



A Newsletter from the Guide of T'ai Chi Chih

Justin's Insights

Impermanence

Most suffering comes from failure to accept impermanence.

Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

"The only thing permanent is change," says the I CHING. The leaves will fall in autumn; there will be new leaves on the tree in springtime. But, is the tree itself permanent? Enduring, yes, but infinite, no. What we do and think will influence the future; flowing with the TAO in its ceaseless progression is wise. In the words of Professor Huang, "The Sage wants spring to follow winter."
VFJ - Summer. 1986

THE VITAL FORCE ARCHIVES:
<http://www.taichichih.org/free-archived-past-issues>
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Chi Reflections

YIN YANG

Not too loose (Yin),
Not too tight (Yang).
~Zen saying

YIN & YANG'S MOTHER

T'ai Chi
comes from
Wu Chi
and is the mother of Yin

Teaching Tips for Side to Side Weight Shift

When teaching the side to side weight shift I try to impress upon students what they are about to learn is nothing new, that they already know how to do it, having learned the front and back weight shift. There are a few differences but I want them to focus on the similarities not the differences. I want them to focus on the yinning and yanging and correct weight shift.

The similarities:

- *Weight sinks/shifts into the right leg/foot, freeing the left to move either forward or to the side with the heel touching down lightly without any weight on it. The right knee is bent and the left is straight.*
- *The weight begins to shift as the left knee gradually bends and the right leg gradually straightens until a full weight shift is achieved and the right leg is very straight.*
- *The body stays at one level throughout the weight shift. The shoulders stay in alignment with the hips, not leaning or leading but following the direction of the tan t'ien movement.*

The differences:

- *The tan t'ien winds up, turns towards the leg receiving the weight and actually facilitates bringing the weight fully into the leg.*
- *During the side to side weight shift the tan t'ien is unwinding and at the end of the weight shift has opened or turned slightly past center.*
- *The feet stay flat on the ground throughout the weight shift.*

It is important to feel the side to side weight shift as a long yinning and yanging movement with some turning of the waist and hips.

Since the first movement with a side to side weight shift is Carry the Ball to the Side, I often teach the movement without the three steps to the side in the beginning. I want students to get practice feeling a long lateral movement to the side and a full weight shift. They are just

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

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

And ...

TCCcommunity.net

and Yang.

In motion it separates:
in stillness they fuse.

It is not excessive or
deficient:
accordingly when it bends,
it then straightens.

Remember, when moving,
there is no place that
doesn't move.

When still,
there is no place that isn't
still.

~The Essence of T'AI CHI
CH'UAN by Lo/Inn &
Amacker/Foe

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.

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

*beginning to sink into the feeling of the
movement by the third repetition so I do not
want them to stop and then start again. I ask
them to practice through the next week 9
repetitions to the left, concluding, and then 9 to
the right. At the next class they learn the
movement as it is meant to be done with the
three steps to the side.*

*During a class practice we sometimes do Carry
the Ball to the Side, staying in place, doing 9
repetitions to the left, a conclusion, and then 9
repetitions to the right. Then we do the
movement again with the three steps to each
side. This provides an opportunity for lots of
practice with the side to side weight shift. I do
this occasionally with all my class, beginning
and continuing.*

*The importance of a full yinping and yangping
weight shift cannot be stressed enough. Whether
it is front and back or side to side it is an
important component in the practice of T'ai Chi
Chih in order to move and balance the Chi.*

T'ai Chi Chih Events lead by Sandy McAlister, Pam Towne, and Daniel Pienciak

Sept. 11 - Sept. 14, 2014 : Prajna Retreat - Aston PA with Sandy
McAlister
Contact: April Leffier:
lirpaleff@rcn.com, 610-532-6753

Sept. 25 - Sept. 28, 2014 : T'ai Chi Chih Retreat - Pecos
Benedictine Monastery, Pecos, NM with Sandy McAlister
Contact: Ann Rutherford:
ruthergary@aol.com, 505-292-5114

Oct 6, 2014 - Oct 11, 2014 : T'ai Chi Chih Teacher Accreditation -
Old Mission Renewal Center in Santa Barbara, CA Trainer: Pam
Towne
Contact: Lisa Otero:
lisa.otero@post.harvard.edu, 805-766-1342 (cell)

Oct 11, 2014 - Oct 17, 2014 : T'ai Chi Chih Teacher Accreditation
- Buffalo, MN Trainer: Sandy McAlister
Contact: Deb Bertelsen:
debbertelsen3@hotmail.com, 612-805-6366
or Susan Bitney:
smbitney@gmail.com, 612-353-4968

October 17, 2014-October 19, 2014: T'ai Chi Chih Retreat
Estes Park, CO with Pam Towne
Contact: Marie Dotts: mcdotts@hotmail.com, 970-412-9955

Other T'ai Chi Chih Events

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

Your 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.

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

The Vital Force newsletter:
Vital Force Newsletter

The Vital Force Archives:
[http://www.taichichih.org/free-archived-
past-issues](http://www.taichichih.org/free-archived-past-issues)

T'ai Chi Chih Guides' Archived
newsletters:
[Guides' Newsletters](http://www.taichichih.org/free-archived-past-issues)

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