

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



Like



Contents:

[Sandy McAlister's Message: Don't Fight It, Invite It](#)

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

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

[Teacher Conference 2022](#)

[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

[Don't Fight It, Invite It](#)

This phrase popped into my head while teaching one day. It is probably not original, as other teachers may have also used it, but it was new in my teaching.

That day the focus of the class was on staying present and in the moment. "Empty the mind." "Let all extraneous thoughts go." Be present to this very moment." "Clear the mind of your to-do list." "Bring your attention to your TCC practice". "Don't think, feel." I am sure you can come up with several more statements teachers use to tell students not to engage the mind during a TCC practice. Easier said than done!

One of the beauties of this practice is that it meets the student where they are. They do not have to work to a particular level of proficiency to begin to feel a benefit from doing the practice. In fact, the practice of TCC can be done on a strictly physical level without getting into the philosophy of the circulation of chi and the deeper aspects of the practice and the practitioner will still experience noticeable benefits. But those who have been practicing for a while understand the value of engaging the mind in a feeling experience rather than a calculating, thinking process and how much more can be received from our practice when we use the mind in an awareness way in tandem with moving.

I encouraged my students to stay present and to notice when their mind wanders and they start thinking of something other than their TCC practice. I asked them not to beat themselves up or get frustrated or annoyed, but to recognize that dwelling on stray thoughts is not where they want their attention to be and to bring their awareness back to the present and their moving. That's when "don't fight it, invite it" popped into my mouth. Have an acknowledgement of that wayward mind and then invite it to return to the moment and the movement. Rather than focus on what not to do, focus on what to do. Invite what you want.

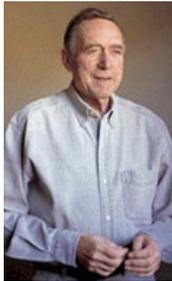
- T'ai Chi Chih Guide, Sandy McAlister

Our Second Saturday Teacher Practice and Discussion

February 12 teachers will gather on zoom for a practice followed by a discussion. This month we will share what handouts we use in our classes, paper or otherwise. I would like this month to focus on just handouts and next month focus on how we introduce Justin and the history of TCC to our students.

[Note: Teachers will find a link to the 2nd Saturday Get Together & Practices

[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

Moving Meditation

Of all the meditations, it seems the ones most fitting for busy, modern people are the moving meditations. It is easier to move joyously than it is to sit quietly and attempt to control the mind.

The latter effort demands a quiet place and considerable motivation on the part of the meditator. T'ai Chi Chih, the moving meditation, can be done by anyone anywhere. It requires no space other than that in which one stands, no special clothing and no semi-dark sound-free location. It seems appropriate for any age at any time except directly after meals and just before going to bed. The effects are those of meditation, as well as of an energizing exercise. The mind is stilled, and a joyous physical glow spreads over the body. The Chi flows, one feels good and 100 chronic ailments seem to improve or disappear. This is a truly healing practice.

~Justin Stone, Meditation for Healing

Reprinted with permission from the copyright holder (K Grant)

And online [Justin Stone/Teachings](#) Copyright © 2022 Kim Grant

Chi Reflections

Mindfulness Centered On The Body

There is one thing that, when cultivated and regularly practiced, leads to deep spiritual intention, to peace, to mindfulness and clear comprehension, to vision and knowledge, to a happy life here and now, and to the culmination of wisdom and awakening. And what is that one thing? It is mindfulness centered on the body.

~The Buddha, Anguttara Nikaya

Sink Into Your Center

Follow your bliss. Sink so deeply into your center that you experience a consciousness devoid of thought—an intuition that is illuminated with awareness. This is who you are at your deepest. Let this consciousness guide you; allow yourself to grow and change with it. As long as you can move from there, you will know your bliss. Let it enlighten you. ~Joseph Cordillo



2022 T'AI CHI CHIH CONFERENCE

Virtually on Zoom

Save the date July 22-24th to share our Chi with other T'ai Chi Chih teachers in a virtual conference, again in the comfort of your home or with a gathering of other local teachers. This year's conference will be shorter, Friday evening through Sunday afternoon. All presentations will be pre-recorded and there will be only one presentation at a time, so you won't need to choose between options.

This year's theme is **CULTIVATING WISDOM**, inspired by our wish to help teachers discover an expanded appreciation of T'ai Chi Chih and how it relates to our inner growth and the growth of our students.

We are grateful that Eliza Fulton and Anita Vestal stepped forward to co-chair the conference this year. Information on request for presentations (RFP), registration, and volunteering will be coming soon.

Email [Eliza Fulton](#) or [Anita Vestal](#) if you want to help this year.

[Judy Kistler-Robinson](#), Communications Chair



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

MONDAYS

Lisa Stroyan new Zoom series, "TCC From the Ground Up", beginners and guests welcome, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

Jessica Lewis T'ai 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 on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/4, 1/18, 2/1, 2/15, 3/8, 3/22 NO Class 3/1.
Seijaku guided practice with meditation. Contact Daniel for details/zoom information/cost.
[Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 1/11, 1/25, 2/8, 2/22, 3/15. NO Class on 3/1.
TCC guided practice with teaching. Contact Daniel for zoom information and cost.
[Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Pam Towne Seijaku Practice for teachers or students who already know Seijaku
[Email Pam Towne](#) for cost.
10:30 AM - 12 noon PST

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](#)

Jessica Lewis T'ai 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 Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

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 &
ASSISTANT TEACHER TRAINERS**

2022

March March 4,5,6,12 & 13, 2022 T'ai Chi Chih Intensive Online with April Leffler

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

March 11, 18 & 25: Seijaku Meditation Course Online with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister
IN PERSON at Prince of Peace Abbey, Oceanside, CA
Contact: [Email Pam Towne](#) or call 760-421-7589

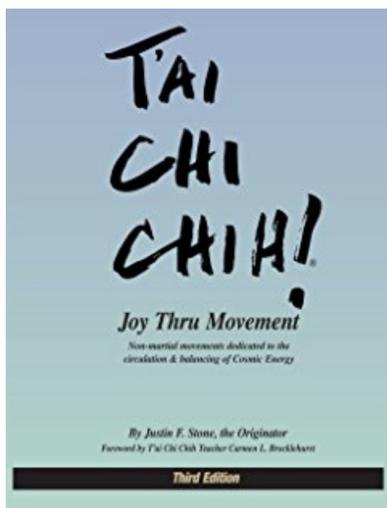
Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT
Earth Day T'ai Chi Chih & Seijaku Retreat on Zoom with Daniel Pienciak
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

May 5-8, 2022 TCC Retreat with Pam Towne
IN PERSON at Chapel Rock, Prescott, AZ
Contact: [Email Pam Towne](#) or call 760-421-7589

July 29, 30, 31, Aug 2, 5, 6, 7 Teacher Accreditation online (Zoom) with Daniel Pienciak
Contact: [Email Steve Stevens](#) or (828) 776-9489 cell or (828) 252-9489 home

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](#)

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.

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

