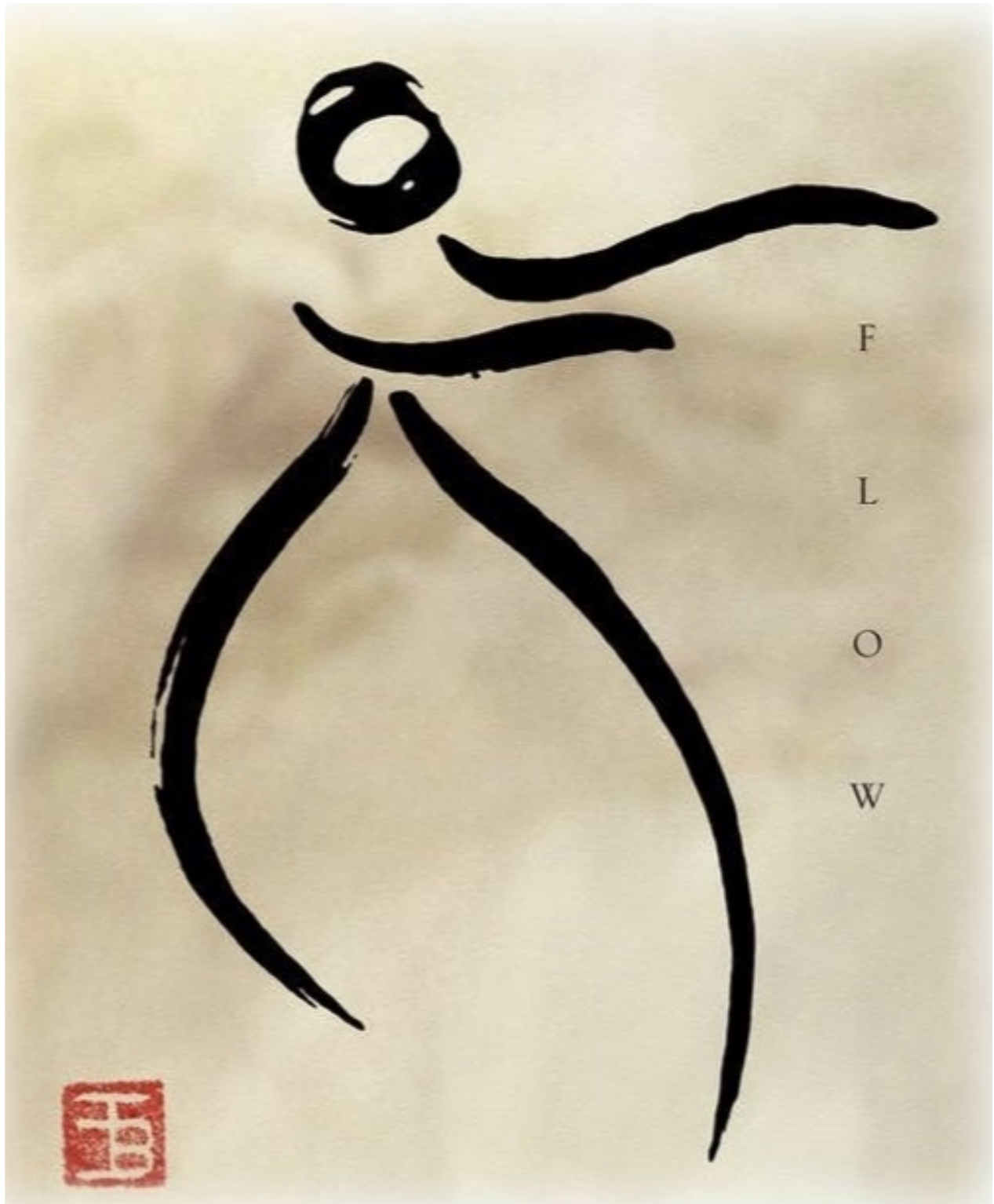


From: **Stephen Thompson** newsletter@TCCcommunity.net
Subject: Sandy's July 2019 T'ai Chi Chih Newsletter
Date: July 1, 2019 at 3:04 AM
To: stephen2816@mac.com



Like



Contents:

Sandy McAlister's Message: Continuing Our Commitment To Learn

Justin's Insights & Chi Reflections

Events led by the Guide and Teacher Trainers

More T'ai Chi Chih Events

Links to Resources & Materials

Mission Statement

Continuing Our Commitment To Learn

The only reason I took the T'ai Chi Chih Teacher Training Course in the Spring of 1985 was to study with Justin. He had yet to begin holding workshops or retreats, and our first conference was not until the summer of 1985. It was the only way to work directly with him.

