

From: Stephen Thompson newsletter@tcccommunity.net
Subject: Sandy's December 2020 T'ai Chi Chih Newsletter
Date: December 1, 2020 at 3:01 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message:

[Receiving and Giving](#)

Many of us just celebrated Thanksgiving, although it may have been slightly or largely different than in past years. Nonetheless, many of us gave some time to considering our blessings and acknowledged them in some way, giving thanks.

One day while doing mundane dishwashing I was visited with thoughts of several of my students over the years that have died. Continuing that train of thought I noted how much I had received from them in various ways and how much they are missed. I was wondering if other TCC teachers also had students that over the years have died and what 'gifts' they may have received from them; gifts of joy, laughter, sharing a meal, appreciation for each other, friendship.

Considering this is the season of giving thanks, and also gift giving and receiving, I propose what I hope will be an enjoyable and worthwhile exercise. Take a few minutes each day:

December 1 - 15 Practice Receiving

December 16 - 30 Practice Giving

The receiving may take the form of receiving remembrances of past: acknowledging when an act of kindness was presented to us; remembering a particular exchange; remembering a time someone brightened our day. These remembrances can just be taking time to relive them in our hearts or turn them into a moment where we actually send a thank you or just a thinking-of-you and your kindness letter/note.

The giving is especially important this year considering so many people are limited in connection and contact with others. We all know the most important gift we can give each other is of ourselves. So, each day send someone a letter/note in the mail (something to hold in our hands, something tangible is much more satisfying than an email) or give someone a call. Let others know you are thinking of them and wishing them well. We know how good it feels when someone does this for us so, why not pass on the joy and love. Give of yourself.

~ T'ai Chi Chih Guide, Sandy McAlister

PS Please consider when shopping on Amazon this holiday season, to **sign up for the Amazon Smile program**. It lets you choose a charity of your choice, please choose Tai Chi Chih Foundation, and a percentage of your purchase amount goes to that charity. It's amazing how small amounts can add up. Know your support is helping the scholarship fund to support teacher candidates. Thank you on behalf of the Foundation.

2021 T'ai Chi Chih Teacher Conference

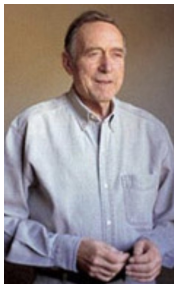
June 24th-27th, 2021 Virtually on Zoom

Save the date to join together again, bridging time and space by sharing our Chi in a virtual conference with a similar schedule of daily practices, presentations and interaction with others in small groups or during breaks. With a virtual conference on Zoom, you can travel safely within your home, join the practice in your backyard or office, and connect with fellow teachers.

Interested in Volunteering?

We will need **Presenters** to share their areas of expertise (some sessions may be pre-recorded, some live), **Technology Assistants** who are familiar with Zoom to support participants, **Hospitality Volunteers** to lead topic discussions and chat in breakout rooms, and more!

Contact conference co-chairs [Margery Erickson](#) or [Lisa Stroyan](#)



Justin's Insights

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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Joy

"As the nervous system is purified, as the Chi circulation is accelerated and balanced, we should see things more clearly, have more energy, become less self-centered, and, possibly, live longer. Heightened awareness is a worthwhile goal in every respect, but the reader must practice faithfully to attain this goal; it cannot be given to him by anybody. And we never stop progressing; we never relax and say, 'We're here.'

To those who persevere and succeed, great Joy (Ananda) should be in store."

~ Justin Stone, [Heightened Awareness](#)

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Chi Reflections

Joy

Every breath is a gift and a joy, golden in its nature.

~ Honshin

I slept and dreamt that life was joy.

I awoke and saw tha life was service.

I acted and behold!

Service was Joy.

~ Rabindranath Tagore

Relating

Worthwhile relationships must evolve by continually undergoing renewal with the passage of time. They are vital life gifts to be nurtured and cultivated, to remain mutually enriching.

~ Steven Ridley, "REFLECTIONS In Stillness - Contemplative Themes, Ideals and Observations"



T'ai Chi Chih Events

**Led by the Guide, Teacher Trainers & Assistant
Teacher Trainers**

ZUZU EVENTS

Dec. 12, Online Seijaku Workshop with Pam Towne

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

2021 Events

Jan. 6, Online Weekly Seijaku Practice on Wednesdays with Pam Towne

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

Jan. 15 thru Feb 19 (6 Fridays) 11 a.m. EST Ongoing TCC with Daniel Pienciak

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

Jan 11 thru Feb 15 (6 Mondays) 11 a.m. EST Begin or Review, TCC with Daniel Pienciak

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

Jan. 21 - Mar. 4, Online Seijaku Beginning Class on Thursdays with Pam Towne

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

Jan. 23, Online Seijaku Workshop with Pam Towne

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

March 11 - 14 3:30 p.m. Thursday thru 1:30 p.m. Sunday EST Seijaku Meditation Retreat with Daniel Pienciak

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

Mar 19 thru Apr 2 (3 Fridays) 10:30 a.m. to 1 p.m. EST Begin Or Review: Seijak & Meditation with Daniel Pienciak

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

March 18-21, Online Teachers Retreat with Sandy McAlister Contact: [Email Pam Towne](#) or call 760-421-7589

March 25-28, Online TCC Retreat with Pam Towne

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

April 22-25, Online TCC Intensive with Sandy McAlister

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

May 6-9, TCC Retreat either in Prescott, AZ or Online with Pam Towne

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

June 8, 15, 22, 29 & July 13, 20 (6 Tuesdays) 3:00-6:00pm EST T'ai Chi Chih
Online Teacher Prep via Zoom with April Leffler
Contact: [Email April Leffler](#) or call 610-809-7523

June 19-21, Online Seijaku Teacher Accreditation with Pam Towne
Contact: [Email Pam Towne](#) or call 760-421-7589

June 24-27, 2021 Teacher Conference on Zoom Save the dates. Info to follow.

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.



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](#)

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 October 13 - Dec.15 (no class Oct. 27)

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Daniel Pienciak TCC Ongoing Practice Class: Wednesdays beginning Jan. 27 11 a.m. EST

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

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

Margery Erickson Seijaku for accredited teachers and serious students who are familiar with all the moves. These practices will be held regardless of whether Margery is present.

11am to noon Eastern (8am to 9 am Pacific)

Meeting ID: 815 1921 2028

Passcode: joyjoyjoy

[Click here for ZOOM](#)

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 accredited teachers and serious students who are familiar with all the moves. 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](#)



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed



digitally. [Click here for a digital subscription](#)
100% of your subscription allows Justinstonetcc.com
to remain available online.

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](#) 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](#)



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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