

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's JuLY 2022 T'ai Chi Chih Newsletter
Date: July 1, 2022 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com



Like



Contents:

[Sandy McAlister's Message: Freshening Up "Pulling In The Energy"](#)

[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](#)

[Welcome to the Community](#)

MISSION Statement

Sandy McAlister's Message

Freshening Up "Pulling In The Energy"

Considering giving Pulling in the Energy a freshening up. How do you visual the energy? Do you always do it the same? What does visualize energy coming into the finger tips mean to you? There are umpteen ways to "do" this movement.

What I like about Pulling in the Energy is it allows for each person to have their own connection or interpretation. Do you actually see energy with your minds eye or do you just feel/sense it. Do you try hard, or not try much at all? Do you allow or work it? Is your mental attention only on your fingertips?

I suggest you play around and try something different than what you usually do. Explore Pulling in the Energy to see if you can freshen it up a bit. You may find you prefer doing what you have always done, but you may possibly find a better connection with the movement.

Another way to freshen up our practice is to attend the Teacher Conference coming up this July 22-24. The presentation offered by our teachers are more varied than they have ever been. See below for some of the titles offered. Even if you can't attend during July, register for Conference and you will receive access to the conference recordings to watch later at your leisure.

Our Second Saturday Teacher Practice and Discussion.

Saturday, July 9th teachers will gather on zoom for a practice followed by a discussion. April will lead and the discussion will be the Hip Swivel: How do you feel it? Do you feel it? How do you teach it? Do you teach it? Etc

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

[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

Pulling In the Energy

Pulling in the Energy (Left)



“Pulling in the Energy” is like “Around the Platter,” only the palms are turned upward. As we circle the hands from left to right, we visualize and feel the energy from the most distant star coming in through the fingertips. This visualization is important.

To close, we bring the feet together and come down to the position of rest. We must do all the movements slowly and evenly, with no tension at all.

Pulling in the Energy (Right)

Now we circle to the right with our right leg forward. Don't forget the visualization.

To close, we bring the feet together and let the hands descend to the position of repose. We always remember to “swim through very heavy air, slowly, with no effort.”

~ Movement Instructions from the T'ai Chi Chih app
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Energy and Wisdom

Empty space seems to be a vast continuum of Energy, and that energy is Wisdom.

Energy appears in many forms, including “matter,” and it's always there for us to use in re-charging ourselves - hence, T'ai Chi Chih.

When we do, our intuition seems to be greatly sharpened, and this is understandable as “Energy” and “Wisdom” are just different words.

~Justin Stone
Reprinted with permission from The Vital Force

Chi Reflections

Loose Hands & Wrists

Our hands are not tight and our wrists must stay loose and not stiff. Allow your hands and wrists to be open and delicate, like the wings of a butterfly.

~Christeen Niama Rae Sproehnle VFJ Fall 1985
Reprinted with permission from The Vital Force

From Distant Star To Soles Of The Feet

The most distant star . . .

Chi connection

Collecting opposites,
Roaming shoreless energy seas
Pleading liberation

Wave-ocean unity
Reflects the Eternal Center

Standing firm
In T'ai Chi freedom . . .
Soles of the feet!

-Steve Ridley in *T'AI CHI POETRY & Observations of Nature from _
PERSPECTIVES... In Motion And Stillness_* - Published by GKP in 1996



CULTIVATING WISDOM
T'ai Chi Chih® International
Teachers' Conference 2022

2022 T'AI CHI CHIH CONFERENCE

Virtually on Zoom

The deadline for registering for the 2022 Teachers' Conference is July 12th. If you register before the deadline and have a conflict during the Conference weekend, you will still have access to all recorded presentations and discussions after the Conference.

The cost to attend the virtual conference is a **suggested donation of \$100**. However, you can donate any amount you can afford using the 'Donate' button on the Foundation home page.

World Ambassadors (teachers with an international address and living outside of the USA) are invited to register at no cost. [Use this link to the registration form](#) or find it later on the [TCC International Foundation's page](#).

The Conference will begin Friday, July 22, (6:00-8:30 pm Eastern) with the Around the World practice popular last year, followed by breakout rooms with "ice-breaker" questions around our theme **Cultivating Wisdom**. Sandy McAlister, our T'ai Chi Chih Guide, will welcome all, followed by the **Rededication Ceremony**.

