

**From:** TCCcommunity newsletter@TCCcommunity.net  
**Subject:** Sandy's October 2024 T'ai Chi Chih Newsletter  
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**To:** stephen2816@comcast.net

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**Mission Statement**

**Sandy McAlister's Message**

**Evolution And Refinement Of The Movements**

*It is such a trip to read the original edition of the T'ai Chi Chih photo text and compare it to editions that*

*followed. Over time Justin evolved the practice of T'ai Chi Chih, adding new movements and removing others. He refined movements, and the one that stands out most notably to me is Pulling Taffy which he softened considerably.*

*Another change is that now there is a great deal of emphasis on the back leg being very straight when the weight has been shifted fully to the front leg. Justin often used the term, "stiffen the back leg", which always seemed to me to be a harsh word to use in TCC, but he really wanted to get the point across to straighten the back leg and stiffen did drive the point home. You can just feel that word.*

*Cosmic Consciousness Pose hasn't changed much. About the only change I see in the books is originally he says and shows "just the tips of the fingers overlap." Gradually it became that the fingers fully overlap, not the hands though. And, gratefully, it has become a practice with most teachers to hold the pose around 30 – 60 seconds. In the first edition he says if one does the pose after Rocking Motion holding it for "3 minutes is enough". If it is done at the end of a practice "it should be held at least 5 minutes or more". In the final edition he says "a few minutes is enough". My feeling is the amount of time is not important, it is the quality of time. Settling into the pose, softening, grounding, sinking the attention, allowing for a deep feeling of letting go to pervade the body. I don't think we often give attention to practicing the Cosmic Consciousness Pose. We do work on the physical form but that is just the vessel for the inner work. Consider spending some quality time with the Cosmic Consciousness Pose and see if your relationship with it changes.*

*T'ai Chi Chih Guide, Sandy McAlister*

## Second Saturday Practice & Discussion

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

Topic of discussion: Cosmic Consciousness Pose, Inner and Outer

## Teacher Accreditations and Intensives

One Teacher Accreditations will be held in-person in CO in October ... and one Seijaku Teacher Accreditation will be held afterwards on Zoom. (See details in T'AI CHI CHIH EVENTS below.)

For those preparing for Teacher Accreditation in 2025, there is an Intensives (a prerequisite for an Accreditation course) in FL in October of 2024. (See details in T'AI CHI CHIH EVENTS below.)

Intensives are \$300 and Teacher Accreditation are \$650.



## Justin's Insights

### Our Very Nature

Most students come to T'ai Chi Chih feel-

... " ... .. "



ing, "I am going to do a beneficial exercise." Eventually they find it is beneficial – and joyous – but they still think of it as exercise, and still put the "I" in there. As they proceed farther, they begin to slowly realize the Essence of T'ai Chi Chih and one day they have the experience that "no one is doing T'ai Chi Chih. T'ai Chi Chih is doing T'ai Chi Chih." Now they have the "I" out of the way. Their practice is done without thought, concentrating on the soles of the feet. This "non-ego" state is greatly beneficial; it is what makes T'ai Chi Chih more than exercise and has a deeply spiritual benefit. One does not have to outguess T'ai Chi Chih, nor to understand it intellectually (having to do with the circulation and balancing of the Vital Force, and the benefits thereby realized). At this point the practice has become meditation, and the practitioner is gaining the considerable physical benefits while evolving spiritually. It is so easy to learn and easy to do, yet look at the extent of the rewards!

To get to the point where one realizes the Essence of T'ai Chi Chih is wonderful. As I have pointed out many times, Bliss is our very nature, and here is a simple way to realize that Bliss. The habit energies do not at all intrude on the practice of the movements, and there is no effort made (though some do make the mistake of trying hard). If one needs a goal, why not aim at realizing the Essence of T'ai Chi Chih? It is worth the no-effort effort.

[JustinStoneTCC.com](http://JustinStoneTCC.com)

## Chi Reflections

### The Heart Of The Matter



*You may practice for a long, long time, but if you merely move your hands and feet and gyrate like a puppet, learning T'ai Chi Chih is not very different from learning to dance. You will never have reached the heart of the matter: you will have failed to grasp the quintessence of T'ai Chi Chih.*

*(Adapted from ~Gichin Funakoshi's writings on Karate-do.)*



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

2024

Oct. 15 - Nov. 5, 2024 BEGIN OR REVEIW SEIJAKU COURSE ON ZOOM with Daniel Pienciak. 4 Tuesdays 1:00 PM - 3 P.M. Eastern. An opportunity to learn Seijaku as a beginner or participate in a thorough review of this very valuable “advanced form beginner or participate in a thorough review of this very valuable “advanced form of T'ai Chi Chih”, as originated by Justin Stone, including his guided meditations and Maximum Chi Program in its entirety!



