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2015 *T'ai Chi Chih* Black Mtn NC

Contents

Sandy McAlister's Message: Justin Starts the Discussion

Aug. 6 - 9, 2015 International Teachers Conference Events & Things to Share

Justin's Insights & Chi Reflections

Events lead by the Guide and Teacher Trainers

Links to Resources & Materials

Mission Statement

Sandy's Message: Justin Starts the Discussion

"If we examine it closely, we find that awareness is the root of T'ai Chi Chih

By we examine it closely, we find that awareness is the root of T'ai Chi Chih, which is essentially inner-oriented. Circularity is the fundamental. And we already know that 'softness and continuity' are the Essence." ~ Justin Stone, Spiritual Odyssey

Each of the three sentences above have been useful discussion topics to help students gain a fuller understanding of the principles of T'ai Chi Chih. For example using, "Circularity is the fundamental," I've asked students what that concept means to them, how do they define circularity in the T'ai Chi Chih movements, do all the movements have circularity, and why is it important? During the discussion, questions may arise as to whether there is circularity in some movements, such as Rocking Motion or Joyous Breath or others. Ultimately the answer is not important. The questioning, the considering of others points of view, the discussion around a particular movement can lead to deeper awareness and understanding.

"When we are grateful we are joyous. Gratitude does not mean rejoicing because some desire has been satisfied." ~Justin Stone, Spiritual Odyssey

I love hearing students talk about joy – what it means, how they feel it, and how joy manifests through their T'ai Chi Chih practice. Also, this topic gives me a chance to explain why I sometimes bow at the end of my practice. It is an outward expression of how I feel and, a way many cultures express reverence. I just as easily could prostrate myself on the ground and lay my face on the earth, or raise my arms and face to the sky, or gently reach out to another human being, or softly shout "yah-who", or stand in awe and breathily say "wow", or stand or sit in silence letting the experience continue to manifest. I have felt the urge to do all of these expressions. The contentment and peacefulness often felt at the end of a T'ai Chi Chih practice is joyous. Taking time to recognize and acknowledge that joy, whether internally or externally, heightens the experience.

Besides having these wonderful discussions with my students, I am looking forward to the teacher's conference coming up Aug. 6th where I hope many similar discussions can unfold. It is a great opportunity for teachers to share insights and experiences and challenge our ingrained concepts with an openness that comes from respecting others' ideas.

"The Buddha teaches that dissolving the barriers that we erect between ourselves and the world is the best use of our human lives....Egolessness manifests as inquisitiveness, as adaptability, as humor, as playfulness.... our capacity to relax with not knowing...." ~Thanicara Bhikkhu

capacity to relax with not knowing. ~THANISSARO BHIKKHU

Sandy McAlister in Hayward, California

TEACHERS: Please read the conference information below to find out what this year's conference has in store for you. WOW! Check out the video of the mountain retreat setting where we will be staying. East Coast Teachers, have you considered carpooling? For many of you it is a day's drive or maybe a day-and-a-half, but if two or three of you travel together, your cost would drop considerably. AND if a \$250 reduction on your registration fee would make it possible for you to attend then do not delay in registering and applying for a scholarship. The fund is there to support teachers to attend conference. [To request a Scholarship [Click here](#)],

~ Sandy

Aug. 6 – 9, 2015 International Teachers Conference Information & Update

Hear Ye! Hear Ye! This year's conference, to be held in Black Mtn. NC, from August 6 – 9th is fast approaching...

Dear Fellow Teachers,

We will soon be gathering in “Peace and Harmony” to exchange ideas, share resources and explore ways to expand the practice of T'ai Chi Chih throughout the world. We need your input and the host team extends an open invitation for your full participation in this year's program.

Within the larger context of this year's central theme of “Peace and Harmony”, the second day will be devoted to ‘Going Within’/‘Exploring Inner Peace’. Opportunities to reflect on how your personal T'ai Chi Chih practice has inspired your life will be the focus of the day with rich presentations, movement, discussions and deep sharing of stories and talents. We will explore Justin's teachings through facilitated book discussions and we encourage you to read or re-read one of the following featured titles: Heightened Awareness, Climb the Joyous Mountain, Meditations for Healing or Abandoned Hope, in preparation for a heartfelt exchange that can continue beyond the conference.

