

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

### Justin's Insights

#### *Change*

*The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for evolving, such as T'ai Chi Chih and Meditation, when they ask for it, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.*

*September 1991*

Justin's quotes reprinted with permission of Good

### Share Your Gift

With crisp Autumn days comes a freshness that feels of vitality and the promise of things to come. The holidays are approaching and everything around us begins to buzz with movement, connections, excitement, anticipation. It is a time of sharing - food, companionship, our time and talents, ourselves, and love.

As practitioners of T'ai Chi Chih we have received a gift. It came to us wrapped in love. Think of it as a box filled with 20 individual tools designed not only for us to use, but for us to share.

We carry these tools inside us wherever we go and we can share them at any time. We may not want to share outwardly - like standing in the middle of a mall or store doing T'ai Chi Chih - but when a calming presence is needed we can slightly sink in the knees, slightly tuck the tailbone, relax the arms at our sides and breathe deeply, imagining ourselves in the Rest Pose preparing for practice.

Let that sense of being grounded, of being at peace inside flow outward. Be the peace in the discord, be the calm in the storm. We do not have to do the movements to share the essence.

With gratitude for my original teacher, Valerie Smith, who shared her gift of T'ai Chi Chih with me 30 years ago, starting me on this path to unimagined destinations.

### 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 the originator Justin Stone, performing of all the movements. well as links some movements on YouTube.

★ Important points about moving correctly are called out in a special essay discuss balancing yin and yang, the

Karma Publishing.

## Chi Reflections

### *Limitlessness*

*When we inhale,  
the air comes into  
the inner world.  
When we exhale,  
the air goes out to  
the outer world.  
The inner world is  
limitless,  
and the outer world  
is also limitless.  
We say "inner  
world" or "outer  
world" but actually,  
there is just one  
whole world.  
~Shunryu Suzuki*

*Every breath is a  
gift and a joy,  
golden in its nature.  
~Honshin*

*Close your eyes,  
calm your breathing,  
and focus your  
attention on the  
center of  
consciousness.  
Thus you will  
master the senses,  
the emotions, and  
the intellect -  
And thereby free  
yourself from*

With much appreciation, I have been very warmly welcomed at my newest destination as Guide of the T'ai Chi Chih Community.

My wish is for each of us, teacher and student, to deepen our practice so the sharing of it becomes second nature. And as we share the gift of T'ai Chi Chih, may we be filled with peace and joy in our giving.

Sandy McAlister

### **T'ai Chi Chih Events:**

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

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**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 [Siobhan Hutchinson](mailto:Siobhan.Hutchinson@taichichih.org)**

Iao, the great  
circle  
meditation,  
serenity,  
studying with  
teacher,  
function and  
essence, the  
power of Chi  
circulation,  
body posture  
and more.

**Purchase the  
Android applicatio  
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](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](#)

Teacher Resource  
[Teacher Resources](#)

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

And at:

*desire and anger.  
~The Bhagavad Gita*

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**events/ or by contacting Siobhain Hutchinson through e-mail at [siobhan@nextstepstrategiesllc.com](mailto: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 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](mailto: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.***

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

Guides' archived newsletters:  
[Guides' Newsletters](http://GuidesNewsletters.com)

[Editor's note:  
Teachers, Student and Friends of T'ai Chi Chih may have free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign-Up Form found at:  
[TCCcommunity.net](http://TCCcommunity.net)]

*And thereby free  
yourself from  
desire and anger.  
~The Bhagavad Gita*

**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

**Other T'ai Chi Chih Events:**

<http://www.taichichih.org/calendar-of-events>

**Vision Statement**

***How we see ourselves in 5 years:***

We, the T'ai 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 T'ai 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 5 years:***

The T'ai 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 T'ai Chi Chih.

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

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TCCcommunity, P.O. Box 361, Tupelo, MS 38802

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