

From: TCCcommunity newsletter@TCCcommunity.net
Subject: Marie's February 1, 2026 Newsletter
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To: Stephen Thompson stephen2816@mac.com

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Mission Statement

Love Energy is the Fruit

February is the month that we celebrate love primarily because of Valentine's Day on the 14th. This celebration of love extends beyond romantic love to include all forms of love – friends, family, and self-love. I thought this might be a fun time to explore love in relationship to T'ai Chi Chih. Justin Stone said that T'ai Chi Chih is a form of love and that when we practice T'ai Chi Chih faithfully, we will find that Love Energy is the Fruit. John Lash in his book *The Tai Chi Journey* shares, "Love is the foundation of the Tai Chi life. It is love that makes all things possible. The Tai Chi person must have 'deep roots' in the infinite source of love that lies at his centre."

Who and What we are *is* Love, and the Life Force that flows from our center is Love Energy. The world did not reflect this to us as we were growing up; consequently, we got disconnected from the Love at the center of our being. T'ai Chi Chih can bring us home and heal this separation. Disconnected from our True Home, the Yin and Yang energies get very distorted. This imbalance and distortion is the cause of all the pain and suffering in this world. It is the cause of all abuse of power and control and the devaluation of the earth and all life. From John Lash, "Love is the only thing that can make us one with others. Love is the only force that unites individuals. Love is only through Oneness that our natures can develop to the fullest. Love is the one essential requirement for the student of T'ai Chi. Being rooted in love allows the student to pass through life without manipulating others."

Justin reflects this in his teachings when he shares that softness and continuity are the Essence of T'ai Chi Chih. This kind of softness, where we become open and receptive to the Love Energy, takes great strength and courage. Through our T'ai Chi Chih practice, our Yin and Yang energies begin to come into balance and we develop the inner strength and courage that allows us to let go of our hardness and fears and open to the most powerful thing in the Universe, which is Love.

What a gift our practice is to the world. This Love Energy not only circulates through us as we practice but also circulates out into the world. The world needs our practice now more than ever. Thank you for your service to humanity through T'ai Chi Chih!

Much Love,

Marie

Marie's 2nd Saturday Teachers Zoom Get Togethers

T'ai Chi Chih Practice & Discussion

Topic: Opening our hands to the love power of the Chi in our practice

Date: February 8th **Time:** 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any of these 3 ways:

Open Zoom and enter Meeting ID: 813 8264 0729 Passcode: Connect or Click the direct Zoom link in the Facebook T'ai Chi Chih Teacher Circle or contact Jessica Lewis for the 302-593-5005 or jhtl0521@gmail.com.

Community Bulletin Board

This section in the newsletter is for our community to share any news, updates, and happenings that would help us connect and grow TCC. Please send me (mcdotts@hotmail.com) anything you would like to put here.

Zoom Translation into other languages! Zoom has the option to allow users to see the captions translated into the language of their choice. I am happy to share that we are offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone that might benefit from this.

Looking for 2026 Zoom Conference Team! I am excited to have Barbara Starke and Patty Stupca join the conference team along with Benjamin Brisjar as the registrar. Thank you all for volunteering! **I would love at least one more teacher.** The main responsibilities will be to work together as a team to decide on a theme, create a program, and communicate information regarding the conference to our community. Contact Marie Dotts at 970-412-9955 or mcdotts@hotmail.com if interested in supporting our community in this way. It is greatly appreciated!

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! Conversation Series Invitation! Join us for our January conversation with UNM College Student Josh and Amy Tyksinski on T'ai Chi Chih, Taoism, being in the flow of the river and learning to let go or stay within it, understanding how a roller coaster can be a metaphor for T'ai Chi Chih and more. [to Video](#). Our December conversation **"Remembering Connection"** with Caroline Guilott and Amy Tyksinski premiered on YouTube on December 19, 2026 at 6:00 PM MT and can be found here: [Link to Video](#). Please feel free to send ideas or requests for conversation topics to news@taichichihassociation.org.

Please also consider subscribing to @amytcc on Youtube to receive notifications for when the conversations are released. How do you subscribe? Go to YouTube and search for “@amytcc.” (on her channel, click the red Subscribe button under the channel name. You can also tap the bell icon next to it to get notifications for new videos.



