

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's April 2020 T'ai Chi Chih Newsletter
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Contents:

Sandy McAlister's Message: Silver Linings Abound

Justin's Insights & Chi Reflections

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Sandy McAlister's Message:

Silver Linings Abound

I notice as I take my walks on various trails near my home not only are more people using the trails than usual but there is a reaching out to connect and

greet each other with smiles and well wishes to stay healthy, (while keeping our distance). It is a more friendly atmosphere than in the past. Wow, how nice to feel that.

Many of us are making calls, and receiving calls from family and friends we haven't heard from in a while. Wow, how nice is that too.

My windows are clean and my drawers are straightened and my seashells are organized. Living in the S.F. Bay Area we have been in lock-down mode for two plus weeks – lots of free time with lots more to come for all of us.

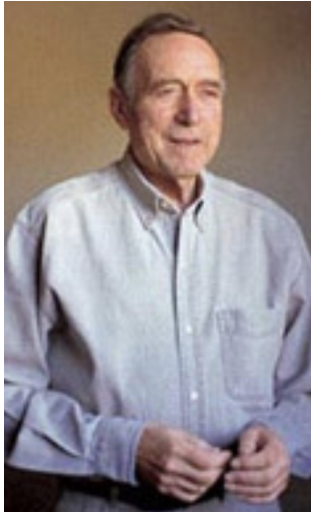
During this time of upheaval and uncertainty silver linings seems to be shining everywhere. The vast majority of T'ai Chi Chih teachers are self-employed and find themselves without jobs or classes at this time. Some have figured out how to use Zoom conferencing to hold classes on line and offer practice sessions for teachers as well as students. The first zoom practice I joined, and thank you Monica Cejudo, tickled-me-pink (do people still use that saying?). Each time the face of a teacher joining the group popped up on the screen a big smile stretched my heart.

You know that feeling you get at the annual teacher's conference when you greet a teacher/friend you haven't seen for a year, well, that is what it felt like seeing the teacher's faces as they joined in the zoom group practice – lots of love!

I felt the value of being with other teachers in this way, considering it is the only way possible at this time. Jessica Lewis has volunteered to, in a sense, host me through zoom to do a weekly T'ai Chi Chih practice session followed by a 15-minute lesson on a movement or principle or teaching tip. We are still working out the technical stuff but hope to have this happening by the second week in April. Days and times will be announced in the teacher's circle Facebook page. You can also find days and times there when other teachers are offering zoom TCC practice groups.

We are all so blessed. We have practices and joys that we can call upon to support us, whether it be prayer, yoga, meditation, Qigong, breathing techniques, dance, music, gardening, bird-watching, and of course, T'ai Chi Chih to settle, calm, and sooth our heads, hearts, bodies, and emotions. Keep those sunglasses on to protect you from the glare of all the silver linings alowina out there. Be well.

~ T'ai Chi Chih Guide, Sandy McAlister



Justin's Insights

Balanced Soil

In T'ai Chi Chih practice, the character of the Chi gradually changes (sometimes instantly), and then the ground where the seed sprouts has undergone a revulsion, in D.T. Suzuki's terms. We do not fight the problem, be it a lack of something, an addiction, or whatever, but the problem cannot grow in the new, balanced soil. This is the aim of all true spiritual practice, and it happens so easily with T'ai Chi Chih practice, if that practice is regular and sincere. Some

people practice sporadically, breaking off practice whenever there is something to worry over or resent, thus taking away the very tool that could be a help!

~ Justin Stone in **Spiritual Odyssey**

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Chi Reflections

Breath

...Slow, deep breathing intensifies attentiveness in meditation and strength in form...

~Joseph Cordillo

Consciousness & Energy

Consciousness and energy are perhaps the same thing. Thus, when we direct our energy, we are also directing our consciousness, and vice versa...

Wherever the mind goes, your chi goes.

~Joseph Cordillo

Stamina

Manage your energy. Move only when necessary and as efficiently as possible, and use only as much force as needed to accomplish your task... Pacing will help you restore and conserve energy as you expand it. Practice whenever and

help you restore and conserve energy as you expend it. Practice whenever and wherever you can.

~Joseph Curdle



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2020 Events

World T'ai Chi & Qi Gong Day Event, Saturday April 25, 10 am to Noon,

Sea Bright, New Jersey with Daniel Pienciak

Host: Sea Bright Public Library (732) 383-8092

Free event, but you must register directly with the library in order to attend.

May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 29-June 4, 2020, Aston, PA TCC Teacher Accreditation with Daniel

Pienciak

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

July 2-5, 2020, Santa Barbara, CA, TCC Teachers Retreat with Sandy

McAlister (Rescheduled from March 19-22)

Contact: Pam Towne pamtowne@gmail.com

July 17 – 19, 2020, St. John's, NL , Canada T'ai Chi Chih /Seijaku Weekend Workshops with Dan Pienciak

Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

July 18-20, 2020, Oceanside, CA, Seijaku Teacher Accreditation with Pam

Towne

Contact: Pam Towne pamtowne@gmail.com

August 3 - 6 Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com 732-988-5573

Sept. 8-11, T'ai Chi Chih Retreat in Santa Barbara with Sandy McAlister

(Rescheduled from March 24-27)

Contact: Pam Towne pamtowne@gmail.com

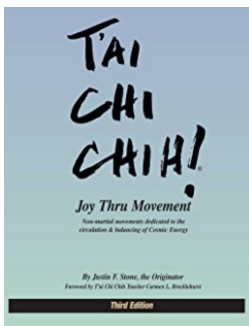
Sept. 22-25, T'ai Chi Chih Retreat in Santa Barbara with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

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

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

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:

\$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:

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](#)

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.

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

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

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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