

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's April 2022 Tai Chi Chih Newsletter  
**Date:** April 1, 2022 at 3:02 AM  
**To:** stephen2816@comcast.net



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## Sandy McAlister's Message

### Not What I Expected!

*We most likely have experienced a time in our TCC practice when a movement troubled us. It got under our skin and we found ourselves not wanting to do it, or when doing the troubling movement rushing through it to get it over. We did it because we thought it should be done as it was part of the practice, but we didn't like it.*

*I found myself there once (well probably more than once, but for the sake of this article let's just stick with this one time). I can't even remember which movement it was now but each time it came up in the practice there was annoyance, frustration, discomfort, or even a bit of anger. I didn't like it and didn't want to do it, so more and more I found myself leaving it out of my practice. When teaching I even left it out occasionally, though not on purpose and not even realizing I had done so, but my students would let me know. It was really frustrating because as a teacher I knew I "should" be practicing the whole form. I wanted to ask Justin about my problem but I was sure his answer would be that I should practice it more, and that was the very last thing I wanted to do.*

.....

*Finally, one time when visiting Justin I got up the nerve to ask him about the movement that was bothering me, the one I didn't like to do. Rather than being lectured on how a teacher should faithfully have their own regular practice of the full form he simply said, "Then don't do it." Wow! That was not what I expected!*

*The relief of having permission to not practice that movement flooded over me. I could let go of expectations, annoyance, irritation and everything else that had been building. And guess, what? Yep, that movement never bothered me again. As I said I don't even remember the movement so it must have become one of my favorites along with the other 18.*

*- T'ai Chi Chih Guide, Sandy McAlister*

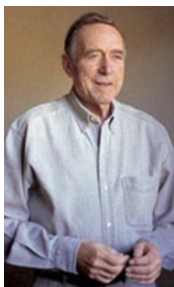
*Note to Teachers! You are invited to join Sandy and Pam for the TCC Teachers Retreat on Zoom April 7-10. RETREAT from your daily routine so you can SPRING forward with renewed life in your TCC practice, your teaching, and in your life. There is still space available for you, so contact [Email Pam Towne](#) or call 760-421-7589.*

## **Our Second Saturday Teacher Practice and Discussion**

Saturday, April 9th teachers will gather on zoom for a practice followed by a discussion. This month we will share how we use mirroring in teaching.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern,

[Note: Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.]



### **Justin's Insights**

#### **Practice Program**

Unlike T'ai Chi Ch'uan, where we have to learn and master all movements and memorize the entire 16-18 minute sequence of 108 movements (some are repetitions), in T'ai Chi Chih we only have to learn five or six of the movements in this book [*T'ai Chi Chih - Joy Thru Movement*] and do them regularly (perhaps twenty minutes in the morning and ten minutes later in the day), nine times on both left and right sides, to gain the benefit. So there is not much to learn. It is application - constant daily practice

- that gets results.

The practitioner may choose whatever movements appeal to him or her and seem to circulate the most *Chi*. (Note the tingling in the fingers and hands.) A typical program beginning with "Rocking Motion" and "Bird Flaps its Wings," would go on to encompass "Around the Platter" (perhaps 18 times on each side), "Bass Drum" (also 18 times), "Daughter on the Mountaintop" and "Daughter in the Valley" (18 times), and two of the variations of "Pulling Taffy" (three times each). You might close with "Passing Clouds" (nine times) and the "Six Healing Sounds," followed by the stationary "Cosmic Consciousness Pose," held one or two minutes.

The reader will probably want to make his or her own program. Try to do at least 25-30 minutes a day, with particular emphasis on doing T'ai Chi Chih immediately upon arising. Once you get in the habit of beginning the day this way, you will almost surely miss it if you have to skip one day. And notice the salutary effect such practice has on the regularity of the bowels. T'ai Chi Chih is one of the few ways to exercise the internal organs.

