

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's June 2020 T'ai Chi Chih Newsletter
Date: June 1, 2020 at 3:10 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Sandy McAlister's Message:

[Responding, Flowing, And Connecting In A New Way](#)

Walking the trail near my home my heart expands with lightness as my eyes follow the sky-blue flowers of the forget-me-not plants flowing down the hillside to puddle at the bottom of the ravine. Thank goodness our natural world follows the Tao and continues to respond with continuity giving us some sense of normalcy.

Reading the latest Vital Force Journal (received yesterday) and talking to teachers around the world (through Zoom sessions) lets me know that we are also following the Tao and going with the flow. Teachers and students are trying out Zoom sessions and, surprisingly, finding them as valuable as practicing together in person although in a different way. As we adjust to the change in our life situation, we find new ways to connect with friends and family, to play, to take care of ourselves, and to adjust. Stepping out of the norm is creating new ways of viewing and thinking and living. Creativity seems to be flowing.

Pam Towne successfully held the first (as far as I know) Zoom TCC Retreat a few weeks ago. Discussion of that success has led to considering other TCC events to be held on Zoom. Now that the ice has been broken who knows what will flow forth.

I encourage us to stay connected through our T'ai Chi Chih practice, knowing that when we practice, we are energetically connected. Let our love and joy flow to each other along those threads of energy and through the world.

(end of article)

Note to TCC Teachers:

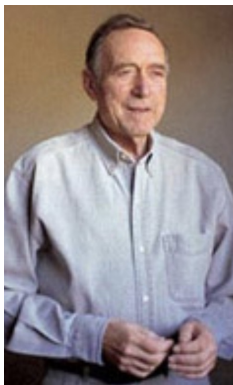
An opportunity has opened to attend a TCC Teacher's retreat via Zoom, July 2 - 5. See events below for info.

Note to TCC Community:

During this time many of us are shopping on Amazon. If you are not already signed

up for the amazon smile site please consider it. When you shop at smile.amazon.com, Amazon will donate 0.5% of your eligible purchases to the charitable organization of your choice. Tai Chi Chih Foundation is one of the listed charities, along with the Vital Force Journal. Should you have other charities you give to, you might consider changing yearly and spread your generosity. BTW, I'm not sure how Tai Chi Chih International Foundation came to be listed as, "student sororities, fraternities," but please disregard that.

~ T'ai Chi Chih Guide, Sandy McAlister



Justin Stone's individual movement instruction and 30- and 45-minute practices are now available to stream. That's almost 4 hours total! In response to the COVID-19 cancelation of classes around the world and requests by homebound practitioners, we may now conveniently move with Justin. Take him outdoors. Compare your movements to his; receive transmissions simply by being in his virtual presence.

Students visit justinstonetcc.com for a student discount of 25% off with promo code => [osmmigkm](#)

Teachers: Please email Kim Grant at kim@kimgrant.com for a separate promo code and link.

100% of your subscription allows Justinstonetcc.com to remain available online.

Justin's Insights

A GREAT FLOW OF ENERGY

"Pulling in the Energy" is simply "Around the Platter" upside down, with one important exception. The student visualizes great energy coming in to the finger tips (not the hands or full fingers) from the most distant star. This will greatly enhance the flow of energy. It is not necessary to explain about the different colored Pranas, etc. that the teacher has read about in the Teachers' Training Manual. This move has great power. One time the writer and a top student performed this movement for a considerable time, and both felt a great stimulus

in the heart, almost like a shock.

~ Justin Stone, T'AI CHI CHIH TEACHERS' TRAINING MANUAL® Page 57, Section 9

Closing Commentary

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Chi Reflections

The Witness

Do realize, that it is not you who moves from dream to dream,
but the dreams flow before you, and you are the immutable witness.

No happening affects your Real being— that is the absolute truth.

~ Sri Nisargadatta Maharaj

CHI!

Chi of Life

Breath within Breath

Flow within Flow

As Sea to Fish

As Sky to Bird

Surround Me

Ground Me

Life of Chi!

~ Alice Holden

Flowing Fluidly

In T'ai Chi, continuity means more than just movement. Besides the idea of not stopping our movement and extension, motion must also be smooth, void of abruptness, pauses, or stops. The Classics poetically refer to the continuous motion of T'ai Chi as reeling silk from a cocoon. To prevent the thread of silk from breaking, it must be drawn out continuously and in smooth fashion. Because most of us have never reeled silk from a cocoon, it may be easier to consider the waves of the ocean. The waves rise and fall fluidly, continuously and smoothly, each one flowing into the other and connected by the water's motions.