That is Love

Your task is not to find someone to believe in or some doctrine in which to take refuge (though this is very comfortable), it is to realize Who and What You are (and I don't mean a name). Then you manifest Who and What you really are; that is Love. ~Justin Stone, Vital Force Summer 1988
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The Healing Heart

Listening to the song of nature's heart, oneness is found in our own heart...

When you discover it, dance with the healing rainbow of Love...

May the joy, love and compassion of the healing heart bring peace and health to all sentient beings. ~Honshin





T'AI CHI CHIH EVENTS

**LED BY THE GUIDE AND
BY TEACHER TRAINERS**

Year 2026

New & Returning Teachers' Teaching Group (*open to TCC teachers accredited from 2020 2024 and to any TCC teacher hoping to jump start or invigorate their teaching*): Stay Tune the next session of the "New Teachers Teaching Group!" Our current 2025 6-month session well underway! These 6-Month sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participant. Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." The New & Returning Teachers' Teaching Group is not a "drop-in" model, rather it is a chance to forge connection with a consistent group of peers in a deepening way and learn and apply ideas and strategies in one's T'ai Chi Chih classes and in one's own TCC practice in between meetings. If you would like to receive an announcement about when the 2026 6-month session of the "New & Returning Teachers Teaching Group" will start, please email Amy Tyksinski: amytcc@outlook.com. ALL are welcome.

January 17, 2026 Seijaku Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Teach

discussion, sharing, and experience of Seijaku practice. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts.

February 21, 2026 TCC & Meditation Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 2:00 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching and experience of Justin Stone recommended seated meditation practice to supplement TCC and Seijaku movements. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts

March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne Prince of Peace Abbey, Oceanside, CA Details & Registration form Contact: Michelle Sarubt taichichihwithmichelle@gmail.com or call 619-672-3237.

April 22-26, 2026 TCC INTENSIVE with Amy Tykinski Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 28-31 TCC Teachers Retreat with Sandy McAlister at Prince of Peace Abbey in Oceanside, CA . Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Norbertine Spirituality Center, Albuquerque, NM - Joy In The Heart T'ai Chi Chih Retreat with Amy Tyksinski - [Link](#) to Flyer

Monday, November 30 - Sunday, December 6, 2026 - (Please note Date and Location Change) TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center, Albuquerque, NM, Contact: Amy Tyksinski amytcc@outlook.com or 505-228-210405-228-2104

[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

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every third Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take you to their playlist!

This space reserved to publicize Accredited Teachers' Events. It's available for any Teacher who wishes have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com

ZOOM T'AI CHI CHIH CLASSES

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, Tantric, or Tao 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 from Ft. Collins, CO! Popular with students, teachers, and candidates; all are 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/4:30p [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com or see Lisa's website for more information [USING THIS LINK](#)

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

Daniel Pienciak TCC Guided Practice and Study on Zoom Six alternating Tuesdays, January 13 to March 24, 2026, 1 to 2:30 p.m. EDT A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Appropriate for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Six alternating Tuesdays January 20 to March 31, 2026, @1 to 2:30 p.m. EDT A continuing study and practice of the "advanced form of TCC", OR a first-learning Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditation. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 Email or voicemail only - no texts

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, Tantric, 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

First Circle 10:30 - 11:30 AM Pacific Begins with brief introduction of 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 practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest 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 the 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 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine Seijaku Classes on Zoom Six Thursdays – January 15 to February 12, 2026, 4:00 - 6:00 pm, CDT Learn or Review Seijaku, explore how your Life Force energy is enhanced and refined resulting in more clarity and increased energy. Contact Lorraine Lepine, email: lorlepine@gmail.com or text 913-710-3464.

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 for 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

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teachers will find a link to the 2nd Saturday of the month 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 request to join the private Facebook group. If you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday Zoom session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@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 Justinstonecc.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 mcalist19@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) \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check 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 close 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 Jessica Lewis by cell (302-593-5005) or (jhtl0521@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. 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](#)

To receive this monthly free T'ai Chi Chih newsletter: [Sign Up 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.*

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

