

From: Tai Chi Chih newsletter newsletter@TCCcommunity.net
Subject: Sandy's June 2021 T'ai Chi Chih Newsletter
Date: June 1, 2021 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com



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Sandy McAlister's Message:

A Connecting Thread - Highlights from VFJ May 2021

“I used to think the hands just replicated the weight shift, just went along for the ride. But now I feel the hands interact with and express the Chi. They sometimes move through Chi. Sometimes they gather and form Chi, and sometimes they let go of Chi.” - JJ Johnson

“...imagining colors in the air as we slowly moved our hands through it. It felt like creating a soft painting with my fingertips. I could feel the slight resistance in the air, its delicate yet firm presence on my skin. My eyes opened to an expansive presence, one that had always been there. My next TCC practice was even deeper: I could feel the air as I went through the movements.” - Rachel Rilinger

“I would like to invite TCC practitioners to spend a few minutes closing their eyes and feeling the space outside their body, then space inside their body, the space around their thoughts and the space around sounds.....After five minutes a greater sensitivity to moving through space arises. Now begin the practice of TCC.” - Terry Jennings

“TCC is also a meditation that allows the body/mind to settle into ‘no thought’ a resting in Source. But at this time I need to play and co-create with Source energy. The magic in the Cosmology of TCC, aligning with the generative loving energy that creates life.” - Rita Otis

“Our practice stimulates that vibration and that vibration expresses itself as ‘music’ - music of the soul, the music within. And the power of teh, our inner sincerity, moves us to express that music – harmoniously sharing our unique vibration. As we do so, we enter into the Cosmic Rhythm. The vibration within each of us honors and resonates with the vibration within each other. “ - Bruce Lee

The practice is more than just correct movement. There is texture, an experience of the senses, an expansive inclusivity for those who open to the intangible around and in them as expressed by the writers above. They play with the life force, shape it, and honor it. You may wish to do the same.

~ T'ai Chi Chih Guide, Sandy McAlister

Continuing the Connection: T'ai Chi Chih Teacher Conference 2021

June 24th-27th, 2021 Virtually on Zoom

[Click here to view Preliminary Conference Schedule](#)



PLEASE JOIN US IN CONTINUING THE CONNECTION to share our Chi in a virtual conference. Links to the registration forms are

available in this announcement and on the [Conference Event Page](#), where you will also find the Look Who's Coming **list. More than 140 teachers for full conference (and 27 students for Saturday) have already registered!**

Deadline for Registration and payment of \$200 must be received by June 15. **NOTE: Teachers outside the US and those accredited after May 2019 pay only \$160. If your plans change**, request a cancellation by June 15 to receive a full refund. After June 15, a \$25 cancellation fee may apply.

STUDENT registration is only \$35 for a full day of conference! Encourage your students to register early so we have a better idea of the attendance for Saturday, June 26. There will be special presentations on Student Saturday, including Justin Stories, and movement refinement sessions with the teacher Guide and Trainers. **Student registration is due by June 15** using the [Student Registration Form](#)

CONFERENCE SCHEDULE will be structured around Mountain Daylight Time. Each day begins and ends with an optional T'ai Chi Chih practice, so you can attend at least one practice every day. There will be additional movement refinement sessions during the full Conference days (Thursday-Saturday), as well as several Seijaku presentations and optional practices. Many short breaks will be included, and a midday meal break Thursday through Saturday. Our special teacher Rededication ceremony will be on Sunday morning, conducted by Sister Antonia Cooper!

[Click here to view Preliminary Conference Schedule, the presentations, and teachers you can look forward to:](#)

CONFERENCE ZOOM HINTS & TIPS

You will not need a Zoom account to attend the conference. You probably already have Zoom downloaded onto your computer or have the Zoom app installed on your mobile device. If you've used Zoom before, just click the link for the conference OR

enter <https://zoom.us/> in your browser, click JOIN A MEETING and enter the Meeting Number sent in the email.

If you've never used Zoom before, check out these articles to get started.

How do I join using a Desktop or Laptop Computer? [CLICK HERE](#)

How do I join using the App on a mobile device? [CLICK HERE](#)

The conference schedule has several breaks during the day, including a time after the meal break with nothing going on! During these breaks, be sure to get away from your computer or device screen and go outside to enjoy fresh air and nature's healing green!

While attending Zoom sessions and practices, occasionally look away from the screen or gaze softly between the participant "squares" to give your eyes a rest. Feel free to turn off your video camera and take a break from being "on screen."

If you have a question for the presenter, use the Chat (button on the bottom of screen brings up a separate window; on mobile devices Chat may be located in the More menu with 3 dots). If you want to contribute to the conversation or ask a question aloud, wave your own hand or use the Reactions menu icon Raise Hand so the speaker can invite you to take a turn speaking.

Recordings

Recordings of presentations will be available to registered teachers after the conference for a limited time at no additional fee. Presentation recording will focus primarily on the presenters, not the attendees. Interactive sessions that are recorded may include the likeness of anyone speaking if their video camera is on. If you do not wish to have your likeness on the screen or recorded, you can turn off your video camera. For your comfort, most practices and small-group discussions will not be recorded.

