

From: **TCCcommunity** guide@tcccommunity.net  
Subject: Sandy's December 2014 T'ai Chi Chih Newsletter [Test Email]  
Date: December 1, 2014 at 4:45 PM  
To: stephen2816@mac.com  
Bcc:



## A Newsletter from the Guide of T'ai Chi Chih

### Justin's Insights

#### Why? Why Not?

One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As is usual, someone asked about Re-incarnation (a bad term). I pointed at the trees in the courtyard. "It is autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Re-incarnation?" "Oh, those will be different leaves!" they rushed to point out.

"Why identify with the leaves?" I asked. "Why not identify with the Tree?"

~Justin Stone

VFJ Spring 1986

THE VITAL FORCE ARCHIVES:

<http://www.taichichih.org/free-archived-past-issues>

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### CHI Reflections

#### LOST

Stand still.

The trees ahead and bushes beside you are not lost.

Wherever you are is called Here,

And you must treat it as a powerful stranger,

Must ask permission to know it and be known.

The forest breathes.

Listen.

It answers, I have made this place around you.

If you leave it, you may come back again, saying Here.

No two trees are the same to Raven.

No two branches are the same to Wren.

If what a tree or a bush does is lost on you,

You are surely lost.

Stand still.

The forest knows Where you are.

You must let it find you.

Poem: "Lost," by David Wagoner from Collected Poems 1956-1976 © Indiana University Press.

### Mind and Matter

Mind and Matter are related. One of the biggest challenges that we have as human beings is really creating a bridge between the objective world, what's happening outside of us, and the subjective world, what's happening inside of us. Quantum physics tells us that the environment is an extension of our mind. So if we truly change our

### T'ai Chi Chih the Great Equalizer

*It is a funny thing that happens at the annual T'ai Chi Chih Teachers Conference. Every year we gather together for 3 days and often it is about the only time of year that we see each other. And each time it is like seeing old friends we have known for years, and we can hardly wait until the next conference when we can hang-out together again.*

*We do this year after year and then suddenly realize that we know very little about these wonderful people we look forward to being with year after year. We don't know if the are married, if they have children, or even what kind of work they do for a living. When we come together titles, personalities, life experiences, accomplishments, and social and economic status fall away and we accept each other where we are, right then and there. We are interacting with each other in the present moment.*

*Doing T'ai Chi Chih helps protective barriers and cultural imprinting dissolve and a more real, unencumbered person emerges.*

*I have known some very interesting relationships that have been formed through T'ai Chi Chih. People who have nothing in common, other than T'ai Chi Chih, have become fast friends -- people from vastly different backgrounds, life experiences, accomplishments, and personalities. It seems that T'ai Chi Chih acts as an equalizer. Could it be that when we do T'ai Chi Chih, to varying degrees, our worldly persona, defenses, and ego melt away and our true nature shines through and this is what attracts us to each other? We are not ignorant of each others faults, but we see the beauty of each other and it seems we become less judgmental from practicing T'ai Chi Chih.*

*It might be an interesting topic of discussion in T'ai Chi Chih classes -- In what way can T'ai Chi Chih be seen as an equalizer? Do students feel they have become less judgmental and more accepting of others as a result of doing T'ai Chi Chih? Have you?*

Sandy McAlister in Hayward, California

### Future T'ai Chi Chih Events lead by our Guide or the Teacher Trainers:

March 19-22 Prajna Retreat with Sandy McAlister  
Santa Barbara Host: Pam Towne  
Email: pamtowne@gmail.com

March 24-27 TCC Retreat with Sandy McAlister  
Santa Barbara Host: Pam Towne  
Email: pamtowne@gmail.com

April 19-25 TCC Teacher Accreditation with Pam Towne  
Aston, PA Host: Stacey Moore  
Email: slsmot35@gmail.com

May 7-10 TCC Retreat with Pam Towne  
Prescott, AZ Host: Dana Diller  
danadillertcc@gmail.com

Aug. 6-9 TCC Teacher Conference  
Black Mountain, NC  
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Two Seijaku Courses  
Following the TCC Teacher Conference in Black Mountain, NC  
Seijaku Introductory Course with Dan Pieniack  
*Detailed Information will be available Jan 1 or 15th.*  
And  
Seijaku Teacher Accreditation with Pam Towne  
<http://www.taichichih.org/events/2015/8/9/north-carolina-seijaku-accreditation>

Oct. 25-29 Intensive with Sandy McAlister  
Philadelphia, PA. Host: April Lirpaleff  
Email: lirpaleff@rcn.com

Oct.29 - Nov 1 Prajna Retreat with Sandy McAlister  
Philadelphia, PA. Host: April Lirpaleff  
Email: lirpaleff@rcn.com

November 16 - 21, 2015  
TCC Teacher Accreditation with Daniel Pieniack  
Albuquerque, NM  
Co-Hosts: Mary White and Joyce Veerkamp  
Registrar: Joyce Veerkamp  
Email: Kujo1955@gmail.com

### Other 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.

### Materials

Justin Stones materials may be

purchased from local T'ai Chi Chih Teachers

or through Good Karma Publishing.