Contact: Email Daniel Pienciak wakeup-daniel@aol.com or call 732-988- 5573

**Oct, 19-21, 2024 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 pam-  
towne@gmail.com or call 760-421-7589  
[For details & registration form click here](#)

**October 25-29, 2024 TCC INTEN-  
SIVE** with April Leffler Cedarkirk Camp &  
Conference Center, Lithia FL

Contact: Email Anita Vestal ani-  
tataichichih@gmail.com or call 813-418-  
0146

**October 28-November 3, 2024  
TEACHER ACCREDITATION** with  
Sandy McAlister Franciscan Retreat Cen-  
ter, Colorado Springs, CO

Contact: Email Marie Dotts mcdotts@hot-  
mail.com or call 970-412-9955

**December 7, 2024 SEATED SEI-  
JAKU WORKSHOP ON ZOOM**  
with Daniel Pienciak. One Saturday after-  
noon online workshop, 1:30 p.m. to 4:15  
p.m. Eastern time (includes one 15 minute

break). Teaching, discussion, and experience of Seijaku practice in the seated position.

Contact: Daniel Pienciak Email wakeup-daniel@aol.com or call 732-988-5573

**December 21, 2024 TCC WINTER SOLSTICE RETREAT ON ZOOM**  
with Daniel Pienciak. One Saturday , 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives.

Contact: Daniel Pienciak Email wakeup-daniel@aol.com or call 732-988-5573

## **2025**

**February 5-8, 2025 TCC INTENSIVE ON ZOOM** with Pam Towne.

Contact : Email Jessica Lewis  
jhtl0521@gmail.com or call 302-593-5005

**May 2025 TEACHER ACCREDITATION** with Daniel Pienciak in Florida, Details TBA

Contact: Email Anita Vestal anitataichichih@gmail.com or call 813-418-0146

**May 2025 TCC INTENSIVE IN**

**MIDWEST** Details TBA.

**June 12-15, 2025 TEACHERS RE-TREAT** with Sandy McAlister Prince of Peace Abbey, Oceanside, CA

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com) or call 760-421-7589 [CLICK HERE FOR DETAILS AND REGISTRATION FORM](#)

**November 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.



**ZOOM T'AI CHI CHIH & SEI-JAKU PRACTICES LED BY 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 grant-funded 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 donatio

**Daniel Pienciak** T'ai Chi Chih "Begin or Review" Guided Practice on Zoom, 6 Tuesdays, 1 p.m- 2:30 p.m. EDT. Dates: Nov 12 - Dec 17. TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost.

Contact: Email Daniel Pienciak wakeup-daniel@aol.com or call 732 988 5573

**Daniel Pienciak** Deepen and Refine your TCC movements on Zoom, 6 Tuesdays, 1 to 3:30 p.m., EDT. Dates: July 23, August 6, 20, Sept 10, 24, and Oct 8. 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 wakeup-daniel@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](mailto: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 [pam-towne@gmail.com](mailto:pam-towne@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](#)

**Lorraine Lepine** Seijaku 4-class series starting October 3rd - October 24th, 2024, from 4pm till 6:30pm (Central Time) This series is for people who have attended a Beginner's class, who practices Seijaku regularly and wishes to explore the "Resistance" with intention to heal, to energize, to purify themselves for their evolution and personal growth.

Contact: Email Lorraine Lepine [lorlepine@gmail.com](mailto:lorlepine@gmail.com) for information, Zoom link and registration

## 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](mailto: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](mailto:pamtowne@gmail.com)

Contact: Email Pam Towne pam-towne@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.

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 [Justin-stonetcc.com](mailto:Justin-stonetcc.com) to remain available online.

For 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 mcalis-  
ter19@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](mailto:lkjtcc@gmail.com).

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

**Pinterest:** [click here](#)

**Instagram:** [click here](#)

**Twitter:** [click here](#)

**Flickr:** [click here](#)

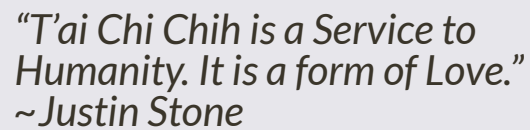
**Youtube:** [click here](#)

**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.

**T'ai Chi Chih Guides' free  
monthly newsletter [Sign Up  
Here](#)**



*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.*



*mind, and spirit.*

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