

From: TCCcommunity newsletter@tcccommunity.net
Subject: Sandy McAlister's December 1, 2024 Newsletter
Date: December 1, 2024 at 3:11 AM
To: stephen2816@comcast.net

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Mission Statement

The 31 Days of December – Grounding for the New Year

December's Message from Sandy McAlister

Often people start a new year with intentions to “take care of business”, to do things that they have been putting off, or to try something new, or to stop something old.

Rather than wait for the new year to begin let's use December and our T'ai Chi Chih practice and

rather than wait for the new year to begin, let's use December and our Tai Chi Chuan practice and the principles that guide our practice to set the ground work for the new year. Let us use December to get really grounded and be ready for whatever the new year brings us.

Here is a suggestion for our daily practice and throughout each 31 days of December.

December 1 – 20 Do all the 19 movements and one pose in order. Each day focus a bit more on the movement for that day, maybe do extra repetitions. If you happen to miss a practice that day, at least take some time to do the movement of the day. Throughout the day use the movement of the day. If you find yourself waiting in a line do the movement mentally. While driving think about the movement and do it mentally. Throughout the day slip the movement of the day into your daily doings. For instance, on Day 8 Carry the Ball Day: while brushing your teeth, do a side-to-side weight shift and circle your tooth brush as in Carry the Ball to the Side. I tried this and if you make each circle of the tooth brush to go in synch with the weight shifts it might take you all morning to brush your teeth so I just did the side-to-side weight shift and thought about the whole movement as I brushed. Make it up, be playful. Now that we have used up the movements let's focus our practice and our day on the principles and other aspects of the practice.

December 21 During our practice and throughout the day focus on SOFTNESS.

December 22 During our practice and throughout the day focus on CONTINUITY. Cultivate a sense of continuity as movement flows into stillness, and stillness flows back into movement. One repetition flowing into the next. One activity flowing into the next with a bit of stillness in between as we bring one to a close and then begin another.

December 23 Focus on YINNING and YANGING, moving throughout the day with soft knees.

December 24 SOLES OF THE FEET - GROUNDING. Balance the hustle and bustle of Christmas as we bring our attention down.

December 25 Focus on our HEART. Feel the LOVE and BEAUTY of the day that our practice opens us up to.

December 26 Be attentive to the STILLNESS of our practice. Throughout the day close our eyes and remember the calm, peaceful feeling that is experienced during and after practice.

December 27 POLARITY and the play of opposites, the compliment of opposites.

December 28 SMOOTHNESS. Smoothness in our transitions as we practice, and notice when we slow down the smoothness in our life.

December 29 KINDNESS, GENEROSITY and JOY.

December 30 CIRCULARITY in the movements and the circularity of the cycle of life and nature.

December 31 GRATITUDE (Justin was big on gratitude) Now the groundwork has been set let the new year begin.

Second Saturday Practice & Discussion Teachers:

Second Saturday, December 14th. Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: How is your 31 Days of December Practice going for you?



Justin's Insights

Merging Sense with Essence

The high plateaus do not produce the lotus flowers; it is the mire of the low swamplands.

If you consider quietude right... it is just the time to apply effort by a million times. The sun shines on everybody – pure and unpure. You do not have to give up the ordinary life. What is given up is greed, anger and delusion. Love and do as you please. When active you are revealing the function. It is better to discipline yourself than have life do it for you. ~Justin Stone - Vital Force September 1991 Reprinted with permission from The Vital Force

Chi Reflections

No Resistance

The way that will relieve your woes on the physical plane will also take you to the highest spiritual realizations. And the way is simple. No resistance.

~Thaddeus Golas Equanimity



*"May what comes to you in silence carry
you through the deafening chaos."*

~Unknown



T'AI CHI CHIH EVENTS LED BY THE GUIDE AND BY THE TEACHER TRAINERS

**December 7, 2024 SEATED SEIJAKU
WORKSHOP ON ZOOM** with Daniel Pien-
ciak. One Saturday afternoon online work-
shop, 1:30 p.m. to 4:15 p.m. Eastern time
(includes one 15 minute break). Teaching,
discussion, and experience of Seijaku prac-
tice in the seated position. Contact: Daniel
Pienckiak Email wakeupdaniel@aol.com or
call 732-988-5573

December 21, 2024 TCC WINTER SOLSTICE RETREAT ON ZOOM with Daniel Pienckiak. One
Saturday , 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discus-
sion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives.
Contact: Daniel Pienckiak Email wakeupdaniel@aol.com or call 732-988-5573

2025

February 5-9, 2025 TCC INTENSIVE ON ZOOM with Pam Towne: [click here for details & reg-
istration form](#)

April 26-28, 2025 SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom For TCC
teachers who have been practicing Seijaku at least 6 months. Course fee is \$400. Auditing fee
for already accredited Seijaku teachers is \$150. Partial scholarships available. Contact: Email
Pam Towne pamtowne@gmail.com or call 760-421-7589

May 11-17, 2025 TEACHER ACCREDITATION with Daniel Pienckiak at DaySpring Conference
Center, Parrish FL Contact: Email Anita Vestal anitataichichih@gmail.com or call 813-418-0146
(after Dec. 10)

