

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's August 2022 T'ai Chi Chih Newsletter
Date: August 1, 2022 at 3:01 AM
To: stephen2816@comcast.net



Like



Contents:

[Sandy McAlister's Message: Watch and Follow](#)

[2nd Saturdays Get Togethers & Practices on Zoom for Teachers](#)

[Justin's Insights & Chi Reflections](#)

[Post Conference Comments](#)

[T'ai Chi Chih Practices Led By Accredited Teachers on Zoom](#)

[Events led by the Guide and Teacher Trainers](#)

[More T'ai Chi Chih Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

Sandy McAlister's Message

Watch and Follow

One of the things I talked about at conference this year was how Justin preferred to teach by having people watch and follow. He often admonished teachers, myself included, to quit talking so much and just do the movements. His way of teaching was, “*just follow me*” - watch!

This also allows the student to have their own experience of what they are feeling and experiencing. They are using one less sense, hearing, to be distracted by. They do not have to translate what is being said into movement while at the same time using the sense of watching.

In *Spiritual Odyssey* he writes: “_As soon as we have words, we have concepts. No matter how articulate the speaker, how believable the teacher, using words forces the speaker to form concepts in order to convey ideas to other.” And when we form concepts they come from us, our experiences, learning, and understanding. We have personalized them. Is it now Justin’s movement we are teaching or ours?_

Yet, we have to use words to teach, at least most of us do, so maybe we can monitor ourselves to see where we might cut back and allow our own softness and continuity to convey the movements. This is a lesson I am working on. I occasionally find myself with an open mouth ready to speak and catch myself, my mouth snaps shut as the words I was going to say melt away and I find I am more conscience in that moment of how I am moving - am I providing a good model of T'ai Chi Chih?

-Sandy McAlister

PS How can YOU be of service to the TCC community? Attending and being part of the nearly yearly conference which many of you have just done. Being part of the planning team for next year? Writing for the Vital Force. And right now there is a golden opportunity to serve on the board of the TCC Foundation. Lucindo Kutsko has served as the TCC Foundation Secretary for 6 years and is stepping down.

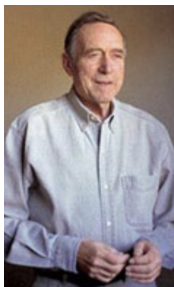
PPS Also, we would like to add another trustee to the Foundation board and we are looking for one of the rather newish teachers to bring fresh ideas and enthusiasm to the role. What a great way to get involved and help support the growth of TCC. [Contact Sandy](#)

Teachers 2nd Saturdays Get Togethers & Practice

Saturday Topic: What did you learn at conference to improve your personal practice of TCC and/or your teaching of TCC?

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

Remind students that "T'ai Chi Chih will teach T'ai Chi Chih." This helps them focus on the intuitive knowledge which comes from doing the movements. Encourage them to approach their practice with a fresh perspective every time, and to explore it with detailed attention. Help them develop habits based upon the feeling of the movements rather than specific checkpoints or details. This will enlarge their focus, and help their T'ai Chi Chih practice mature.

Habit patterns can help us cope with our current level of attention, but they are limiting, and do not encourage our growth. These patterns can even adversely influence our students as they learn T'ai Chi Chih. As serious teachers, we should examine our own habit energies to teach with the greatest clarity, and to directly know what is real. _

Reprinted with permission from The Vital Force_

Chi Reflections

Learn Deeply

Observe and adsorb reality as deeply as possible.

-Robert Green

Tell Me And I Forget

Tell me and I forget.

Teach me and I remember.

Involve me and I learn.

-Benjamin Franklin

Let Your Mind Adsorb

Learn to be silent.

Let your quiet mind listen and adsorb.

-Pythagoras

Change And They Will Follow

Change yourself and others will follow.

-Kentetsu Takamori



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

2022 T'AI CHI CHIH CONFERENCE

Post Conference Comments

From the 2022 Conference Coordinator, Eliza Fulton:
Conference was a delight. I feel like Sandy summed it up with her comments during the Unity of CommUnity presentation. It was wonderful to be together with like-minded folks who all love T'ai Chi Chih, and to hear stimulating presentations that led to heartfelt discussions and sharing of wisdom. It was truly a pleasure to connect across the globe and see those we know and to meet new fellow teachers. The spirit and joy of T'ai Chi Chih was clearly reflected in the participants' faces.

The Program and Planning Committee are grateful to: our Presenters for so generously sharing insights and investing the time and energy to pre-record the presentations for such a seamless, inspiring conference; the many volunteers who served as Emcees, Q&A and Mealtime Facilitators, who led practices, or provided art and music; who provided expertise with recording, editing or captioning videos; those who volunteered to help others with Zoom or other questions; and especially

those who worked “behind the scenes” in so many ways.

Thanks to all who registered and attended: 8 international World Ambassadors from Canada, Great Britain, and Italy, and 155 teachers joining from across the United States.

If you’re wondering where and when the next T’ai Chi Chih International Conference for Teachers will be, it all depends on you!



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 Guided Practice on Zoom on Tuesdays, 1 to 2:30 p.m., and/or Guided Meditation 2:15 p.m- 3:30 p.m. EDT 7/26, 8/9, 8/23. Practice with several of Justin Stone’s guided meditations. Contact Daniel for details/zoom information/cost. [Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 3 Tuesdays, 1 p.m- 2:30 p.m. EDT, 7/19, 8/2, 8/16, TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

TUESDAYS in September

Daniel Pienciak Seijaku Guided Practice on Zoom on Tuesdays, 1 to 2:30 p.m., and/or Guided Meditation 2:15 p.m- 3:30 p.m. EDT, 9/27, 10/11, 10/25, 11/8, 12/6, 12/20.

Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost. [Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 3 Tuesdays, 1 p.m- 2:30 p.m. EDT, 9/20, 10/4, 10/18, 11/1, 11/29, 12/13. 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
Wednesdays 10 - 12pm PDT, \$35/month
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](#) or call 760-421-7589

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.

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 TCC Practice for teachers & students who know TCC

Fridays 10:30 - 11:45am PDT, \$25/month

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](#) 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

2020

2022

Aug. 4-7, 2022 Intensive on Zoom with Sandy McAlister
Thursday-Saturday 11am-6:30pm Eastern Daylight Savings Time and Sunday 11am-3:30pm EDT.

Contact: [Email Steve Stevens](#) or (828) 776-9489 cell or (828) 252-9489 home

September 15 - October 20, 2022 Seijaku Intro/Review on Zoom with Pam Towne
6 Thursdays 10am - 12:30pm Pacific

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

September/October 2022, 6 Teacher Prep Class Series Online w/ April Leffler.
Thursdays, September 29 to November 3 from 2:00-5:00 EST. Classes are three hours each. Cost: \$180

Contact: [Email April Leffler](#) or cell-610-809-7523

September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online
with April Leffler. Fri-Sun; 10:00-4:00 EST Cost: \$200

Contact: [Email April Leffler](#) or cell-610-809-7523

Oct. 22-24, 2022 Online Seijaku Teacher Accreditation on Zoom with Pam Towne

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

November 11, 12, 13, 15, 16, 18, 19, 2022 Online TCC Teacher Accreditation
on Zoom with Daniel Pienciak

Contact: [Email April Leffler](#) 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](#) 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



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 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 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](#)

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](#)



movement

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.

©2022 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by [Mad Mimi](#)®

A GoDaddy® company

