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Subject: Sandy's May 2015 Newsletter
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Mission Statement

Balance – Teacher/Student, Giving & Receiving

August 6-9, 2015 T'ai Chi Chih Teachers' Conference – Why go:
Experience community? Giving Back? Enjoy richness of life by renewing friendships? Refresh our teaching enthusiasm? Getting out of our norm, away

from the usual, take a vacation from every day sameness? Bring balance into our lives!

There are so many ways we can relate balance to T'ai Chi Chih. Studies show it can improve our physical balance, and as it does, our body alignment comes more into balance. We experience a balancing of the emotions as irritations, calm, or spirits lift. The two aspects of chi, yin and yang, are balanced through the practice.

A balance to being a teacher would be to become a student. Be a student at this year's conference. Come learn about: The spiritual dimensions of T'ai Chi Chih; how to use social media to promote T'ai Chi Chih; finding stillness in the pauses. Come experience: Seijaku practice with a large group; hear ideas from a panel discussions on Age, Gender, Race & Culture related to T'ai Chi Chih; and be part of the interactive opportunity to share, demonstrate, and exchange teaching tips and strategies.

There are many ways we give that are related to T'ai Chi Chih, so consider receiving as an equal balance. Receive the gift of a scholarship for conference this year. The fund is giving teachers \$250 per request toward their lodging. Allow T'ai Chi Chih to support you. For the past several years the fund has been underutilized and conference attendance reflects that.

The raffle has become an intricate part of conference and it vitally supports the scholarship fund. It begins the first day with people handing in items they have carefully chosen to donate to the raffle. For the next two days enthusiastic folks encourage us to support the scholarship fund by buying raffle tickets. Then the fun part begins as we view the donated items and place our, hopefully winning tickets, in a numbered bag next to the item or items we hope to win. The evening of the raffle is always filled with laughter, congratulations, clapping and slaps on the back, and sometimes tears of gratitude – such as last year when a newly accredited teacher won a painting by Justin which Sr. Antonia donated. Much joy is created by this activity.

Let the joy continue to flow by allowing the scholarship fund to spread the joy, making it possible for many teachers, who may not otherwise be able to afford it, to attend conference this year. That can only happen if you request a scholarship – and no one is turned down. Please don't let the joy diminish.

Sandy McAlister in Hayward, California

Sad News from Pam Towne

My beloved husband, Ted Duncan, passed peacefully on April 6. He had struggled with severe digestive challenges following October's surgery for esophageal cancer & had been in the hospital 10 days. Mercifully he had a cardiac arrest & went very quickly. He was ready to let go & move on.

I am so grateful for the 9 years we had together. Ted loved TCC & fully supported me in the work of my heart. I intend to continue that work, especially leading TCC Retreats, Intensives & Accreditations.

Donations to the TCC International Foundation are greatly appreciated rather than sending flowers. Thank you for your love & support during the past difficult year & as I continue life without my sweetheart.

*Love & Gratitude,
Pam*

Announcing the 3rd Annual T'ai Chi Chih Retreat & Banquet at Folsom State Prison, March 31, 2015

For the past two years T'ai Chi Chih teacher, Julie Heryet, has provided a day of personal enrichment for her T'ai Chi Chih students at Folsom Prison. This year they are including an event called, CIRCLES OF LIGHT. As the inmates practice T'ai Chi Chih at 2:00 p.m. a group will gather on the hillside outside the prison.

How you can participate:

Join the T'ai Chi Chih circle outside of the prison

Create a circle and practice with us from wherever you are and/or Donate funds to help purchase food for the banquet.

Your support connects the prison class to our larger community. We hope you will join us! For more information contact Julie Heryet, julie@chihealsyou.com; (530) 363-5336. Please send donations to: Julie Heryet, P.O. Box 442, El Dorado, CA 95623- 0442

Personal note from Sandy McAlister:

Last year I attend this event and I was very touched by the men I met and their openness to exploring T'ai Chi Chih. They were moved by the thought of the greater T'ai Chi Chih community supporting them that day through well-wishes and donations which provided a much appreciated expression of humanity. I would encourage you to be a part of this day.

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

Please join us at the 2015 International Teachers Conference in Black Mountain, North Carolina. This 3 minute video will show you some of the sights awaiting you later this summer.

https://www.youtube.com/watch?v=iEXl_y7UKhw

Justin's Insights

Things Do Evolve, Sometimes for the Better

Dear Lucia,

By now you've gotten my first letter, and now I have your second, which I'll do my best to answer. I'm not happy explaining what I wrote 20 or 30 years ago as things do evolve, sometimes for the better.

