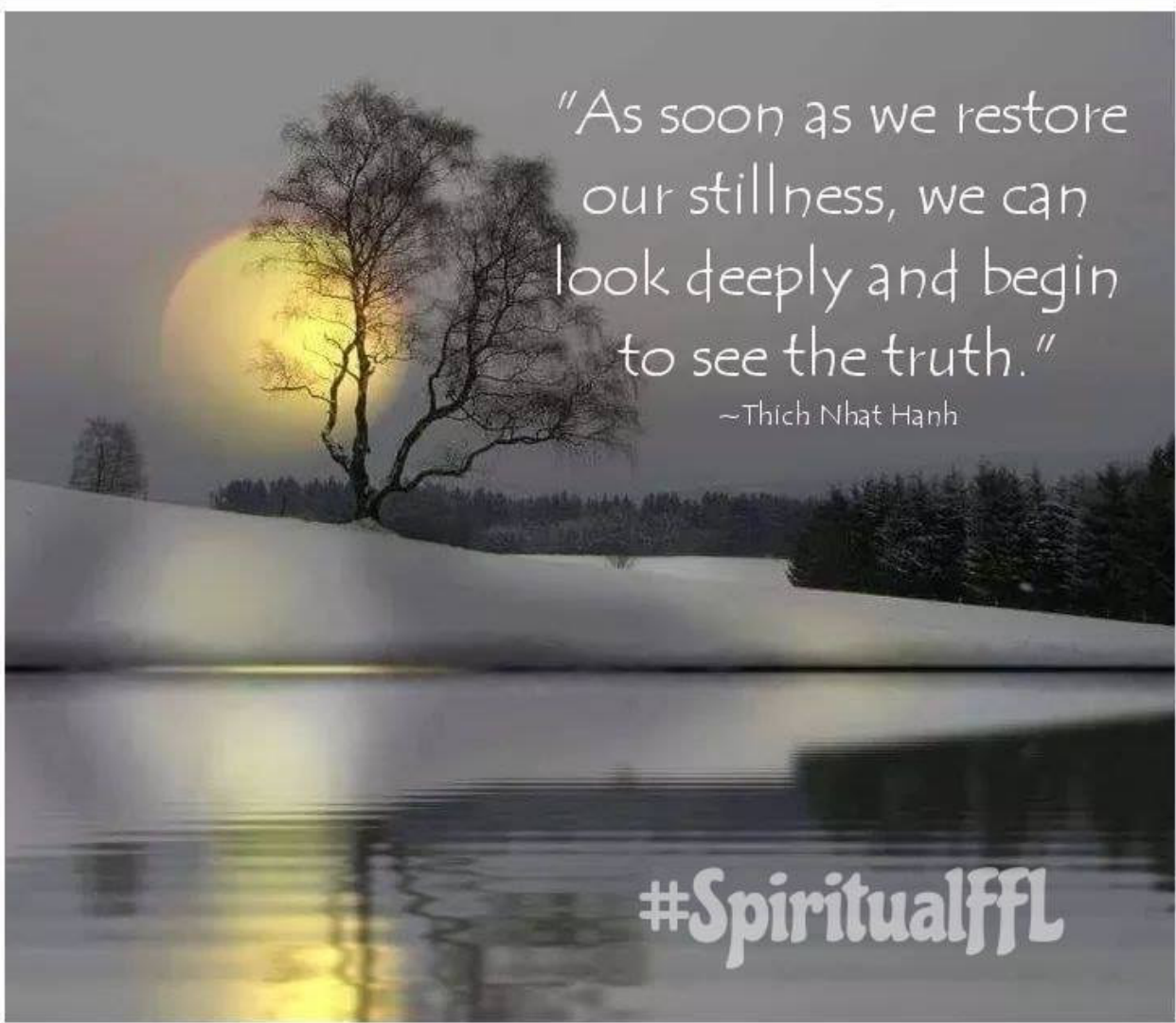


From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's January 2019 T'ai Chi Chih Newsletter
Date: January 1, 2019 at 3:01 AM
To: stephen2816@mac.com

ST

Like



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Sandy's Message:

The Three Treasures

The Three Treasures

I have just three things to teach:

Simplicity

Patience

Compassion

These are your greatest treasures.

SIMPLE in actions and in thoughts,

You return to the source of being.

PATIENT with both friends and enemies,

You accord with the way things are.

COMPASSIONATE towards yourself,

You reconcile all beings in the world.

~ Lao-Tzu

When I read this to my T'ai Chi Chih class the other day one of the students asked about a particular phrase, What does that mean? I don't get it". I responded that it may mean different things to each of us.

The writings of others are to be contemplated, looked at for our own understanding and inspiration. As I considered Lao-Tzu's writing on Simplicity, Patience, and

Compassion these thoughts developed:

Compassion towards ourselves can open up unjudgmental responses without shoulds and recriminations, coming from a place of love. And that compassion will spread to encompass all.

Patience can lead to clarity of thinking, desirable before acting.

Patience and Compassion develop Simplicity – no need to connive, hold on to, conjure up “what ifs”, etc. With Patience, Compassion, and Simplicity we come to a place of acceptance of and in the moment.

To do T'ai Chi Chih unfettered of self-critique is an act of Compassion toward ourselves.

