

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's August 2020 T'ai Chi Chih Newsletter
Date: August 1, 2020 at 3:01 AM
To: stephen2816@comcast.net



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Sandy McAlister's Message:

[One-hour Zoom workshops in lieu of Conference this year?](#)

Teachers and students of T'ai Chi Chih are finding a welcomed connection joining in zoom classes. Some are also beginning to meet for classes, mostly outside with social distancing.

But our community of teachers is feeling a loss not meeting this year for our annual conference. At a recent Zoom TCC teacher's retreat ideas were discussed about having one-hour workshops on Zoom for teachers this Fall to take the place of a conference this year.

As with conferences, in order to organize this, teachers need to volunteer to facilitate the Zoom technical aspect, contact and set up speakers, and get the word out to the community._

We did not plan a conference for 2020 (which turned out to be a good thing) mainly because no community came forward volunteering to host one. But the idea of coordinating several presentations this fall should be much easier to organize and we don't need a local community of teachers to do this.

If you would like to be part of planning this Fall event for TCC please contact me. If you have an idea for a presentation, whether it be regarding movement, teaching, or a talk, please contact me. The meek might inherit the earth but they will not inherit an hour on Zoom unless you speak up.

*Do not respond to this newsletter. To contact me. Use my email:
mcalister19@comcast.net*

***Request to Teachers:** If we are gathering students for classes, whether inside or outside, I feel the responsibility falls on us to protect those attending and ourselves by requiring the social distancing policy of AT LEAST 6 feet AND to mask up. This sets an example of consideration and respect for all.*

~ T'ai Chi Chih Guide, Sandy McAlister

Pam Towne's Message:

[Moving Forward With Online Courses](#)

Due to health and safety concerns from the corona virus, we haven't been able to meet in person for TCC courses since mid-March. Fortunately we have a good alternative using the Zoom technology platform. Participants in the May & July live online Retreats were "pleasantly surprised" at how connected they felt with each other, how strongly they felt the flow of Chi & how much they discovered about their TCC practice.

This is not a surprise to me, as Justin taught that the Chi operates outside of time & space, & is not limited by either. It flows thru all of us, whether we are in the same room or spread out across the country or globe. We are moving forward with other live online courses, including Retreats, Seijaku, Intensives & Teacher Accreditation. I invite you to experience an online course & see for yourself.

~ T'ai Chi Chih Teacher Trainer, Pam Towne

Kim Grant's Message:

[Teacher Listings on TaiChiChih.org](#)

Our primary website, taichichih.org, has historically relied entirely on donations for its existence. But depending on irregular (ever-diminishing) donations for such critical infrastructure is not wise. As TCC grows it's time for the website to be self-sustaining.

There was a short period many years ago when teachers were required to

There was a short period many years ago when teachers were required to contribute \$10/year if they wanted their name, email, phone and town listed on taichichih.org. But collecting and tracking that additional information was too much for our volunteer effort.

This year we rolled out new teacher listings – with much more value! Now a teacher listing may include photo(s), relevant biography, class times/places/fees, movement video, social media links, accreditation dates, signatory teachers, teaching specialties, directions and more – along with phone, email and town.

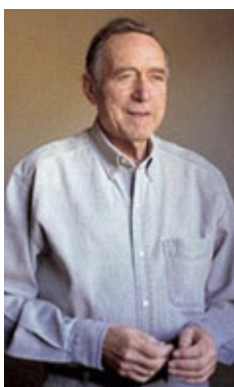
See featured teachers taichichih.org/teacher/teacher/featuring/ and teachers offering virtual classes taichichih.org/teacher/teacher/tcc-distance-learning/.

Students are already finding teachers through these pages, promoted on Facebook every weekend, and featured on the homepage through direct links (scroll down).

We intentionally kept the fee very reasonable (\$10 or \$40). All teachers will be required to 'claim' themselves to remain on the website.

Teachers: please see taichichih.org/teacher-listings for instructions. I am happy to help with any questions. You may also contact me with your credit card and email your photo and bio and I will do it. All funds are directed to the developer who created this for us. THX.

TaiChiChih.org Editor, Kim Grant



DIGITAL JUSTIN!

Students visit justinstonetcc.com for a student discount of 25% off with promo code => osmmigkm

Teachers: Please email Kim Grant at kim@kimgrant.com for a separate promo code and link.

100% of your subscription allows Justinstonetcc.com to remain available online.

Justin's Insights

Cosmic Rhythm

Wherever we look, circularity and the cyclical are representative of what is real. Those of you who are sinking deeply into T'ai Chi Chih (not on the surface but those

who, over a period of time, sink deeply into it) begin to get the feeling of the circularity and of the cyclical. This is very encouraging because if you don't grab the brass ring the first time around, you will come around again; you'll get a second chance. With almost everything... I could go on with this particular idea in great detail. In a sense what we're seeing is expansion and contraction, destruction and construction. There is no construction without destruction, and there is no destruction unless there's been construction.

