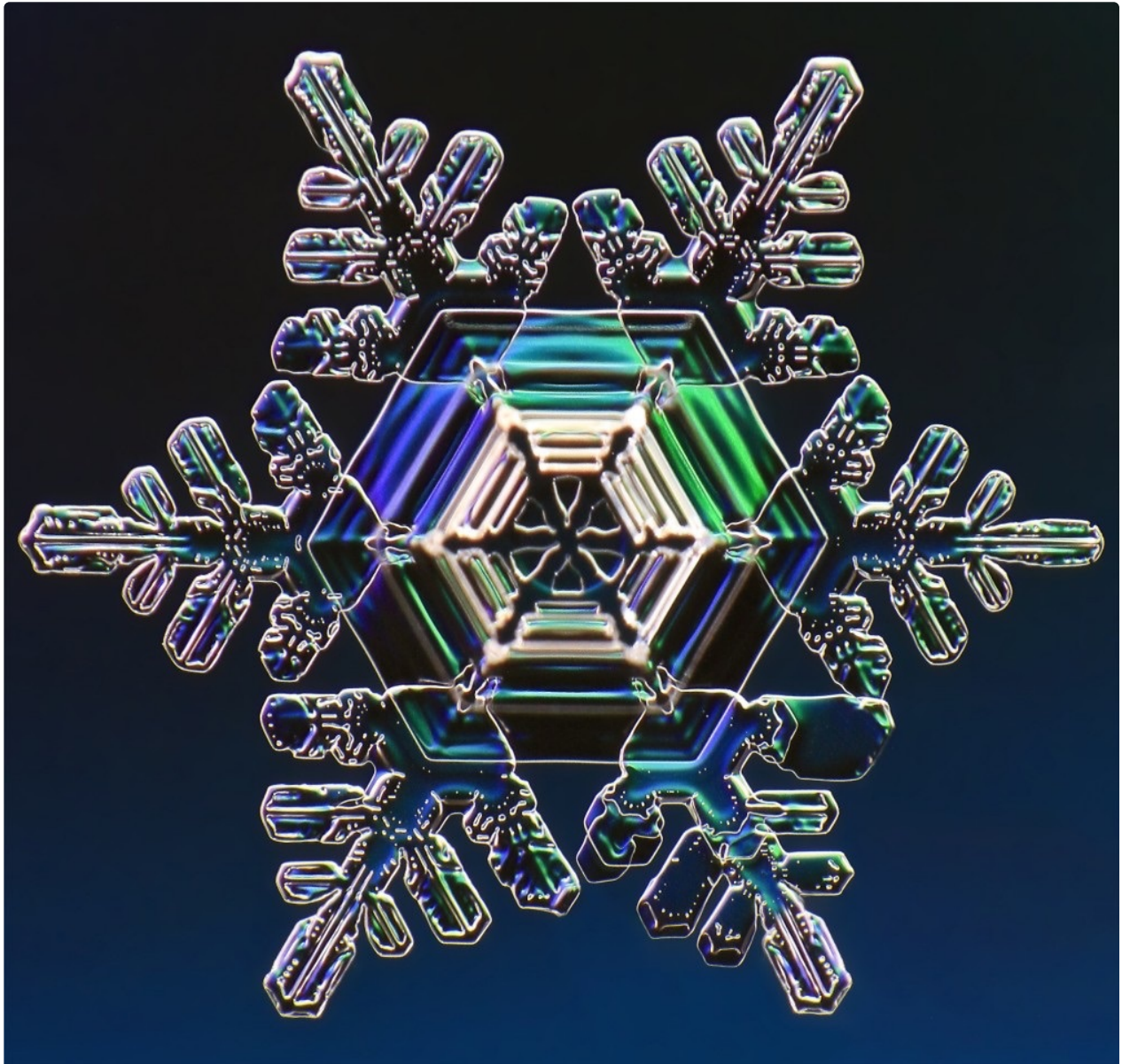


**From:** Stephen Thompson donotreply@TCCcommunity.net  
**Subject:** Sandy's January 2020 T'ai Chi Chih Newsletter  
**Date:** January 1, 2020 at 3:01 AM  
**To:** Stephen Thompson stephen2816@mac.com