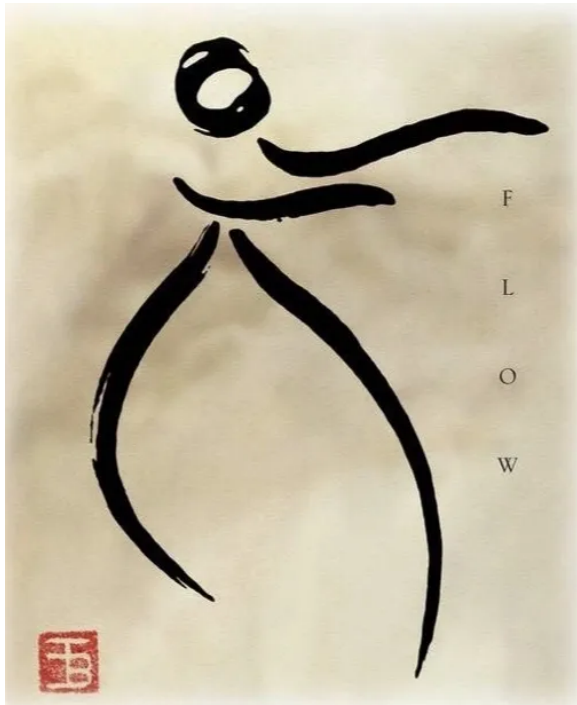
Spring 2025 TCC INTENSIVE IN MIDWEST Details TBA

June 12-15, 2025 TEACHERS RETREAT with Sandy McAlister Prince of Peace Abbey, Ocean-
side, CA Contact: Pam Towne pamtowne@gmail.com or call 760-421-7589 [CLICK HERE FOR DE-](#)

[TAILS AND REGISTRATION FORM](#)

Autumn 2025 TEACHER ACCREDITATION Details TBA

[Click here for more T'ai Chi Chih 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.



T'AI CHI CHIH EVENTS LED BY ACCREDITED TEACHERS

2025

April 3 – April 5 2025, TCC DEEP DIVE WORKSHOP with Amy Tyksinski Joy Through Movement Kansas City, MO \$225 by Feb 1 Deadline. Contact : Email: taichichihkansascity@gmail.com with questions or to register

April 6, 2025, 1/2 DAY SEIJAKU WORKSHOP with Amy Tyksinski Kansas City, MO \$60 Contact : Email: taichichihkansascity@gmail.com with questions or to register

ZOOM T'AI CHI CHIH & SEIJAKU CLASSES WITH ACCREDITED TEACHERS

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community Hybrid T'ai Chi Chih Drop-in class zoomed live from Foothills Unitarian in Ft. Collins, CO! Fall series starts September 9th, "Mind, Body, Spirit." Popular with students, teachers, and candidates; anyone is welcome. Free; we encourage regulars to make a small charitable donation. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com Lisa's website

Jessica Lewis T'ai Chi Chih for Veterans (a NEW community-based program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 12:00-1:00 PM EST Meeting ID: 529 988 701 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation.

Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom Tuesdays, 1 p.m- 2:30 p.m. EDT. Dates for 2025 TBA: TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Deepen and Refine your TCC movements on Zoom Tuesdays, 1 to 3:00 p.m., EDT. Dates for 2025 TBA: A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom Seijaku Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Paul Ciske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional short silent meditation. Charitable donation appreciated. [Click here to Register](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku Wednesdays 10:30 - 12pm PDT, \$40/month or \$100 for 3 months Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest to one class for free to see if you'd like to join. Contact: Email Pam Towne pamtowne@gmail.com

one class for free to see if you'd like to join. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of a federal VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Meeting ID: 171 422 068 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Richard P Karasik T'ai Chi Chih Class + Full Practice on Zoom 9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. This is an ongoing practice - start any time. [Click here for ZOOM](#) Contact: Email Richard Rpk@bandk.com for handouts, and class updates.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. Click here to get the Zoom link and pay. Drop-in suggested donation \$10-\$15. First class is free. Contact: Email Linda Prosche lsprosche@gmail.com or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest to one class for free to see if you'd like to join. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

SATURDAYS Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page. If you don't have a Facebook account, then you will need to join Facebook first & then contact Linda Jones to join the private Facebook page. If you do not want to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, also contact Linda Jones. Contact: Email Linda

Jones lkjtcc@gmail.com

SUNDAYS Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Sunday
9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time) [Click here for ZOOM](#)

Links to Resources & Materials

Justin Stone's T'ai Chi Chih Individual Movement Instruction* (plus separate 30- and 45-minute practices) streamed digitally: [Click here for lifetime access](#) *100% of your subscription allows Justinstonetcc.com to remain available online.

Justin Stone's Other Materials: [click here](#)

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

Sandy McAlister's Seated T'ai Chi Chih DVD: Email Sandy McAlister mcalister19@comcast.net

Zoom Lessons with Pam: Email Pam Towne pamtowne@gmail.com 760-421-7589

Seijaku Booklet: \$4.00 per copy +\$1.20 (first class) \$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make checks payable to: Ann Rutherford 1534 Wagon Train Dr. SE ABQ, NM 87123

Web Resources

2024 International T'ai Chi Chih Teachers' Conference Artifacts: [click here](#)

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

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

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

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

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

Facebook Tai Chi Chih Teacher Circle: [Teachers, please click here to ask to join our closed Facebook group.](#) Teachers, if you don't already have a Facebook account, you must establish an account before clicking the link. If you do not want to join the Facebook group, but need the zoom link for the second Saturday practice, contact Linda Jones at lkjtcc@gmail.com.

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

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

T'AI CHI CHI: [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.

The Vital Force quarterly newsletter: [click here](#) to subscribe

The Vital Force Archive of past issues: [click here](#)

TCC Community Newsletters Archive issues (Feb. 2009 thru Present): [click here](#)

2024 International T'ai Chi Chih Teachers' Conference Artifacts: [click here](#)

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

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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.*

*"T'ai Chi Chih is a Service to Humanity. It is a form of Love."
~Justin Stone*