...We constantly see and take for granted that night follows day, that Spring follows Winter, that tides go out and come in. And yet this is expressive of something far beyond our ordinary comprehension. It is expressive of the reality that we don't often take the time to think about or to see. If we do T'ai Chi Chih regularly, not only once or twice a week, but if we do it regularly, we will begin to fit into that rhythm. And what I'm talking about will become easily comprehensible. The great mystics and sages have, after awhile, looked at everything and then suddenly a bud appears on a tree, and they look at this with wonder. We take it for granted, but is it something to be taken for granted? Everybody has had the feeling, at one time or another, that there is *Cosmic Rhythm*. You can call it the Tao; you can call it whatever you want. And if we could just push the right button, we would be one with Cosmic Rhythm and everything would flow smoothly. That only happens to a few, but people who do T'ai Chi Chih regularly (and particularly those who teach it) are in a position where they can live it, not think it, but they can live it.

This talk by Justin Stone was given at the 1995 T'ai Chi Chih Teacher Conference in Denver, Colorado. [Click here for full transcript](#)
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Chi Reflections

Synchronistic Flow

"We are made of star stuff", famously quoted Carl Sagan. The universe is a symphony of the stars. When we are in sync with this symphony, life explodes through us effortlessly, ecstatically. To lead a life in sync with nature's intelligence is to live harmoniously. Our body-mind has the inherent ability to flow with nature.
~ Mansi Mahajan

Live, Breathe And Drink The Universe

Unknowingly we plow the dust of stars
Blown about us by the wind
And drink the Universe in a glass of rain.

... ..

~ Ihab Hassan

Living In The Light

Enlightenment is living in the light of cosmic collaboration.

~ Amit Ray



T'AI CHI CHIH PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

MONDAYS

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome

9:30am MST Practice at 10am

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

Anita Vestal taught in English and Spanish

11:10 -11:50 am Costa Rica (1:10 ET)

[Click here for ZOOM](#)

Meeting ID: 786 0976 7737

Password: tcc20

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

[[Click here for ZOOM](https://zoom.us/j/667787120?pwd=Z0svdnRJWDVnUF1FbjlXWTlYTHExZz09)](https://zoom.us/j/667787120?pwd=Z0svdnRJWDVnUF1FbjlXWTlYTHExZz09)

Margery Erickson Open to all students who know all the moves and teachers. This is not a silent practice. There will be minimal comments and reminders throughout the practice. We will end with a brief reading.

3:30PM to 4:30PM EST TCC Practice

Meeting ID 880-9185-3484 Password TCC2020 Case Sensitive

[Click here for ZOOM](#)

[Click here for ZOOM](#)

TUESDAYS

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST June 9 - Aug. 4

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

[Click here for ZOOM](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Anita Vestal taught in English and Spanish

9:10am Costa Rica (11:10 ET)

[Click here for ZOOM](#)

Meeting ID: 746 0569 7582

Password: tcc20

Lisa Stroyan Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

FRIDAYS

Margery Erickson For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865 Password WEAVE Case Sensitive

[Click here for ZOOM](#)

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

[Click here for ZOOM](#)

SATURDAYS

Lisa Stroyan Free teacher/serious student practice (teacher leading will vary)

11 am MST/12 pm CST (1 pm EST)

[Click here for info](#)



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

August 20-24, TCC Virtual Intensive online via Zoom with Sandy McAlister

Contact: [Email Pam Towne](#) 760-421-7589

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

Contact: [Email Pam Towne](#) 760-421-7589

Sept. 22-25, T'ai Chi Chih Retreat Live Online with Pam Towne

Contact: [Email Pam Towne](#) 760-421-7589

Nov. 16-21, TCC Teacher Accreditation live Online via Zoom with Pam Towne

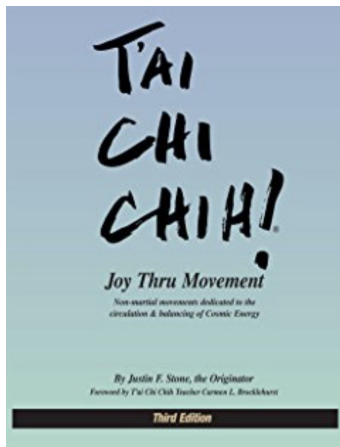
Contact: [Email Molly Grady](#) 505-280-4701

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 T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmigkm
Teachers: Please email Kim Grant for a separate promo code and link.

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](#)

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

Inquires: [Email Pam Towne](mailto:Pam Towne) 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:

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 Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai 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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