The conference continues Saturday and Sunday, July 23-24, (10:00 am -7:00 pm Eastern) with group practices to start and end each day, and a Seijaku practice option in the mornings. The Teacher Trainers will inspire us with movement sessions

each day and the variety of teacher presentations (shown below) is exciting.

Each evening will include an optional 30-minute time **Open for Socializing** immediately following the program—this is an opportunity for teachers to share their insights. [Check the Look Who's Coming list](#) to find your friends and Accreditation buddies -- if they aren't registered yet, please encourage them to join us.

[A preliminary program is available here](#) and on the Conference page of taichichih.org

CHECK OUT THESE PRESENTATIONS!

Saturday presentations:

Dyeing the Cloth -- Amy Tyksinski

Embracing Emptiness -Laurie Jacobi

Is the Tan T'ien Actually Below Your Navel? The Tan T'ien & Space as Representations of the Universal - Paul Ciske
The Sacred Energy of T'ai Chi Chih - Eliza Fulton

Sunday presentations:

What is an Empty Cup in T'ai Chi Chih practice? -- Patty Stupca

Balanced Life - Nancy Hebert

The Wisdom of LETTING GO -- Ann Rutherford

Unity in CommUnity - Sandy McAlister

The Conference Planning Team looks forward to seeing you at the virtual conference!

Conference Coordinator - Email [Eliza Fulton](#)

Assistant Coordinator Anita Vestal

Conference Registrars - Jim and Lorel Maple

Communications - Judy Kistler-Robinson

Programming - Judy Chancey and Sky Young-Wick

Volunteer Coordinator - Linda Jones



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

MONDAYS

MONDAYS

Lisa Stroyan TCC for students, candidates, and teachers; beginners welcome to follow along, charitable donation optional.

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

[Click here for ZOOM](#)

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

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 Tuesdays, 1 to 2:30 p.m., and/or Guided Meditation 2:15 p.m- 3:30 p.m. EDT 7/26, 8/9, 8/23. Practice with 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 3 Tuesdays, 1 p.m- 2:30 p.m. EDT, 7/19, 8/2, 8/16, TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

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
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 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

2022

Aug. 4-7, 2022 Intensive on Zoom with Sandy McAlister
Thursday-Saturday 11am-6:30pm Eastern Daylight Savings Time and Sunday 11am-3:30pm EDST.

Contact: [Email Steve Stevens](#) or (828) 776-9489 cell or (828) 252-9489 home

September 15 - October 20, 2022 Seijaku Intro/Review on Zoom with Pam Towne
6 Thursdays 10am - 12:30pm Pacific

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

September/October 2022, 6 Teacher Prep Class Series Online w/ April Leffler.
Thursdays, September 29 to November 3 from 2:00-5:00 EST. Classes are three hours each. Cost: \$180

Contact: [Email April Leffler](#) or cell-610-809-7523

September 30-October 2, 2022 Cultivating Cosmic Consciousness Retreat Online
with April Leffler. Friday 10:00am-Sunday 4:00pm EST Cost: \$200

Contact: [Email April Leffler](#) or cell-610-809-7523

Oct. 22-24, 2022 Online Seijaku Teacher Accreditation on Zoom with Pam Towne

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

November 11, 12, 13, 15, 16, 18, 19, 2022 Online TCC Teacher Accreditation
on Zoom with Daniel Pienciak

Contact: [Email April Leffler](#) or cell-610-809-7523

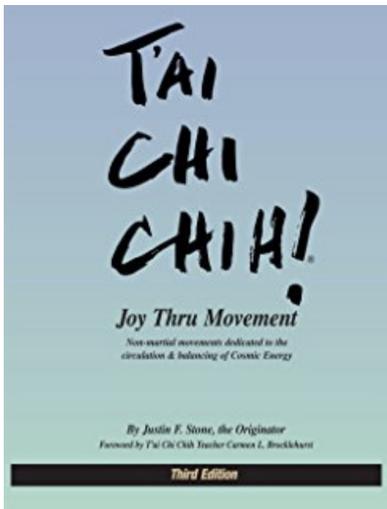
2023

2023

June 2-4, 2023 TCC Teacher Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA
Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.org) or call 760-421-7589

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](#)

Zoom Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](mailto:Pam.Towne@tcc.org) 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.

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