

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

### Justin's Insights

#### Sitting Quietly

I like Paul Reps' idea of sitting quietly for five minutes (better make it ten) each day and just allowing yourself to "receive". No thinking, no technique, no mantra repetition, no watching the breath, but just sitting quietly in a chair. In Japan this would be known as "Shikan Taza", or just sitting. The great artisans of the past often did this before starting on some work, such as making a teabowl or a samurai sword. In fact, today, many dress in formal style, hat on head, while doing creative work-I have seen them. It is my feeling that ten minutes of quiet and 'receiving', plus T'ai Chi Chih® practice, may be enough. It is so easy to relax and do nothina.

### Stillness as a Bridge

At the end of T'ai Chi Chih practice I often have my class sit in silence for a few minutes or I may have them move into a circle and stand in a relaxed position, with eyes lowered or closed, and reflect inward for a few minutes. This quiet time of non-doing provides an opportunity to recognize how we feel and how the practice has affected us.

If we finish our practice and move right on with our day, the opportunity to cognitively acknowledge how the practice has influenced us may be lost. We may not notice how our mind has, for a while, been lightened of its incessant chattering. We may not notice, as fully, the calm pleasant peaceful experience we are feeling.

Stillness at the end of practice allows time to recognize the gratitude we may be feeling, and the great value of this practice becomes more apparent.

Occasionally I provide limited verbal guidance during our silent time to help the mind stay present, and I will often comment at the end, "Notice your state of mind," or "Notice how you feel," or "Acknowledge your gratitude silently."

This quiet time anchors our experience and acts as a bridge for our T'ai Chi Chih practice to flow into the rest of our day.

Extending those feelings we experience at the end of our practice, like the feelings of peace and calm, the lightheartedness, the gratitude, the joy, or whatever those feelings may be, will further enhance our day.

Sandy McAlister in Hayward, California.

### T'ai Chi Chih 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

...sitting,  
though sitting with  
the back straight,  
it may become  
difficult. We have  
our worries to  
agonize over, and,  
besides, we get  
fidgety. Therefore  
it might be good to  
do it after a little  
TCC movement. You  
may receive more  
than you bargained  
for.

March 1992

Justin's quotes  
reprinted with  
permission of Good  
Karma Publishing.

## Chi Reflections

### Shared Silence

Within each of us  
there is a silence,  
A silence as vast as  
the universe...

When we  
experience that  
silence,  
we remember who  
we are, creatures  
of the stars,  
created from time  
and space,  
created from  
silence.

Silence is our  
deepest nature, our  
home,  
our common ground,  
our peace...

**T'ai Chi Chih Events:**  
<http://www.taichichih.org/calendar-of-events>

**Plan now to attend our 2014 Teacher Conference**  
**Theme: Grounded in Growth**

**Our dates are firm: July 24-27, 2014.**

**Location: Kean University, Union/Elizabeth, New Jersey 07083**

**Nearest Airport: Newark Liberty Int'l, Newark, NJ**

**Nearest Train Stations: AMTRAK, Newark, NJ /**

**NJ Transit: Union, NJ Raritan Valley line**

**Elizabeth, NJ Northeast Corridor/NJ Coastline**

**Accommodations: Double or Single w/shared baths in upgraded Dormitory-style Suites.**

**Meals cafeteria buffet style with dietary choices available.**

**Intro to Seijaku and Seijaku Accreditation Courses following (July 27-29) at same location.**

**Contact: [Dan Pienciak](mailto:Dan.Pienciak@kean.edu)**

**The final contract and pricing information is expected shortly from the University.**

## 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  
Justin Stone's 95th birthday



Nine new T'ai Chi Chih teachers from the New Mexico November 2013 Teacher Accreditation Class.

Front row: Barbara Shambach, Lorraine Dumont, Adabelle Rychtarik, Jeneth Rundle, Betty Farnham  
Back row: Pam Towne (TCC Teacher Trainer), Judy Hendricks (host), Stu Goldman, Dana Diller, Stephen Steffin, Douglas Spence, and Mary Ruiz (host).

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](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](#)

Pam Towne's DVD:  
[Serenity in the Midst of Activity DVD](#)

Lessons with Pam via Skype:

[Prepare for teacher accreditation, or fine-tune your practice](#)

Teacher Resources:  
[Teacher Resources](#)

Justin Stone's:  
[DVDs/Videos](#)  
[Books](#)  
[CDs/Audios](#)

T'ai Chi Chih on the web: [taichichih.org](http://taichichih.org)

And ...

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

T'ai Chi Chih on Facebook:  
[Facebook T'ai Chi Chih](#)

The Vital Force

Silence is where  
God dwells.  
We yearn to be  
there.  
The experience of  
silence is now so  
rare  
that we must guard  
it and treasure it.

This is especially  
true of shared  
silence.  
~ from *Inviting  
Silence* by Gunilla  
Norris

Awareness Flowing

Awareness flowing  
Through worlds of  
thought

T'ai Chi peace and  
vitality  
Erase restlessness,  
Soothing and  
emancipating

Clarity . . .  
Being within doing  
~Steve Ridley GKP  
1996

newsletter:  
[Vital Force  
Newsletter](#)

Guides' archived  
newsletters:  
[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  
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Sign-Up Form found  
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[TCCcommunity.net](#)]

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