As to the Healing Sounds, my original intention was to have the sounds slightly drawn out: Hooooo. However, Ho and Hoo (who) would look exactly the same. On the sheet you sent, your elucidation of the sounds is exactly the way I wanted. To clarify, I would like the sounds slightly drawn out in a forceful (oral) manner. Most teachers have gradually come around to utter them in a short manner. Okay, but not my original intention. Remember others have been giving the Teacher Training Courses for many years now. Change is not desired, but it is inevitable under the circumstances.

Incidentally, there is no way to concentrate on the inner organs; I wouldn't know where to concentrate. That was taken from ancient instructions and was a mistake. The article on the six healing sounds does not read like my writing and may have been taken from an article; I don't remember.

In doing "Passing Clouds," a change was suggested by Steve Ridley at a Seijaku course I gave in San Francisco, and it was a good suggestion. By emphasizing first the left hand and then the right hand, slightly cupped, we scoop up the Chi as we move. I cannot go back and change what I originally wrote, but I welcome good change, of which we have had little. For instance, Kathy Grassel started counting to six as her hands circled in "Light at the Top of the Head" and "Light at the Temple," and again to six as the hands held steady. Most of us now do it in the improved manner. Consistency can be a hindrance if the change is an improvement.

Your letter confirms my thought that you are a good and serious teacher. It is necessaru for a aood teacher to understand the movements. so I am always at

your service. Meantime, I compliment you on your work. You might want to share my answer with Dan.

With loving thoughts,

Justin

~Justin Stone in a letter to Lucia Veteran and later published in the VFJ July 2004

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Chi Reflections

Relating

Worthwhile relationships must evolve by continually undergoing renewal with the passage of time. They are vital life gifts to be nurtured and cultivated, to remain mutually enriching.

~Steven Ridley, from his book "REFLECTIONS In Stillness - *Contemplative Themes, Ideals and Observations*" November 2011

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

May 7-10 Prescott, AZ T'ai Chi Chih Retreat with Pam — Contact: Dana Diller danadillertcc@gmail.com

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
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Black Mountain, NC Two Seijaku Courses (following Conference) <http://www.taichichih.org/events/2015/8/9/north-carolina>

Seijaku Introductory Course with Dan — Contact: Daniel Pienciak wakeupdaniel@aol.com

Seijaku Teacher Accreditation with Pam — Contact: Daniel Pienciak wakeupdaniel@aol.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. 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:
Mary While 505-980-7329

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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. 10-14 Aston, PA Teacher Symposium with Sandy — Contact: April
Leffler lirpaleff@rcn.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. 16-20 Aston, PA Prajna Retreat with Sandy — Contact: April Leffler
lirpaleff@rcn.com

Nov. dates TBA Albuquerque Intensive with Pam — Contact: TBA

More T'ai Chi Chih Events

<http://www.taichichih.org/events>

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.

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: <https://play.google.com/store/apps/details?id=com.sutromedia.android.guide.tai.chi.chih>

Get the Apple app: <https://itunes.apple.com/us/app/tai-chi-chih/id464154293?mt=8>

Justin Stone's: DVDs/Videos, Books, CDs/Audios - www.gkpub.com

Sandy McAlister's Seated T'ai Chi Chih DVD -

<http://www.sandymcalister.com/Order.html>

Pam Towne's Serenity in the Midst of Activity DVD-

<http://taichi9.com/Order.html>

Skype Lessons with Pam: <http://www.taichi9.com/Classes.html>

Web Resources:

Official website: <http://www.taichichih.org>

Facebook: <https://www.facebook.com/taichichih>

Pinterest Justin's Quotes:

<http://www.pinterest.com/taichichih/inspiration/>

Pinterest: <http://www.pinterest.com/taichichih/>

Instagram: <http://instagram.com/taichichih>

Twitter: <https://twitter.com/taichichih>

Flickr: <https://www.flickr.com/photos/taichichih/>

Youtube: <https://www.youtube.com/channel/UCOWK4qcdJ78AKkD7BI73--w>

T'ai Chi Chih Community: www.tcccommunity.net

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: www.taichichihassociation.org

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

The Vital Force newsletter: <http://www.taichichih.org/subscribe>

The Vital Force Archives: <http://www.taichichih.org/free-archived-past-issues>

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link:

http://tcccommunity.net/Newsletter_Sign-Up_Form.html

T'ai Chi Chih Guides' Archived

newsletters:http://tcccommunity.net/Newsletter_Archive.html

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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