[www.gkpub.com](http://www.gkpub.com)

#### ★ T'AI CHI CHI PHOTO TEXTBOOK APPS

for both iPhone & Android phones can be

downloaded and purchased online for only \$9.95.

#### ★ The apps consists of time-lapsed photography

of the originator, Justin Stone, performing of all the

movements. As well as links to some movements

on YouTube.

#### ★ Important points about moving correctly are

called out and special essays discuss balancing

yin and yang, the Tao, the great circle meditation,

serenity, studying with a teacher, function and

essence, the power of Chi circulation, body posture,

and more.

Buy the Android application: [Android app](#)

Buy the application for iPhone, iPad & iPod Touch:

[Apple app](#)

Additional excellent references may be found on

DVD: Interviews with Justin Stone and Carmen

[www.gkpub.com](http://www.gkpub.com)

And on the CD:

Justin Stone speaks on T'ai Chi Chih:

[www.gkpub.com](http://www.gkpub.com)

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

[Seated DVD](#)

minds, there should be some evidence in our life. In order to create a new reality or a new destiny, we have to have a clear vision of something we want in our future – we call that intention. As we begin to find like-minded people who live from the heart and we share that same energy, we begin to bond in a field of intelligence, a quantum field beyond space and time.

~Joe Dispenza

#### Now and the Future

Just as ions bond together electromagnetically, people who create a heart consciousness also bond. An invisible force bonds ions together and holds them together. A heart consciousness will bind us together and allow us to live in a whole different world now and in the future.

~Baptist de Pape in *The Power of the Heart*

#### Mission Statement

The International Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai Chi Chih® and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

Finalized on Nov. 20, 2012 – Justin Stone's 95th birthday

#### Tai Chi Chih Community Vision Statement

##### How we see ourselves in 4 years:

We, the Tai Chi Chih Community, are an ever-expanding, unified yet diverse group of teachers and practitioners who exemplify serenity, joy and vitality. There are active teaching communities throughout the US, Canada and around the world, with great variety in ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting Tai Chi Chih as originated by Justin Stone, so that it contributes to holistically revolutionizing healthcare and is a positive influence on humanity.

##### How the world sees us in 4 years:

The Tai Chi Chih Community is universally recognized and accepted as offering an effective, user-friendly, holistic practice for enhancing health of body, mind & spirit.

We are seen as a thriving, welcoming Community that attracts people of diverse ages, gender and ethnicity. By embracing new technologies, we have accredited teachers and other resources readily available worldwide to meet the growing demand for information and instruction in the beneficial practice of Tai Chi Chih.

Presented to the Community August 4th at the 2013 Teachers Conference

Finalized on Nov. 20, 2012 – Justin Stone's 95th birthday

Pam Towne's DVD:

[Serenity in the Midst of Activity DVD](#)

Lessons with Pam via Skype:

[Skype](#)

Prepare for teacher accreditation, or

fine-tune your practice

#### Other Resources:

Justin Stone's:

DVDs/Videos

Books

CDs/Audios

[www.gkpub.com](http://www.gkpub.com)

#### Tai Chi Chih on the web:

[taichichih.org](http://taichichih.org)

[facebook.com/taichichih](https://facebook.com/taichichih)

[pinterest.com/taichichih/inspiration](https://pinterest.com/taichichih/inspiration)

[pinterest.com/taichichih](https://pinterest.com/taichichih)

[instagram.com/taichichih](https://instagram.com/taichichih)

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[twitter.com/taichichih](https://twitter.com/taichichih)

[flickr.com/photos/taichichih](https://flickr.com/photos/taichichih)

[youtube.com/channel](https://youtube.com/channel)

[TCCcommunity.net](http://TCCcommunity.net)

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Plus ...

Tai Chi Chih Association

[www.taichichihassociation.org](http://www.taichichihassociation.org)

Produces a monthly publication - Tai Chi Chih News.

Sells books from Justin Stone's

*Recommended Reading List.*

Host Workshops, Intensives and Accreditations.

The Vital Force newsletter:

[Vital Force Newsletter](#)

The Vital Force Archives:

<http://www.taichichih.org/free-archived-past-issues>

Tai Chi Chih Guides' Archived newsletters:

[Guides' Newsletters](#)

Teachers, Students and Friends of Tai Chi Chih

may have a free subscription to the Guide's monthly

newsletter. It's easy to subscribe online using the

Newsletter Sign-Up Form found at:

[http://tcccommunity.net/Newsletter\\_Sign-Up\\_Form.html](http://tcccommunity.net/Newsletter_Sign-Up_Form.html)

And ...

T'ai Chi Chih International Foundation

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for

Teacher Accreditations and Continuing Education;

Sponsors T'ai Chi Chih events and projects

worldwide.

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