

From: **Stephen Thompson** stephen2816@mac.com
Subject: Sandy's November 2014 Open Hands
Date: October 19, 2018 at 1:39 PM
To: Stephen Thompson stephen2816@mac.com

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A Newsletter from the Guide of T'ai Chi Chih

Chi Reflections

Autumn Beatitudes

... I am happy with the sharp clear angular slant

Of the afternoon sunlight,

Reminding me that there comes a time

To slow down.

A time to not think.

A time to settle

Like autumn leaves on the ground...

~Charlie Kinnaird

We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away.

~Zhuangzi

"When we meet life undefended, even for a moment, we discover that we have no enemy but fear itself. In surrender, we choose to let our hearts break a thousand times instead of living our life trapped in fear. Each time we are willing to stay open and broken, the hard shields of defense soften and expand a little bit more."

~Chameli Ardagh

"Our hands are not tight and our wrists must stay loose and not stiff.

Allow your hands and wrists to be open and delicate, like the wings of a butterfly."

~Christeen Niama Rae

2015 CONFERENCE - SAVE THE DATES!

[Aug. 6-9](#) TCC Teacher Conference
Black Mountain, NC

[Aug. 9-11](#) Post Conference Seijaku Course
Black Mountain, NC

2015 Teachers Conference Registration and Information will be posted on the website by the first of December.

Open Hands

Allow your arms to hang at your sides, relaxed, and notice the shape of your hands. Most people will have a slight curve to their hands and that is the shape the hands are in when we do T'ai Chi Chih. That openness and slight roundness of the hands is present in all the movements.

Teaching at an Accreditation last week I realized how often I kept noticing exceptions. Such as: there is softness throughout all the moves except in Joyous Breath; the back heel releases in all front and back weight shifts except for Anchor Taffy and the Six Healing Sounds; Polarity is one of our movement principles but it is not present in every move, as we define it in T'ai Chi Chih; Circularity is one of our principles but generally there is no circularity in Joyous Breath (although one could make an argument for having circularity in the transitions and in the breath); our awareness/focus remains below the waist, usually at the Tan T'ien or the soles of the feet, but in Pulling in the Energy we have a dual focus, adding the visualizing of energy flowing into the fingertips; and there are more.

But what I noticed as a constant, without exception, is the openness of the hands. They are not rigid and held in a fixed position. I noticed my fingers extend and contract slightly as I move. But they are always in an open, slightly curved position.

As practitioners of T'ai Chi Chih, we notice how it influences our lives, not just when we are doing the form. We learn many lessons about awareness, balance, and discernment through regular practice. I thought about the open hands and how that might relate to life.

- *When we greet someone our hands*

Materials

Justin Stones materials may be purchased from local T'ai Chi Chih Teachers or through Good Karma Publishing.

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.

Purchase 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

And on the CD: Justin Stone speaks on T'ai Chi Chih:
www.gkpub.com

Sandy McAlister's Seated T'ai Chi Chih DVD:
[Seated DVD](#)

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](#)

Teacher Resources:

Justin Stones:

Sproehle
VFJ Fall 1985

Softness & Continuity

Softness and continuity
can only be known
by giving way
by letting go

The flow of T'ai Chi Chih
cannot be forced
comes of its own accord
silently watches itself

Gentle magic of the
movements
frees the self conscious
being
to simply be
to just be

~Jean Katus
VFJ Summer 1986

THE VITAL FORCE ARCHIVES:

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

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Flow with whatever may
happen and let your mind be
free.

Stay centered by accepting
whatever you are doing.
This is the ultimate.

~Chuang Tzu

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.

- *When we greet someone our hands
touch them with openness, such as in
a handshake, a hug, a pat on the
back.*

- *When we give our hand opens to let
go.*
- *When we receive our hand opens to
accept.*
- *The thought of surrender envisions a
person with open hands. I'm thinking
of this in terms of surrendering the
need to be right or to win.*

*The awareness in our practice of our open
hands can be a metaphor in life – to
approach life and each other with open
hands, soft and flexible. Maybe this is
another lesson we might learn from our T'ai
Chi Chih practice. How do you see the
open, soft hands in T'ai Chi Chih reflected
in your everyday life?*

Sandy McAlister – in Hayward, California

Coming T'ai Chi Chih Events lead by the Teacher Trainers or the Guide:

[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: sismot35@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
Dates are firm. Registration and further
information should be posted on the
www.taichichih.org website by the first of
December.

[Aug. 9-11](#) Seijaku Course
Black Mountain, NC
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information should be posted on the
www.taichichih.org website by the first of
December.

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

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

T'ai Chi Chih on the web: taichichih.org

And ...

TCCcommunity.net

T'ai Chi Chih on Facebook:
www.facebook.com/taichichih

The Vital Force newsletter:
[Vital Force Newsletter](http://VitalForceNewsletter)

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

T'ai Chi Chih Guides' Archived
newsletters:
[Guides' Newsletters](http://Guides'Newsletters)

[Editor's note: Teachers, Students and
Friends of T'ai 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

Philadelphia, PA Host: April Lirpaler
Email: lirpaleff@rcn.com

[November 16 - 21, 2015](#)

TCC Teacher Accreditation with Daniel
Pienciak

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.

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Sent from Stephen's iPhone