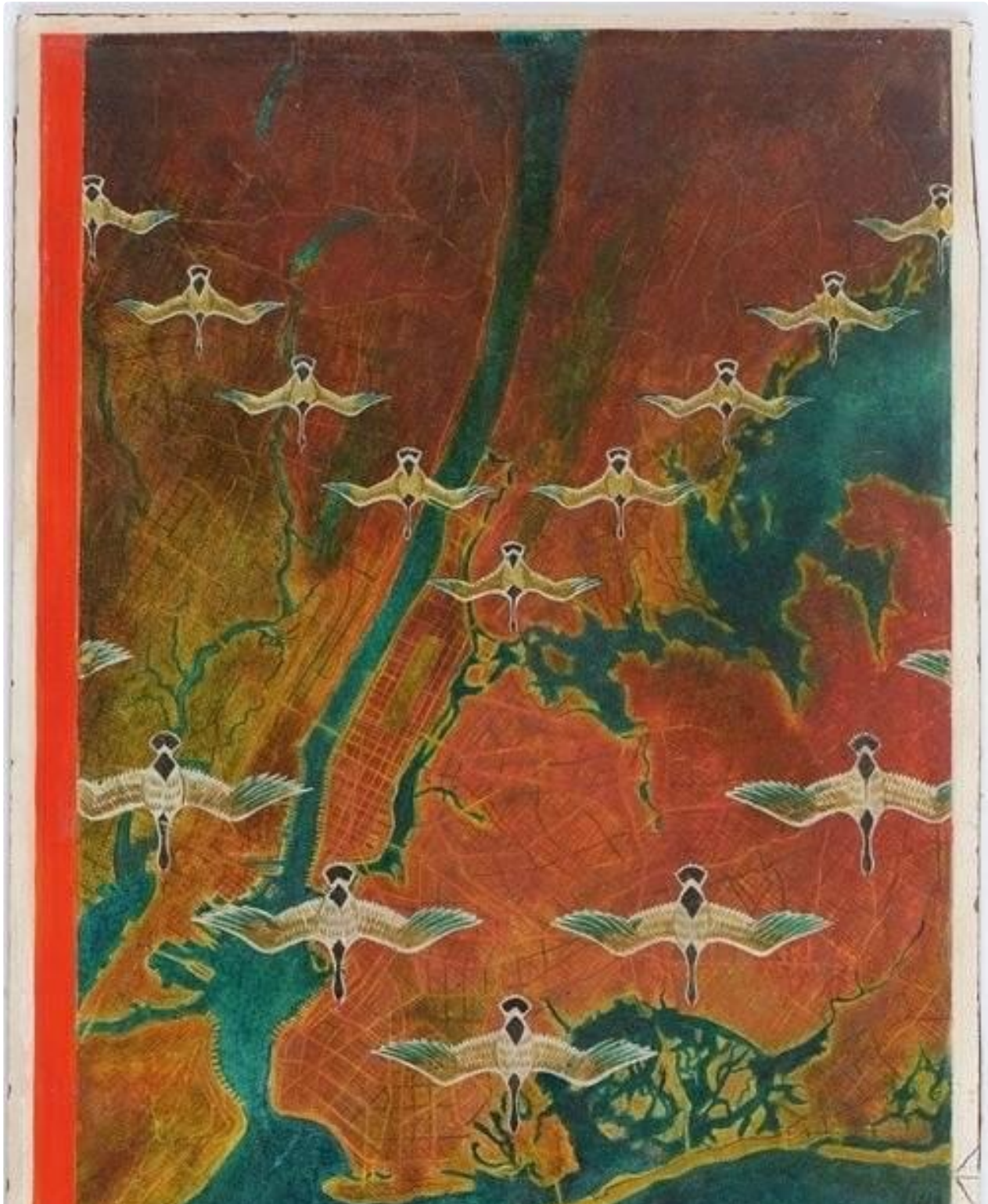


**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's December 2022 T'ai Chi Chih Newsletter  
**Date:** December 1, 2022 at 7:41 PM  
**To:** Stephen Thompson stephen2816@mac.com



Like





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## Sandy McAlister's Message

### Share Your Gift

*With crisp Autumn days comes a freshness that feels of vitality and the promise of things to come. More holidays are approaching and everything around us is abuzz with movement, connections, excitement, and anticipation. It is a time of sharing... sharing food, companionship, our time and talents, ourselves, and our love.*

*As practitioners of T'ai Chi Chih we have received a gift. It came to us wrapped in love. Think of it as a box filled with 20 individual tools designed not only for us to use, but for us to share.*

*We carry these tools inside us wherever we go and we can share them at any time. We may not want to share outwardly - like standing in the middle of a mall or store doing T'ai Chi Chih - but when a calming presence is needed we can slightly sink in the knees, slightly tuck the tailbone, relax the arms at our sides, breathe deeply, and imagine ourselves in the Rest Pose preparing for practice.*

*We do not have to do the movements to share the essence.*

*Let your sense of being grounded, of being at peace inside flow outward. Be the peace in the discord. Be the calm in the storm.*

*\*With gratitude for my original teacher, Valerie Smith, who shared her gift of T'ai Chi Chih with me 39 years ago, starting me on this path to unimagined destinations.\**

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

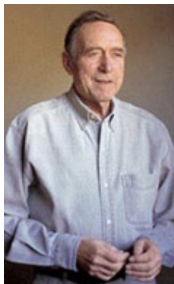
[EDITORS NOTE : Sandy presently is in England (in T'ai Chi Chih Teacher Lesley Nell's village of Cropredy), where she is accrediting 4 new teachers. She will be home again for the Second Saturday Teacher Practice & Discussion.]

