



**From:** Stephen Thompson [stephen2816@mac.com](mailto:stephen2816@mac.com)  
**Subject:** Sandy 's Feb. 2015 T'ai Chi Chih newsletter  
**Date:** October 22, 2018 at 10:06 AM  
**To:** Stephen Thompson [stephen2816@mac.com](mailto:stephen2816@mac.com)

Begin forwarded message:

**From:** [mcalister19@comcast.net](mailto:mcalister19@comcast.net)  
**Subject:** Fwd: Sandy McAlister's Feb. 2015 T'ai Chi Chih newsletter [Test Email]  
**Date:** January 26, 2015 at 10:38:57 AM CST  
**To:** "Thompson, Stephen" <[stephen2816@mac.com](mailto:stephen2816@mac.com)>

I don't know how many times I read my article over and over before I sent it to you but I kept going until I had read it twice without any changes. Yet when I see it now I find a couple more changes for clarification. I have made them below in purple before each paragraph.

Did your grandchild arrive? Are you smiling from ear to ear?

**From:** "TCCcommunity" <[guide@tcccommunity.net](mailto:guide@tcccommunity.net)>  
**To:** [mcalister19@comcast.net](mailto:mcalister19@comcast.net)  
**Sent:** Monday, January 26, 2015 6:55:42 AM  
**Subject:** Sandy McAlister's Feb. 2015 T'ai Chi Chih newsletter [Test Email]

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

### Justin's Insights

#### Softness

*One cannot strive for "softness;" the very effort of trying to be soft creates tension. It is the absence of any pressure, moving "slow motion in a dream," that allows softness to prevail. The best way to forget worries and ease tensions is to shun the ego-center, so that no one is doing T'ai chi Chih, but T'ai Chi Chih is doing itself. In this sense, T'ai Chi Chih becomes a meditation.*

#### Spiritual Odyssey

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#### Tension

*As T'ai Chi Chih teachers, we watch the wrists and the waist to see if there is tension (and the Chi can't flow) or softness and relaxation.*  
 VFJ Spring 1989

### Chi Reflections

#### Touch

*And when the movements disappear  
 And there is just you  
 You'll be in touch  
 not with the  
 movement of your form  
 in space  
 but of the movement  
 of the atoms and  
 molecules  
 of which you are  
 made and that surround  
 you.*  
 ~Anon  
 VFJ Spring 1987

#### Net of Existence

*We are each a channel  
 For the virtues of the  
 universe;  
 Love, Peace, Harmony,  
 and Vision  
 Flow through us*

### A Command or An Invitation To Experience?

*As students bring a movement into close and come back to grounding stillness they hear, "letting go" or "opening" or "softening" or some other prompt of awareness. These are reminding words a teacher might use during a class and are often a result of their own recognition of the need to apply them to themselves.*

*In thinking about the words I use, I wondered if they meant the same to my students as they do to me. So I began to ask my classes at the end of a practice, "When you hear me suggest letting go, what happens or what comes to mind". There were various answers, more than I could have come up with, but I was especially taken with one student's answer.*

***She said, " For me letting go is not what happens during my practice but what encourages me to do my practice. During the day when I need to take a break and let go of what is happening I am drawn to do my T'ai Chi Chih practice."***

*When I think the word 'opening' during my practice it creates a reaction in my chest. There is a very visceral feeling of expansion. But my students had many other reactions and feelings toward the word. When I hear the word 'softening' during my practice it has a drawing-downward effect on my insides, a sliding into the soles of my feet and continuing into the earth.*

*It has been interesting for me and helpful for my students to talk about the words I often use during a T'ai Chi Chih practice. It can help clarify for them what they are feeling and broaden their awareness of what might be happening. And, as a teacher, it helps me to know how my words impact my students.*

*One consideration with the words we use as teachers: If I say "open" it is a command. If I say "opening" it is an action word, as in a feeling to be experienced rather than an action to be taken.*

*Students, it might be interesting to notice your reactions to certain words your teacher often uses as you do a T'ai Chi Chih practice. Teachers, it might be helpful to know what comes up for your students when they hear key words you commonly use in your classes. Enjoy your exploration!*

Sandy McAlister in Hayward, California

### Future T'ai Chi Chih Events lead by the Guide or our Teacher Trainers:

March 19-22 Teachers Retreat with Sandy McAlister  
 Santa Barbara Host: Pam Towne  
 Email: [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

March 24-27 T'ai Chi Chih Retreat with Sandy McAlister  
 Santa Barbara Host: Pam Towne  
 Email: [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

April 19-25 T'ai Chi Chih Teacher Accreditation with Pam Towne

### 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)

\* TAI 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 teacher, function and essence, the power of Chi circulation, body posture and more.

