

A Newsletter from the Guide of T'ai Chi Chih

Justin's Insights

Rewards of T'ai Chi Chih Practice

When the Chi circulates and is in balance, we can approach Oneness (Unity). Is it possible to attain Oneness? Yes! The very nature of Reality is Joy! Hakuin, the great Zen Master said, "After this Enlightenment, observing the things of the world was like seeing the back of my own hand!"

The rewards of T'ai Chi Chih practice can be great. A TCC teacher who does not practice regularly however, is a fraud-one who can make the Outside appearance but manifests none of the Inside. Each teacher who radiates, inspires his or her pupils. One with all Life, healing Joy!

Experience On A Rooftop

On a rooftop looking out over the city of Yangon, my T'ai Chi Chih practice unfolds as night flows into day. Sounds of animals, humans, and machines waking up take turns fading in and out, while off in the distance the chanting voice of a monk joins my practice. At some point I realized the chanting is absent. My hearing grasps for that familiar and soothing sound, but the monk has moved on with his day.

As I let go of grasping for the familiar in this strange city, I briefly feel my singularity of being, which quickly melts into an awareness of not one but the many, which then flows into an all encompassing oneness.

To feel - through my T'ai Chi Chih practice - the boundless humanity, energy of all that is in front of me and behind me, now and before. As if all that was, is and will be, were present in this moment. No time, space, or individuality.

T'ai Chi Chih practiced in a rooted and focused way helps shed limits and boundaries.

A wish for 2014
May our community prosper
in the New Year and may each of us find
renewed meaning and boundless joy in our
T'ai Chi Chih practice.

Sandy McAlister in Yangon, Myanmar

T'ai Chi Chih Events:

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

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

Spring 1985

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

Chi Reflections

Be Where You Are

As you walk and eat
and travel, be
where you are.
Otherwise you will
miss most of your
life.

~Buddha

See Unity

Wise people know
that what is here,
is also there; that
what was, will also
be. They see unity,
not division.

~The Upanishads

You Are...

You are in the
moment,
You are in the
infinite.

~Swami Prajnanpad

For An Instant

For an instant, I am
absent, myself and
my problems, my
anxieties, my

**Start planning now to attend our 2014
Teacher Conference July 24 thru 27 in Union,
New Jersey 07083 Contact: [Dan Pienciak](mailto:Dan.Pienciak@gkpub.com)**

**T'ai Chi Chih® Intensive - January 15-19
St. Joseph's by the Sea Spiritual Center
On the Beach at Mantoloking, New Jersey**

***ENHANCING THE INTRINSIC ENERGY
FLOW***

Led by Teacher Trainer, Pam Towne

**Designed for teachers, teacher candidates
and serious students. The focus of the
Intensive will be on How to Move for the
greatest flow of Chi, Flowing from the Center,
Yinning & Yanging correctly, and Moving with
Softness. The heart of the Intensive will be
refining & deepening your T'ai Chi Chih
practice.**

**You are invited to attend this empowering 4
day TCC experience. Intensives are
especially important for those who want to
become TCC teachers as part of their
preparation for accreditation, but also
extremely valuable for those who want to
deepen their understanding & practice of TCC
without going to Teacher Training.**

**Intensive info can be found on the TCC
Community Calendar at
[http://www.taichichih.org/calendar-of-
events/](http://www.taichichih.org/calendar-of-events/) or by contacting SiobhanHutchinson
through e-mail at
siobhan@nextstepstrategiesllc.com or phone
at 609-752-1048.**

You will want to attend an Intensive...

**If you are a TCC Teacher:
to deepen your own practice &
appreciation of TCC
to refine how you move for a greater flow
of Chi
to learn how to better prepare candidates
for Teacher Accreditation
to learn new teaching techniques for your
classes
to connect with other teachers & the larger
TCC Community**

**If you are a Teacher Candidate:
to better understand the depths of TCC
practice (there's more than meets the eye)
to discover what needs to be changed in
how you move before you attend Teacher
Accreditation, then have several months to**

studying with a
teacher,
function and
essence, the
power of Chi
circulation,
body posture,
and more.

Purchase the
Android application
at:

[Android app](#)

Purchase the
application for
iPhone, iPad and
iPod Touch at:

[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:

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

Teacher Resources:
[Teacher Resources](#)

troubles: nothing
but this wonder
exists.

~Krishnamurti

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

***integrate those changes
to experience doing several hours of TCC
each day with a group of delightful people***

***If you are a Serious Student who has been
practicing TCC at least 1 year:***

***to immerse yourself in TCC for 4 days
without having to attend an Accreditation
course***

***to have an in-depth experience of TCC
to understand the principles of How to
Move the TCC way***

***to explore your TCC practice like never
before!***

***The cost for this empowering 4 day course is
still an incredibly low \$200 + room & board.
The January Intensive is being held at the
beautiful & peaceful St. Joseph's by the Sea
Spiritual Center on the beach in Mantloking,
NJ. An info flyer & registration form are
attached. If you have questions, please
contact me through e-mail at
siobhan@nextstepstrategiesllc.com or phone
at 609-752-1048.***

***Attending T'ai Chi Chih events is an excellent
opportunity for you to receive helpful
feedback, improve your practice, and to be
with other T'ai Chi Chih practitioners.***

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

T'ai Chi Chih on the
web:

taichichih.org

And ...

TCCcommunity.net

T'ai Chi Chih on
Facebook:
[Facebook T'ai Chi
Chih](https://www.facebook.com/TaiChiChih)

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

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:
TCCcommunity.net]

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