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

Conference Co-Coordinator - Lisa Stroyan, Margery Erickson

Conference Registration Chairpersons - Jim and Lorel Maple

Opening Ceremony/T-shirts - Stephen Thompson

Publicity Chairperson - Judy Kistler-Robinson

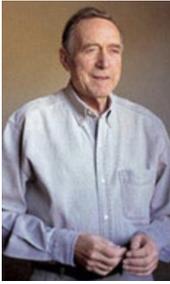
Programming Chairperson - Sky Young-Wick

Technology Chairperson - Barbara Thurber

Volunteer Organizer - Karin Hampton

Technical Consultant - Charlise Latour

Foundation Webmaster - Laurie Thomas



Justin's Insights

Merging Sense with Essence

The high plateaus do not produce the lotus flowers; it is the mire of the low swamplands. If you consider quietude right...it is just the time to apply effort by a million times.

~ Justin Stone, Vital Force September 1991

Reprinted with permission from The Vital Force

...T'ai Chi properly practised will draw one to "Union", though Union with what will depend on the preconditioning of the individual culture. Perhaps it is best to say that T'ai Chi will make one's body feel good, almost as though there had been an inner bath; it will bring a sense of well-being, much like the spiritual states described by mystics; and it will tranquilize the mind, tending to make it one-pointed in the same manner as deep meditation. It would not be far wrong to say that T'ai Chi is a "walking meditation."

~ Justin Stone, as a preface introduction to Professor Wen-shan Huang's book, Fundamentals of T'ai Chi Ch'uan in 1966. The commentary was paraphrased slightly to illustrate how it introduces Tai Chi Chih as well.

Chi Reflections

Tai Chi & Qigong

When you cultivate balance and harmony in yourself, or in the world - that is Tai Chi. When you work or play with the essence of energy of life, nature and the universe for healing, clarity and inner peace - that is Qigong.

~ Roger Tahnke O.M.D.

Experience Moment to Moment

Your form can only be what it is,

Too much self criticism separates you from what you are doing.

Just simply experience you practice moment to moment

__~ Ian Cameron Five Winds Edinburgh



T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant

2021 Events

**Dates To Be Announced (weekly, 6 sessions), 11 a.m. to 12:30 p.m. EDT,
Ongoing/TCC Refinements Course on Zoom** with Daniel Pienciak

Contact: [Daniel Pienciak](#) or call 732 988 5573

June 4 - 6, Friday 4:30 p.m. to Sunday 1 p.m. EDT

Seijaku Introduction or Review with Daniel Pienciak

Contact: [Daniel Pienciak](#) or call 732 988 5573

June 8, 15, 22, 29 & July 13, 20 (6 Tuesdays) 3:00-6:00pm EST T'ai Chi Chih

Online Teacher Prep via Zoom with April Leffler

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

SEE MORE EVENT DATES BELOW CONFERENCE ANNOUNCEMENT

June 24-27, 2021 Teacher Conference on Zoom

TEACHERS can register [Here](#) Deadline for Conference Registration: June 15, 2021. Conference cancellations will be fully refunded until June 15, 2021. Refunds after that date will incur a \$25 fee.

Registration before June 15, 2021 is **\$200.00 [Teachers Registration Form](#)**

Registration for teachers outside the US is **\$160.00 [Teachers Registration Form](#)**

Registration for teachers accredited after July 2019 is **\$160.00 [Teachers Registration Form](#)**

Teacher Scholarships up to **\$100.00** are still available up to **May 15**. Scholarship applications are confidential and are only viewable by the conference committee.

[Teacher Scholarship Form](#)

STUDENTS can register for Saturday June 25 sessions and practices for only \$35. Deadline June 15. [Student Registration Form](#)

June 19-21. Online Seijaku Teacher Accreditation with Pam Towne

June 10-11, Online TCC Teacher Accreditation with Pam Towne

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

July 22-25, Online TCC Intensive with Pam Towne

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

July 30 - August 8 (with Sunday Aug. 1, Tuesday Aug. 3, and Friday Aug. 6 off days to practice) Zoom Teacher Accreditation, with Daniel Pienciak

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

Sept. 23-26, TCC Retreat Online with Pam Towne

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

2022

Mar. 31-Apr.3 TCC Teacher Retreat with Sandy McAlister

Mission San Luis Rey Retreat Center, Oceanside, CA

Contact: [Email Pam Towne](#) 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.



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

MONDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

[Click here for ZOOM](#)

Daniel Pienciak, Start Date TBA 6 Mondays 11 am EST, Beginning TCC

Contact: [Daniel Pienciak](#) or call 732 988 5573

TUESDAYS

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST Through May 25, Skip June 1, Resume June 8

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC

Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

FRIDAYS

Margery Erickson For accredited teachers and serious students who are familiar with all the moves. This will be a silent practice. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)

Pam Towne Ongoing Intermediate TCC

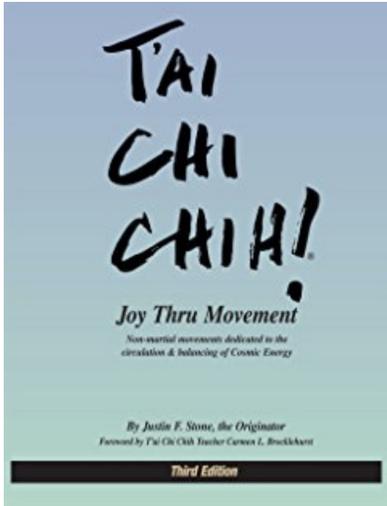
Fridays 10:30 - 11:45am PDT, \$20/month

Short teaching section, full practice, Jing &

Sitting in Silence 5 minutes or more.

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

Daniel Pienciak, Start Date TBA, 6 Fridays 11 am EST, Ongoing TCC
Contact: [Daniel Pienciak](#) or call 732 988 5573



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 [Justinstonecc.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](#)

joy thru



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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