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ST

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## **Contents:**

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## Mission Statement

## Looking Forward With Clarity

This new year brings its own mandate by virtue of its numerical date. I'm sure this quirky coupling of the number of the year and the meaning of 2020, as in having good vision, will be used ad nauseam in the coming days as its duality so *clearly* illustrates a direction to be moving towards – Clarity.

This date may resonate with you as a way of providing a *focus* for the coming year. Some possible themes for the year 2020:

*Looking* beyond the immediate, practicing *farsightedness*, the bigger picture.

Remembering to take time to *reflect* before acting in order to see the situation *clearly*, without blinders/prejudices or squinting/blocking out possibilities.

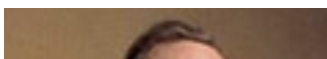
Exploring ideas and directions, to define, refine, and become clear in mind how we *view* them.

This date of 2020 will continually be present in our lives for the next year. We can use it as a trigger and a reminder each time we see it, hear it, or write it, to be still and breath and to really see the world around us without judgement while we are in that moment.

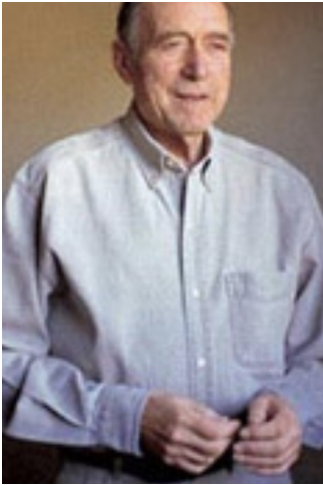
Though the year 2020 will be bereft of that wonderful experience of teachers gathering for our annual conference, in light of that absence we may direct our attention towards ways to support, build, and flourish our community.

May this be a productive year for each of us personally and for our T'ai Chi Chih Community.

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



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



## Transparent, Pure, and Serene

*"When the mind is transparent and pure, as if reflected on the mirror-like surface of the water, there is nothing in the world that you would dislike. When it is serene as the light breeze in the sunshine, there will be no one whom you would like to forget."*

~ Justin Stone quoting an unknown Chinese monk in *Spiritual Stories – Volume I* and in *Justin Stone Speaks on T'ai Chi Chih®*

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(K Grant)

## Chi Reflections

### Make An End To Make A Beginning

For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning.

~ T.S. Eliot

### Heaven and Earth

Gentle rippling water...

Distant sounds and stirrings...

The dawning of a new day.

Circulating the Chi

Amidst peace and serenity.

Subtle interplay of energies

A new sense of being emerges.

My awareness expands

To encompass it all.

I AM ONE WITH MY UNIVERSE.

~Tais Hoffman in the Vital Force Fall 1987

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## The Innocent One

He who is in harmony with the Tao is like a new-born child.

The Taoist sage operates instinctively, intuitively and spontaneously. Like a child, he is unaware of his innocence and his virtues. His compassion is as natural to him as breathing, and he is as unaware of it as he is of his own breathing.

He instinctively moves in close harmony with nature, like a baby snuggling up to its mother's warm breasts.

His ignorance of his own virtues is his most endearing quality in a world satiated with pomposity.

~ Jos Slobber *The Modern Taoist Sage (How to live as an enlightened person in modern times)*



## **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 TBD

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955 (C)

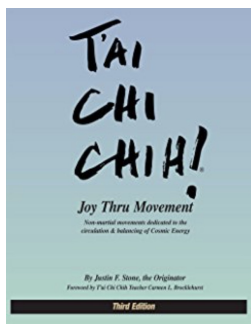
**August 3 - 6 Aston, PA Seijaku Meditation Retreat** with Daniel Pienciak

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](#)**

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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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