Buy the Android application:

[Android app](#)

Buy the Apple app:

[Apple app](#)

Additional excellent references may be found on DVD:  
 Interviews with Justin Stone and Carmen  
[www.gkpub.com](http://www.gkpub.com)

And 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:

<http://www.sandymcalister.com/Order.html>

Pam Towne's DVD:

Serenity in the Midst of Activity

<http://taichi9.com/Order.html>

Lessons with Pam via Skype:

Skype to prepare for teacher accreditation, or fine-tune your practice

<http://www.taichi9.com/Classes.html>

Other Resources:

Justin Stone's:

DVDs/Videos

Books

CDs/Audios

[www.gkpub.com](http://www.gkpub.com)

T'ai Chi Chih on the web:

Official website:

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

Facebook:

<https://www.facebook.com/taichichih>

Pinterest Justin's Quotes:

<http://www.pinterest.com/taichichihinspiration/>

Pinterest:

<http://www.pinterest.com/taichichih/>

Instagram:

<http://instagram.com/taichichih>

Twitter:

<https://twitter.com/taichichih>

Flickr:

<https://www.flickr.com/photos/taichichih/>

Flow through us.

Open the 'souls' of your feet  
Feel the energy surge from the Earth  
And gather within you  
Like roots into a tree.

Let the passions of the cosmos  
Fill your heart, and radiate  
Into every muscle and nerve  
Like the blood that nourishes.

This strength then emanates forth  
From your smile, fingertips, eyes.  
It weaves its way through the stars  
Creating the net of existence.  
~Leslie Oldershaw,  
Lake Tahoe, CA  
VFJ Spring 1987

THE VITAL FORCE ARCHIVES:

<http://www.taichichih.org/free-archived-past-issues>  
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#### Sensitivity, Intuition, and Bliss

Sensitivity and intuition require softness and calm — otherwise we may not be able to tune in to them. We Have to stay loose, unassuming, and acutely present.

...Sensitivity and intuition can help keep us safe. They can help guide us toward our goals, especially in moments of confusion. Moreover, they can guide us to our innermost self.  
...Follow your bliss. Sink so deeply into your center that you experience a consciousness devoid of thought—an intuition that is illuminated with awareness. This is who you are at your deepest. Let *this* consciousness guide you; allow yourself to grow and change with it. As long as you can move from there, you will know your bliss. Let it enlighten you.~Joseph Cordillo

#### Underlying Harmony

Quite the outgoing mental restlessness and turn the mind within...

Then you will see the underlying harmony in your life and in all nature.

~Paramahansa Yogananda

April 19-23 Tai Chi Chih Teacher Accreditation with Pam Towne  
Aston, PA Host: Stacey Moore  
Email: [sismof35@gmail.com](mailto:sismof35@gmail.com)

May 7-10 Tai Chi Chih Retreat with Pam Towne  
Prescott, AZ Host: Dana Diller  
[danadillertcc@gmail.com](mailto:danadillertcc@gmail.com)

Aug. 6-9 Tai Chi Chih Teacher Conference  
Black Mountain, NC  
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Two Seijaku Courses  
Following the Tai Chi Chih Teacher Conference in Black Mountain, NC  
Seijaku Introductory Course with Dan Pienckiak  
Hosting/Registrar Daniel Pienckiak  
Email: [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)  
Detailed Information will be available Jan 1 or 15th.  
And  
Seijaku Teacher Accreditation with Pam Towne  
<http://www.taichichih.org/events/2015/8/9/north-carolina-seijaku-accreditation>  
Hosting/Registrar Daniel Pienckiak  
Email: [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

Oct. 16-18 Deep South Workshop with Sandy McAlister  
Tupelo, MS  
Co-Hosts: Ron Richardson & Stephen Thompson  
Email: [ron\\_richardson@comcast.net](mailto:ron_richardson@comcast.net)

Oct. 25-29 Intensive with Sandy McAlister  
Philadelphia, PA Host: April Lirpaleff  
Email: [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

Oct.29 - Nov 1 Prajna Retreat with Sandy McAlister  
Philadelphia, PA Host: April Lirpaleff  
Email: [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

November 16 - 21, 2015  
Tai Chi Chih Teacher Accreditation with Daniel Pienckiak  
Albuquerque, NM  
Co-Hosts: Mary White and Joyce Veerkamp  
Registrar: Joyce Veerkamp  
Email: [Kujo1955@gmail.com](mailto:Kujo1955@gmail.com)

#### Other Tai Chi Chih Events

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

Attending Tai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other Tai Chi Chih practitioners.

#### Mission Statement

*The International Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.*

<https://www.tai-chi.com/join-us/taichichih/>

Youtube:

[www.youtube.com/channel/UCOWK4qcdJ78AKd7B17-W](http://www.youtube.com/channel/UCOWK4qcdJ78AKd7B17-W)

Tai Chi Chih Community:

[www.tcccommunity.net](http://www.tcccommunity.net)

Tai Chi Chih International Foundation

A 501(c)3 nonprofit agency which:  
Sponsors our annual Teachers Conferences;  
Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and sent to:  
Tai Chi Chih International Foundation, PO Box 517  
Midland Park, NJ, 07432

Tai Chi Chih Association

[www.taichichihassociation.org](http://www.taichichihassociation.org)

Produces a monthly publication - Tai Chi Chih News.  
Sells books from Justin Stone's Recommended Reading List.  
Hosts Workshops, Intensives and Teacher Accreditations.

The Vital Force newsletter:

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

The Vital Force Archives:

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

Tai Chi Chih Guides' Archived newsletters:

[http://tcccommunity.net/Newsletter\\_Archive.html](http://tcccommunity.net/Newsletter_Archive.html)

Free Newsletter Subscription: Teachers, Students and Friends of Tai 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.htm](http://tcccommunity.net/Newsletter_Sign-Up_Form.htm)