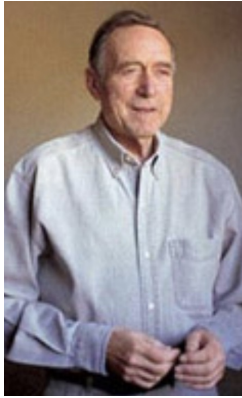
Now there are so many opportunities to attend a T'ai Chi Chih event it is hard to choose. Do we want to recharge our batteries with a relaxing retreat at the Jersey shore, or at a Benedictine retreat facility in the backyard of the Santa Barbara Mission, CA, or on the peaceful grounds of any number of retreat facilities? Do we want to refresh and tune-up our practice with a 3 ½ day Intensive or audit a Teacher Accreditation? What about sharing teaching skills and experiences and tweaking our form at a Teacher Symposium. Maybe the most we can do is a one-day workshop. Perhaps we want to learn Seijaku or revive our interest in it with a refresher course. And then there is always the teachers' conference.

Justin counted on the teachers to continue their own learning without making it a requirement or demanding continuing education courses for teachers. As T'ai Chi Chih begins to make its way into the world we may be call upon to show that we take this practice seriously by our commitment to continue to learn and explore as teachers and practitioners.

I encourage teachers to attend one or more T'ai Chi Chih events of your choice

every year. There are so many more choices now than when I started. Continue to grow in the practice and let the practice continue to grow us.

T'ai Chi Chih Guide, Sandy McAlister



Justin's Insights

Body Posture for Successful Practice

We are relaxed and the hands are soft. The air is felt to be very heavy as the hands move through it, fingers slightly spread apart. This may appear contradictory, but it is not. It is easy to feel the air as heavy and still keep the hands slightly cupped and relaxed.

The air being very heavy, we have the feeling of “swimming” through the dense atmosphere as we move in slow, leisurely fashion from beginning to end of each movement. Usually we repeat each movement nine times on each side.

This feeling of swimming through very heavy air, with the resultant surge of energy and tingling in the fingers, will eventually bring us the firm conviction that this seemingly “empty” universe is actually a vast continuum of intelligence and energy. When we realize this, we have reached a high stage of development. At such time the energy appears to be flowing and we are just shaping it.

In the beginning we are apt to focus too much on the hands, while, in truth, it is the legs which are yinping and yangping. It is vital that we bend the knees and shift our weight from the left to right and back again. Unlike T'ai Chi Ch'uan, in many movements of T'ai Chi Chih the back heel comes off the ground as we go forward and the front toes lift off the ground as the weight settles back. At all times the torso, from the waist up, is held straight, though not rigid, no matter how much the knees bend (almost like a fencer's pose, it might seem) and no matter how much the waist turns on those movements which call for a waist turn.

Important! The head and torso are held in an erect position in most movements, with the head as though suspended from the ceiling by wires.

In T'ai Chi Chih, most movements are circular. Sometimes there are subtle

In T'ai Chi Chih, most movements are circular. Sometimes there are subtle circles within circles, as, when we push forward, we dip our arms slightly and then bring them up again, making an imperceptible circular movement down to the floor. This circularity is one of the secrets of the energy generated, and is part of the "continuity" I so often speak of. When we push forward (as in the movement called "Push Pull"), we dip the hands slightly so there is a gentle arc. Thus we make small circles, and sometimes there are circles within circles.

Most beginners do not use the wrists and hands enough, preferring to make cumbersome arm movements. Actually, most of the T'ai Chi Chih movements are performed with the wrists, which are kept loose and pliable. Fingers are slightly spread apart, the hands slightly cupped as though around the sides of a ball, and there is complete relaxation from the waist up. Conversely, the foot that is flat on the floor is firm, as though gripping the ground with the sole of the foot.

~ Justin Stone, T'AI CHI CHIH Joy Thru Movement (Photo Text) 3rd edition
Reprinted with permission from the copyright holder (K Grant)

Chi Reflections

Open Hands

Keep your hands open
and all the sands of the desert can pass through them.
Close them
and all you can feel is a bit of grit.
~ Taisen Deshimaru

Haste

Those in a hurry
do not arrive.
~ Zen saying

Abandon All Thought

Those who seek the truth by means of intellect and learning only get further and further away from it. Not until your thoughts cease all their branching here and there, not till you abandon all thoughts of seeking for something, not till your mind is motionless as wood or stone, will you be on the right road to the Gate.

~ Huang Po



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

Jul 29 - Aug 1, 2019, Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Aug. 20-23, 2019, Aston PA T'ai Chi Chih Teacher's Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct. 4-6 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732-988-5573

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

Nov. 7-10 Albuquerque, NM TCC Intensive with Sandy McAlister

Contact Amy Tyksinski amytyksinski@gmail.com or (505) 228-2104

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

2020 Events

Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

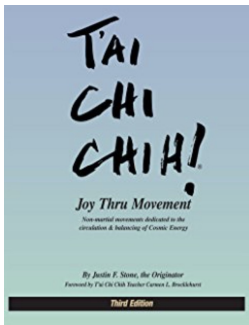
Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

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

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

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

534 Wagon Train Dr. SE

Albuquerque, 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.

©2019 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by [Mad Mimi®](#)
A GoDaddy® company