If there is sufficient time, it is, of course beneficial to do all 20 of the movements. There is no particular effort involved in the movements, so fatigue should not be a factor. Actually, it seems as if one has more energy at the finish of the practice period than he or she had at the beginning.

T'ai Chi Chih motions can be performed at any speed. Generally speaking, slow, gentle movements will stir up and circulate the most Chi, and the leisurely pace will enable the practitioner to bend his or her knees and shift the weight without difficulty. However, one should experiment with different speeds and choose whatever seems most effective personally.

-Justin Stone, *T'ai Chi Chih - Joy Thru Movement* Reprinted with permission from the copyright holder (K Grant)

## Chi Reflections

### Self Care

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." -Anna Quindlen

"Self-care means giving yourself permission to pause."

-Cecilia Tran

"Always make decisions that prioritize your inner peace."

-Izey Victoria Odiase

"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

time and be yourself.

-Hermann Hesse

“To accept ourselves as we are means to value our imperfections as much as our perfections.”

-Sandra Bierig

“Be patient with yourself. Self-growth is tender; it’s holy ground. There’s no greater investment.”

-Stephen Covey

“Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent.”

-Billy Graham



CULTIVATING WISDOM  
T'ai Chi Chih® International  
Teachers' Conference 2022

## 2022 T'AI CHI CHIH CONFERENCE

### Virtually on Zoom

This year's 2022 Conference for teachers, **Cultivating Wisdom**, is condensed into two full days and a short evening, beginning July 22, Friday (6:00-8:30 pm Eastern) and continuing Saturday and Sunday, July 23-24, 10:00 am -7:00 pm Eastern.

This year, **we aspire to simplicity**. Some features that fit into a three-day schedule simply do not fit into our two-day schedule. So that teachers may have enough time together to share insights, students will not be invited to join us this year. We teach T'ai Chi Chih in hopes that through practice, our students may develop their insight or “wisdom.” Let's plan to Cultivate Wisdom and Joy at this year's conference!

If you would like your students to have experiences in addition to what you offer them, please refer them to the following opportunities:

- Variety of Zoom classes offered by teachers [TCCcommunity's Resources page](#)
- T'ai Chi Chih Online Retreat with Pam Towne, May 5 @ 3:30 pm - May 8 @ 12:00 pm [Pam Towne's Retreat](#)
- Find more events on [T'ai Chi Chih's Event Page](#) and ([TCCcommunity's Resources page](#))(<https://tcccommunity.net/resources-1>)

**REGISTRATION IS OPEN!** It is our intention for this **Teachers' Conference** to be available to all teachers. The cost to attend the virtual conference is a **suggested**



donation of \$100. However, you can donate any amount you can afford using the 'Donate' button on the Foundation home page.

**World Ambassadors** (teachers with an international address and living outside of the USA) are invited to register at no cost. On the registration form, select the box if you are a teacher living outside the USA and click 'Submit Registration'. No payment will be required.

The [link to register is here and](#) is on the [TCC International Foundation page](#).

After completing the registration form, click 'Submit Registration' to use a credit card to donate \$100 on the Foundation PayPal page. Teachers who wish to donate an amount more or less than \$100 should submit their registration, then exit out of the PayPal page and return to the Foundation home page to make their donation. (The Registrars and Foundation Treasurer will match your registration with your donation.)

### [Conference Registration Form](#)

**VOLUNTEERS** are needed to introduce presentations; to help with Question/Answer periods; to videotape, edit and add captions to videos (now is your chance to learn this valuable skill with mentoring from Barbara Thurber) and more! Please complete the Volunteer Form by April 18. [Volunteer Form](#)

The Conference Planning Team looks forward to seeing you at the virtual conference!