*To be compassionate toward ourselves
allows the movements to unfold in their own timing.*

*To allow the movements to unfold in their own timing
is to practice Patience with T'ai Chi Chih.*

*To be patient with our T'ai Chi Chih practice
allows our awareness to grow.*

*To be aware in every inch of movement in our practice
allows the mind to be empty of thoughts and chatter.*

*To empty of thoughts and chatter
allows our emotions to calm.*

*To have equanimity in our emotions
allows Simplicity to enter into our movements.*

When we have the three treasures

*Simplicity in our movements
Patience with our practice
And Compassion in our hearts*

*We better understand and are in tune
with our own essence and being.*

What might your contemplation on Lee Tzu's writings say to you?

What might your contemplation on Lao-Tzu's writings say to you?

My wish for the new year is that our T'ai Chi Chih Community experience and share more Simplicity, Patience, and Compassion.

T'ai Chi Chih Guide, Sandy McAlister

News: The T'ai Chi Chih International Foundation has a new Treasurer, Jim Kaib. Thank you, Jim, for taking on this important position. Along with this change comes **a new Foundation address** : PO Box 11, Norwood, PA 19074

And a BIG THANK YOU to Dorene Krause for her 5 years of serving as the Foundation Treasurer.

[Editor's note: The Foundation's contact information is always listed under the "Links to Resources & Materials" section of these newsletters.]



RETURN TO THE CIRCLE

20
19

REMEMBER BEING ENCIRCLED IN CHI IN 2013?

THE MINNESOTA COMMUNITY WELCOMES YOU TO
RETURN TO THE CIRCLE FOR THE
2019 T'AI CHI CHIH® TEACHERS' CONFERENCE

JUNE 27 - 30, 2019

MINNEAPOLIS MARRIOTT SOUTHWEST HOTEL
5801 OPUS PARKWAY
MINNETONKA, MINNESOTA 55343

QUESTIONS: CONTACT CO-CHAIRS: LAURIE JACOBI AND LINDA ZELIG
LAURIEJACOBI@MSN.COM AND LMZELIG@COMCAST.NET

2019 Teacher Conference News

June 27-30, 2019 — Minneapolis Marriott Southwest — Minnetonka, Minnesota

Greetings from Minnesota!

Minnesota is now in the grip of winter. It's a good time for rest, reflection and some T'ai Chi Chih practice. As I take the time to stay inside under a blanket with a cup of tea and a good book I realize how delicious it feels to let go. As I look at the frozen lake outside my window I appreciate the beauty of stillness and emptiness. As I do Passing Clouds by the fireplace I feel the warmth of the chi move from the soles of my feet to the tips of my fingers and beyond. Aaaahhh... winter is a good thing!

I must say it's hard to imagine just now, but soon it will be summer and Minnesota will be hosting the 2019 T'ai Chi Chih Teachers' Conference at the Minneapolis Marriott Southwest Hotel. Mark your calendars now for June 27-30, 2019.

2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

Register online

OR

Register by mail

Register through the month of January to enjoy a reduced conference rate!

Our Minnesota T'ai Chi Chih Teachers promise to thaw out and warmly welcome you to Return To the Circle of our community. We so look forward to creating a conference experience that will be unique, inspiring, informative and joy-filled - without snow!

Laurie Jacobi

Conference Co-Chair
with Linda Zelig



Justin's Insights

Memories of Tenrikyo

*In the early morning stillness,
Before the late winter sun has risen,
There is a stark silence that penetrates one's being.*

*The last stars disappear from view,
But the pale moon remains for some time.
The inevitable wandering of the mind stops suddenly...*

*Inside the temple,
An old man with a beautiful face
Catches my eye, smiles, and points to his heart,
"Kokoro," he murmurs softly,
the all-inclusive word for
Heart-Mind-Spirit.*

~ Justin Stone - Climb the Joyous Mountain
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To download older issues of The Vital Force for free [CLICK HERE](#)

Chi Reflections

Thought

*Thought for the day: we have far too many of them. And we prize them too highly;
more so than we do the power of silence, mindfulness and pure kindness.*

~ Rasheed Ogunlaru

Clarity and Stillness

*I honour the clarity of the present moment, and the stillness at the centre of being
(mine & others), even in the midst of so much doing."*

~ Jay Woodman

In the midst of movement and chaos, keep stillness inside of you.

~ Deepak Chopra



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training

(Accreditation) with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 31-June 6, 2019 Aston, PA TCC Teacher Accreditation with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 14-16, 2019 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

June 27-30, 2019 Teacher Conference, Minnetonka, MN.

Contact Co-Hosts:

Laurie Jacobi LaurieJacobi@msn.com

Linda Zelig lmzelig@comcast.net

June 30-July 2, 2019 Post Conference Seijaku, Minnetonka, MN.

Contact: Bonnie Sokolov [bonnietaichi5@gmail.com]

(<mailto:bonnietaichi5@gmail.com> or 507-250-3360)

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

Jul 29 - Aug 1, 2019, Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Aug. 20-23, 2019. Aston PA T'ai Chi Chih Teacher's Symposium with Sandv

Aug. 20-23, 2019, **Retreat for Tai Chi Teachers & Symposium** with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523(C)

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct. 4-6 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

More T'ai Chi Chih Events

Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers. 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.



Links to Resources & Materials

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: pamtowne@gmail.com

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Facebook: [click here](#)

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

T'ai Chi Chih International Foundation: [click here](#)

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 send to: T'ai Chi Chih

International Foundation, PO Box 11, Norwood, PA 19074

T'ai Chi Chih Association: [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

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Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)



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.

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