The third day has been designed to weave our individual stories into a narrative that accords with the principles of T'ai Chi Chih and expand this practice by

"Bringing Forth Peace"/"Creating Harmony" in the world. Interactive opportunities have been created throughout the day for all participants to share their experiences, resources, teaching strategies and ideas for ways to connect and presence T'ai Chi Chih in our local communities and into the global community. **We are asking all teachers in attendance to bring copies of any resource information they wish to share, i.e. sample brochures, business cards, class proposals, handouts, etc. to be viewed during our Teacher Exchange session. In addition, we are requesting all teachers' participation by submitting their favorite "handout(s)" for conference participants to select the top ten 'favorites', which will be added to the resource page on the TCCCommunity.net website for future reference.**

Guidelines for submitting your entry include:

1. A unique handout(s), totaling no more than 3 pages.
2. Not currently on the T'ai Chi Chih resource pages at: [taichichih.org's Teacher Resource page](http://taichichih.org) **OR** [tcccommunity.net's Teacher Resources page](http://tcccommunity.net)
3. Submitted electronically as an attachment to an email to: taichichih4life@gmail.com, Subject line: TCC handout.
4. Include name of teacher submitting and permission to share email address with other teachers, if handout is not selected in top ten.
5. Submit no later than July 31, 2015.

We intend for this day to be one of rich sharing and community building.

Please join us in body, mind and spirit!

~ Your host team

[[Click here for a 3 minute video showing YMCA BLUE RIDGE ASSEMBLY](#)]

[**To request a Scholarship to attend the 2015 Teachers Conference**
[Click here](#)]

Justin's Insights

All Things Are As They Have Always Been

"Those who do T'ai Chi Chih regularly have not been taught how they should feel or what they should experience. Whatever happens is right and does not have to be adjusted to any doctrine or dogma. It is for this reason that the writer sometimes does not answer questions which would call for conceptual answers – they would spoil the experience."

~Justin Stone - VFJ Spring 1993

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Chi Reflections

Harmony — Outside Ourselves as Within

In “The Essence of T'ai Chi Chih” Justin has said, “Tai Chi Chih becomes a Way of Life that effects changes in our everyday existence as we circulate and balance the vital force throughout the total system. Spiritual, mental, physical, and psychological changes subtly begin to take place.” Justin continues: “As these changes occur we get in touch with ourselves and the world we see begins to change.” One of the changes a regular practitioner of T'ai Chi Chih may notice is a beginning of a kind of harmony in one's outer life, the face we show the world, so to speak, as a reflection of what is going on inside.

What also quickly becomes apparent is that the outer self does not always mirror that inner ideal which has been established through much practice. Perhaps some of the wisdom behind T'ai Chi Chih comes in being able to see this discrepancy and to work with it, without judgment. For me, this has been an ongoing lesson. When my outer life seems to be in a state of great turmoil and confusion, I know that my inner being is calm and unchanging, stable and grounded. Why then, is it so difficult sometimes to simply allow the inner peace and joy to take over and pour out to the world? Why do I seem to have this struggle to truly bring into harmony the outer with the inner?

Through the insights provided me by regular T'ai Chi Chih practice, I have found for myself that it is, indeed, a natural outgrowth of the human character to not always be “together,” to not always be able to show my most likable face to the world, to not always be able to control my anger in a positive way, to not always be capable of treating others in the way I would like to be treated. These are facts of being human, facts that show we are physical as well as mental as well as spiritual as well as psychological beings.

How we handle those not-so-good times when the outer person seems to be at tremendous odds with the inner one is probably a measure of how much we are learning. A lesson for me seems to be to not judge myself so harshly for those very human setbacks but to try and realize that every day is a new day, and that it's possible to start over every day. That doesn't mean I am allowed to make excuses for negative behaviors and feelings: it just means I accept my failings in a bit kinder way, with a little more humor and love—and then go

judging in a kinder way, with a little more humor and love—and then go on! We all are, no doubt, our own worst judges, and we certainly need to view how we relate to the world, but we also need to forgive ourselves. We need to be aware that that inner spirit of calm and centeredness will harmonize with the parts of ourselves we show the world—if we but let it.

~Jean Katus VFJ Summer 1986

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

July 17-19 St. John's, NL Canada T'ai Chi Chih Weekend with Dan

Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

Aug. 6–9 Black Mountain, NC T'ai Chi Chih Teacher Conference

[Click here](#)

Aug. 9–11 Black Mountain, NC Two Seijaku Courses (After Conference)

[Click here](#)

Seijaku Introductory Course with Dan

Contact: Daniel Pienciak wakeupdaniel@aol.com

Seijaku Teacher Accreditation with Pam

Contact: Daniel Pienciak wakeupdaniel@aol.com

Sept. 10-13 San Antonio, Texas TCC Intensive with Pam

Contact: Alice Holden alicemholden@gmail.com

Oct. 16-18 Tupelo Mississippi's Deep South Workshop with Sandy

Contact: Ron Richardson ron_richardson@comcast.net

Oct. 23-24 Kansas City Workshop with Sandy

Contact: Lorraine Lepine lorlepine@gmail.com

Oct. 27-30 Santa Barbara TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct. 25-29 Philadelphia Intensive with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 29-Nov.1 Philadelphia Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Nov. 16-21 Albuquerque Teacher Accreditation with Daniel

Contact Co-Hosts: Mary White mwhite327@comcast.net and Joyce Veerkamp kujo1955@gmail.com

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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 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

susanquinn@earthlink.net

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:[c](#)

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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