**Conference Co-ordinators** - Email [Eliza Fulton](#) or [Anita Vestal](#)

Conference Registrars - Jim and Lorel Maple

Communications- Judy Kistler-Robinson

Programming - Judy Chancey and Sky Young-Wick

Volunteer Coordinator - Linda Jones



## **T'AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM**

### **MONDAYS**

**Lisa Stroyan** TCC for students, candidates, and teachers; beginners welcome to follow along, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

**Jessica Lewis** Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC

Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

12:00-1:00 PM EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

**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](#)

**Daniel Pienciak Seijaku on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/5, 4/26, 5/10, 5/24, 6/14, 6/28.**

Seijaku guided practice with meditation. Contact Daniel for details/zoom information/cost.

[Email Daniel Pienciak](#) or call 732 988 5573

**Daniel Pienciak T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/12, 5/3, 5/17, 6/7, 6/21.**

TCC guided practice with teaching. Contact Daniel for zoom information and cost.

[Email Daniel Pienciak](#) or call 732 988 5573

## WEDNESDAYS

**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**

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

**Jessica Lewis** Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](mailto:Jessica.Lewis@va.gov) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

**Richard P Karasik T'ai Chi Chih Class + Full Practice**

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.

[Click here for ZOOM](#)

**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

**Pam Towne Ongoing Intermediate TCC**

Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

Contact: [Email Pam Towne](mailto:Pam.Towne@va.gov) 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.

## 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](#)





## T'AI CHI CHIH EVENTS

### LED BY THE GUIDE, TEACHER TRAINERS

#### 2022

**Apr. 7-10, 2022 TCC Teacher Retreat** on Zoom with Sandy McAlister  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

**Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT**  
**Earth Day T'ai Chi Chih & Seijaku Retreat** on Zoom with Daniel Pienciak  
Contact: [Email Daniel Pienciak](mailto:daniel@tcc.org) or call 732-988-5573

**May 5-8, 2022 TCC Retreat** on Zoom with Pam Towne  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

**June 9 - 12, 2022 Seijaku Meditation Retreat Online** with Daniel Pienciak  
Thursday 3:30 p.m. to Sunday 1:30 p.m. E.D.T.  
Contact: [Email Daniel Pienciak](mailto:daniel@tcc.org) or call 732-988-5573

**July/Aug, (specific dates pending) Intensive** on Zoom with Sandy McAlister  
Contact: [Email Steve Stevens](mailto:steve@tcc.org) or (828) 776-9489 cell or (828) 252-9489 home

**Fall 2022 dates TBD, Online Seijaku Teacher Accreditation**  
on Zoom with Pam Towne  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

**September/October 2022, 6 Teacher Prep Class Series Online** w/ April Leffler.  
Dates to be determined. Classes are three hours each. Cost: \$180  
Contact: [Email April Leffler](mailto:april@tcc.org) or cell-610-809-7523

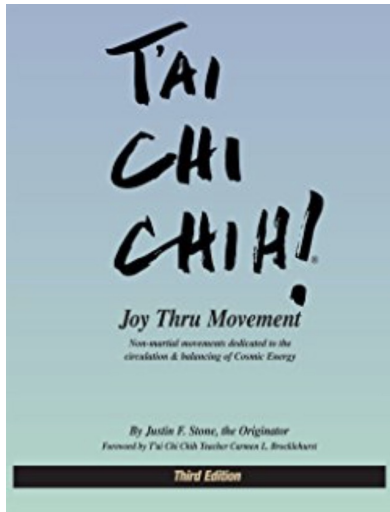
*\*September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online*  
w/ April Leffler  
Friday 10:00am-Sunday 4:00p EST  
Cost: \$200  
Contact: [Email April Leffler](mailto:april@tcc.org) or cell-610-809-7523

#### 2023

**June 2-4, 2023 TCC Teacher Retreat** with Sandy McAlister  
Prince of Peace Abbey, Oceanside, CA  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

## 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

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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](http://Justinstonetcc.com) to remain available online.

For Justin Stone's Other 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](#)

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

Inquires: [Email Pam Towne](mailto:PamTowne@tcc.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:

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](#)

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

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

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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.*

**T'ai Chi Chih is a federally registered trademark of Kim Grant.**

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