

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's January 2023 T'ai Chi Chih Newsletter  
**Date:** January 1, 2023 at 3:07 AM  
**To:** stephen2816@comcast.net

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## Sandy McAlister's Message

**"We live! We die! To find real meaning every moment, We laugh! We cry!"**

*Reflecting on the past year as many of us do with the new year approaching, the above quote taken from Justin's book, Abandon Hope, seemed to sum it up. Can you imagine living such a purposeful life as to find meaning every moment?*

*We laugh, we cry, we live, we die - to find the balance.*

*We are still being impacted by Covid to varying degrees. Changes in life situations have happened to all of us, some more radical than others. The losses are multiple. The gains have been bright spots.*

*We have lost several teachers over the past couple of years and for fear of leaving someone out I do not usually mention the passing of our teachers. Often another teacher will post the announcement in the teacher's circle page on Facebook.*

*But at this time, I would like to acknowledge the loss of Carmen Brocklehurst's husband Brock, who passed away this December. Many in the community knew Brock as he has attended many T'ai Chi Chih events over the years and was a good friend of Justin's. No one has given more of their love, time and energy over the years to share T'ai Chi Chih with the world than Carmen. Now it is time for the community to return her love with their support.*

*Carmen, we wish you many smiles of remembrance of your life together with Brock to lighten your heart.*

*As we begin this new year, I ask all of us to take a few minutes at the end of a T'ai Chi Chih practice to sit in silence and allow our heart and essence to feel the expansive nature of chi flowing within us, expressing as boundless love. Allow that love to spread through every fiber of our being and continue flowing into the world.*

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

### **Announcement:**

For those preparing for Teacher Accreditation next year all Intensives (a prerequisite for the Accreditation course) and Accreditations will be on zoom.

We hope to move to in-person courses in 2024 but continuing with at least one Intensive on zoom each year.

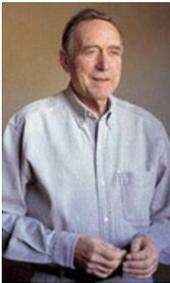
Beginning 2023 the Intensives will be \$300 and Teacher Accreditation will be \$650.

## Our Second Saturday Teacher Practice & Discussion

On January 14th our T'ai Chi Chih community's teachers will come together on Zoom for our Second Saturday of the month practice and discussion. The discussion topic this month will be seated T'ai Chi Chih.

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

#### Why? Why Not?

*One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As is usual, someone asked about Reincarnation (a bad term).*

*I pointed at the trees in the courtyard. "It is Autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Reincarnation?"*

*"Oh, those will be different leaves!" they rushed to point out.*

*"Why identify with the leaves?" I asked. "Why not identify with the Tree?"*

~ Justin Stone, Vital Force Spring 1986

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## Chi Reflections

### The Painful Beauty of Impermanence

*As we watch the blossom falling, we see ourselves in it, and we feel the gravity of the moment.*

~ Leo Babautab

### Solitude

*Once in a while*

*I just let time wear on  
leaning against a  
solitary pine  
standing speechless,  
as does the whole universe!  
Ah, who can share  
this solitude with me?*  
~ Ryokan

*"The wave does not need to die to become water. She is already water."*  
~ Thich Nhat Hanh

## Soften And Expand

*"When we meet life undefended, even for a moment,  
we discover that we have no enemy but fear itself.  
In surrender, we choose to let our hearts break a thousand times  
instead of living our life trapped in fear.  
Each time we are willing to stay open and broken,  
the hard shields of defense soften and expand a little bit more."*  
~ Chameli Ardagh



## 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](#) 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. 10:30-11:30am 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](mailto:Daniel.Pienciak@gmail.com) 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](mailto:Daniel.Pienciak@gmail.com) 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*

*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

**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

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 "Growth of Certainty" Retreat** on Zoom with Daniel Pienciak

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

**March 10, 17, 24 Seijaku course (Begin or Review)** on Zoom with Daniel Pienciak  
3 Fridays, 10:30 a.m. to 1:30 p.m. Eastern.

Contact: [Email Daniel Pienciak](#) or call 732-988-5573 for details and registration.

**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

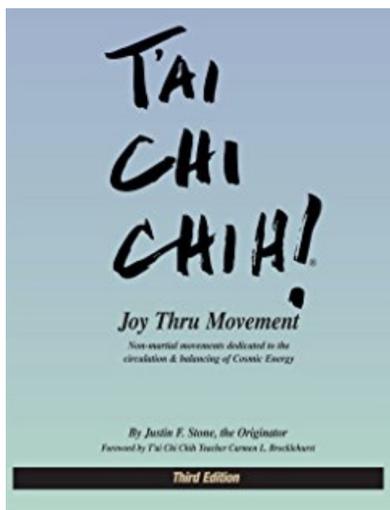
Contact: [Email Pam Towne](#) or call 760-421-7589

June 7, 9, 10, 11, 2023 TCC Intensive on Zoom with Daniel Pienciak  
Contact: [Email Daniel Pienciak](mailto:Daniel.Pienciak@tcc.com) or call 732-988-5573

September 29, 30, October 1, 3, 4, 6 & 7 2023 Teacher Accreditation with April Leffler  
Contact: [Email Lisa Stroyan](mailto:Lisa.Stroyan@tcc.com) 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:Pam.Towne@tcc.com) 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](#)

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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.*

**T'ai Chi Chih is a federally registered trademark of Kim Grant.**

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