## Our Second Saturday Teacher Practice & Discussion

On Dec. 10th our T'ai Chi Chih community's teachers will come together on Zoom for our Second Saturday of the month get together. After practice our discussion will be, "How do you organize and teach classes beyond beginners?"

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

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



### Justin's Insights

#### Haiku's Poetry

#### Gives Westerners Much Trouble...

#### But Pyramid's Don't!

Haiku, Westerners have attempted to write in the familiar three-line (five syllable, seven syllable, five syllable) manner, but they have discovered that haiku does not lend itself readily to original works in English.

To meet this difficulty, I have invented a form I call Pyramid Poetry. (Actually, the shape of the poem is more like a diamond.) The first line has one syllable, the second two syllables, the third three, and the fourth four. Then the fifth line has three again, the sixth only two, and the seventh and last line has only one syllable. Ideally, the last line should be explosive, or at least put a powerful climax to the poem.

try  
to pray  
keeping naught  
but thoughts of God  
and no more  
thought of  
you

At times students and I have spent an entire evening composing, and reading aloud, these Pyramid Poems. I recommend this activity very highly. Turn off the television and come to life, offering a little creativity. We have gotten so used to spectator sports and television dramas that actual participation may require a particular effort. No matter. Let some experience come to the surface and try to express it in this one, two, three, four, three, two, one syllable form. You may surprise yourself.

how  
can we  
hope to build  
a better world  
unless we  
change our  
selves?

~ Justin Stone, in *Climb the Joyous Mountain*

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**Chi Reflections**

**Tai Chi Is Wisdom**

*Tai chi does not mean oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind and body together as one process.*

- Chungliang Al Huang

## Complete Awareness

*“The fact that happiness is associated with relaxation does not mean that it is impossible to be happy in the midst of strenuous effort, for to be truly effective great effort must, as it were, revolve upon a steady unmoving center. The problem before us is how to find such a center of relaxed balance and poise in man’s individual life - a center whose happiness is unshaken by the whirl that goes on around it, which creates happiness because of itself and not because of external events, and this in spite of the fact that it may experience those events in all their aspects and extremes from the highest bliss to the deepest agony.”*

- Alan Watts



## ZOOM T’AI CHI CHIH & SEIJAKU PRACTICES LED BY ACCREDITED TEACHERS

### MONDAYS

Lorraine Lepine silent TCC practice followed by a guided meditation. 9-10am Central

For more information and/or registration, please contact Lorraine Lepine by email: [lorlepine@gmail.com](mailto:lorlepine@gmail.com)

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) 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

Lorraine Lepine silent TCC practice followed by a guided meditation. 10:30-

Lorraine Lepine Seijaku TCC practice followed by a guided meditation. 10:30  
11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email:  
[lorlepine@gmail.com](mailto:lorlepine@gmail.com)

**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 alternating 6 Tuesdays, 1 to 2:30 p.m. EDT, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21, 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 6 Tuesdays, 1 p.m- 2:30 p.m. EDT, 1/3, 1/17, 1/31, 2/14, 2/28, 3/14, TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573**

## WEDNESDAYS

Lorraine Lepine a combined Seijaku & TCC practice. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email:  
[lorlepine@gmail.com](mailto:lorlepine@gmail.com)

**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**

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

**Lorraine Lepine** silent TCC practice followed by a guided meditation. 10:30-11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email: [lorlepine@gmail.com](mailto:lorlepine@gmail.com)

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

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. Next series starts on Sept 8 2022. [Email Richard](#) for handouts, and class updates.

[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](#)

**Dr. Anita Vestal** - Individual/Small Group T'ai Chi Chih for Beginners. Both seated and standing forms combined. 2:30-3:10pm Eastern Time. Please register at least 3 hours prior to class. [Email Anita](#) or call 813-418-0146

## 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

2023

**January 13, 14, 15, 2023 TCC/Meditation "Growth of Certainty Retreat** online with Daniel Pienciak

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

**March 30-April 2, 2023 Online TCC Intensive** with Pam Towne

Thurs - Sat: 8am - 4:30pm (with several short breaks throughout the day plus a meal break 12 - 1:30pm)

Sun hours: 8am - 12pm

*Note: All times are Pacific*

Contact: [Email Jessica Lewis](#) or call 302-593-5005

**April 22, 2023 TCC Earth Day Retreat** online with Daniel Pienciak

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

**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

**June 7, 9, 10, 11, 2023 TCC Intensive** on Zoom with Daniel Pienciak

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

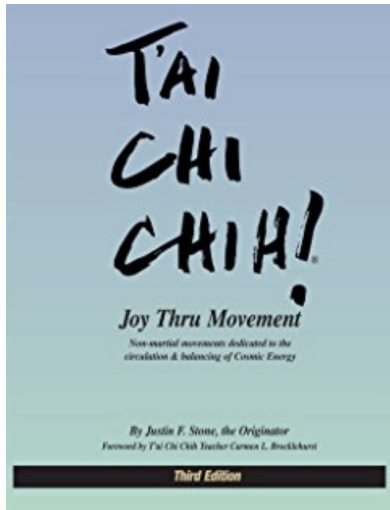
**September 29, 30, October 1, 3, 4, 6 & 7 2023 Teacher Accreditation** with April Leffler

Contact: [Email Lisa Stroyan](#) or call 970-481-9733

## 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: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'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](#)

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## 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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