016

Feb. 24-28 Colorado INTENSIVE with Sandy

Contact: Marie Dotts mcdotts@hotmail.com

March 10-13 Santa Barbara Teacher's Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

March 15-18 Santa Barbara Teacher and Student Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

Apr 10-13 Astoria, OR Teacher Symposium with Sandy

Apr. 10-13 Aston, PA Teacher Symposium with Sandy

Contact: April Leffler lirpaleff@rcn.com

May 4-7 Prescott, AZ TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 29-June 4 Aston, PA TEACHER ACCREDITATION with Pam

Contact:TBA

June 19-25 Colorado TEACHER ACCREDITATION Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: TBA

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

Contact: April Leffler lirpaleff@rcn.com

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

Contact: Anita Vestal vestala7@gmail.com or Susan Quinn rsusanquinn@gmail.com

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

Contact: Robert Montes de Oca r_montes7769@msn.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

T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

Get the Android application: [click here](#)

Get the Apple app: [click here](#)

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](#)

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 newsletter: [click here](#)

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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