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**Subject:** Sandy's February 2020 Practicing In A Circle  
**Date:** March 16, 2020 at 9:17 AM  
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## **Sandy McAlister's Message**

### **Practicing In A Circle**

*What do you notice when a group practice is done in a circle? Does it feel different than other ways of practicing?*

*As we practice T'ai Chi Chih in a circle there is a great expression of yin and yang, opposites in play. How do you see this manifest?*

*For me, when we start a practice in a circle, I am very much aware of being planted, feeling connected to the earth directly underneath me for about a 3-foot diameter, feeling rooted in this space. I feel my wholeness.*

*The first two movements, done in place, gradually brings my awareness to the others in the circle and the feeling that we are together in this process.*

*As the movements begin using the front and back weight shift, things change. As we all move towards the center of the circle there is a sense of reaching out, not physically, but in an energetic connecting way to each other. There is an*

*acknowledgement that I am part of this group, this community, sharing this moment. We are all journeying together at this time. All the while I am maintaining an awareness of the weight shifting fully into the front leg/foot so my attention is not distracted as can happen more easily in a circle.*

*As I shift the weight to my back leg/foot it is like coming back home, returning to home base. As I do a movement with the forward and backward weight shift there is a sense of starting solid within myself then moving out connecting with others and then returning back to myself, back to the core of my being. I can experience all this in a flash of awareness without getting caught up in thinking about it.*

*This is my experience. What is yours? Explore, notice, stay awake, question, without judgement or expectation.*

### **Tai Chi Chih Teacher Circle on Facebook**

*I so appreciate the recent posts on the teacher's circle page. It can be such a great tool and support for teachers.*

*A couple days ago there was a question about teaching TCC through the Silver Sneakers program and many teachers responded.*

*There are several teachers who continue to post helpful information about navigating the Tai Chi for Veterans Program.*

*Jessica Lewis posted about a podcast interview she did, and even though it was about her knowledge of 'smoothie power' she was able to talk a bit about TCC. Plus, if you did listen to her interview, which I did, I'm sure we all added avocados to our shopping list.*

*I would like to see this avenue of communication continue to be used for helpful support of each other. I know some teachers have not joined this thinking it would be just another time drainer. So, let's all continue to keep the posts useful, supportive, and substantive – no jokes or pictures of food please. It is a great way to reach out with concerns and questions.*

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

### **To join the Tai Chi Chih Teacher Circle:**

Search on Facebook for "Tai Chi Chih Teacher Circle"  
Click on the listing for Tai Chi Chih Teacher Circle Group  
Scroll down and click on "Join Group"  
Answer the three questions below, then click "Submit"

"Are you a certified T'ai Chi Chih Teacher?"

"When/Where was your Accreditation Week?"

"Who was your first signature Teacher?"



### **\*\* Justin's Insights**

#### **Great Circle Meditation**

*"If the reader would like to supplement his or her T'ai Chi Chih with a suitable meditation, to bring about an inner stillness after the movements he or she has been*



inner calmness and the movements he or she has been practicing, this is an easy one to practice and should have great benefits. It could be a way to Enlightenment. Somewhat similar methods were, euphemistically speaking, the "way to immortality" practiced by ancient Taoists."

[Click here for Great Circle Meditation Instructions](#)

~ Justin Stone article in Joy Thru Movement  
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## Chi Reflections

### Circle

All my life's a circle  
Sunrise and sundown  
Moon rolls through the nighttime  
Till daybreak comes around  
All my life's a circle  
Still I wonder why  
Seasons spinning 'round again  
Years keep rolling by

Seems like I've been here before  
Can't remember when  
I got this funny feeling  
We'll all be together again  
No straight lines make up my life  
All my roads have bends  
No clear cut beginnings  
So far no dead ends

I've met you a thousand times  
I guess you've done the same  
Then we lose each other  
It's like a children's game  
But now I find you here again  
The thought comes to my mind  
Our love is like a circle  
Let's go 'round one more time

~ Pete Seeger, lyrics by Harry Chapin

### The Circle of Life

The circle of life flows through the water.  
As the essential [element] to life,  
Water flows through everyone and everything...  
Even through the spirit, the mind, and the heart.  
~ Hualapai Cultural Scholar



**T'ai Chi Chih Events**

**Led by the Guide and Teacher Trainers**

**2020 Events**

**Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Mar. 20 - 22 NJ Shore (Lavalette, NJ) T'ai Chi Chih Retreat** with Daniel Pienciak  
Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) 732-988-5573

**Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 7-10, 2020, Prescott, AZ TCC Retreat** with Pam Towne  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 29-June 4, 2020, Aston, PA TCC Teacher Accreditation** with Daniel Pienciak  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com) or 610-809-7523 (C)

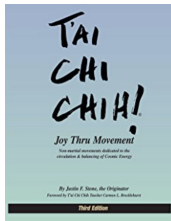
**July 1-5, 2020, Santa Barbara, CA, Intensive** with Sandy McAlister  
Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955 (C)

**August 3 - 6 Aston, PA Seijaku Meditation Retreat** with Daniel Pienciak  
Contact: Daniel Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com) 732-988-5573

*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

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Justin Stone's 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: [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

### 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 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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