~ John Kotsias in "The Essential Movements of T'AI CHI"



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

MONDAYS

MONDAYS

Margery Erickson Open to all students who know all the moves and teachers. This is not a silent practice. There will be minimal comments and reminders throughout the practice. We will end with a brief reading.

3:30PM to 4:30PM EST TCC Practice

Meeting ID 880-9185-3484 Password TCC2020 Case Sensitive

<https://us02web.zoom.us/j/88091853484?>

[pwd=cmVGV2hBTy9TRHNEN01rU3Q3NEM3QT09](https://us02web.zoom.us/j/88091853484?pwd=cmVGV2hBTy9TRHNEN01rU3Q3NEM3QT09)

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome

9:30am MST Practice at 10am

Link info at:<https://taichichih.org/teacher/lisa-stroyan/>

Anita Vestal taught in English and Spanish

11:10 -11:50 am Costa Rica (1:10 ET)

<https://us04web.zoom.us/j/786%200976%207737>

Meeting ID: 786 0976 7737

Password: tcc20

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

<https://zoom.us/j/667787120?pwd=Z0svdnRJWdVnUFIFbjlXWTlYTHExZz09>

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

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

<https://zoom.us/j/529988701?pwd=VE5iRjh2L2JoVG4va24rNVQyVTNldz09>

TUESDAYS

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

3:30-4:30 pm EST June 9 - Aug. 4

Meeting ID: 894 4599 5747

Password: 519307

<https://us02web.zoom.us/j/89445995747?>

[pwd=V0txR2xhUWR6Yis0ZU9uNGxXQmNzUT09](https://us02web.zoom.us/j/89445995747?pwd=V0txR2xhUWR6Yis0ZU9uNGxXQmNzUT09)

WEDNESDAYS

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

<https://zoom.us/j/171422068?pwd=ZkVLQ25pVFNFRTRpE9GULJMS3ZJdz09>

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

<https://zoom.us/j/667787120?pwd=Z0svdnRJWDVnUFlFbjlXWTlYTHExZz09>

THURSDAYS

Anita Vestal taught in English and Spanish

9:10am Costa Rica (11:10 ET)

<https://us04web.zoom.us/j/746%290569%207582>

Meeting ID: 746 0569 7582

Password: tcc20

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

12:30-2 pm EST (12:30 EST)

Meeting ID: 526 878 693

Password: TC4V

<https://zoom.us/j/526878693?pwd=WE5xZ1NibmMyM2krY0ZDYVJwN255QT09>

Lisa Stroyan Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

Link info at:<https://taichichih.org/teacher/lisa-stroyan/>

FRIDAYS

Margery Erickson For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865 Password WEAVE Case Sensitive

<https://us02web.zoom.us/j/394729865?>

[pwd=T05RVlRzdFR1RlpwTDdWbXoydERrUT09](https://zoom.us/j/667787120?pwd=T05RVlRzdFR1RlpwTDdWbXoydERrUT09)

Janet Starr TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

<https://zoom.us/j/667787120?pwd=Z0svdnRJWdVnUFlFbjlXWTlYTHEzZz09>

SATURDAYS

Lisa Stroyan Free teacher/serious student practice (teacher leading will vary)

11 am MST/12 pm CST (1 pm EST)

Link info at:<https://taichichih.org/teacher/lisa-stroyan/>



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

COVID-19 MIGHT POSTPONE OR CANCEL EVENTS.

CHECK CONTACT PERSON FOR UPDATES

July 2-5, 2020, Santa Barbara, CA, TCC Teachers Retreat changed to a Teachers Virtual Retreat online via Zoom with Sandy McAlister (Rescheduled from March 19-22)

Contact: Pam Towne pamtowne@gmail.com 760-421-7589

July 17 - 19, 2020, St. John's, NL , Canada T'ai Chi Chih /Seijaku Weekend Workshops with Dan Pienciak

Contact: Sheila Leonard sheilaleonard@nf.sympatico.ca or 709-727-7863

July 18-20, 2020, Oceanside, CA, Seijaku Virtual Teacher Accreditation online via Zoom with Pam Towne

Contact: Pam Towne pamtowne@gmail.com 760-421-7589

August 20-24, TCC Virtual Intensive online via Zoom with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com 760-421-7589

Sept. 8-11, T'ai Chi Chih Retreat in Santa Barbara with Sandy McAlister (Rescheduled from March 24-27)

Contact: Pam Towne pamtowne@gmail.com 760-421-7589

September 13-17?Aston. PA with TBA "As things continue to be cancelled. the

latest 'plan' is for the Teacher Training to replace the scheduled September 13-17th Intensive in Aston"

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

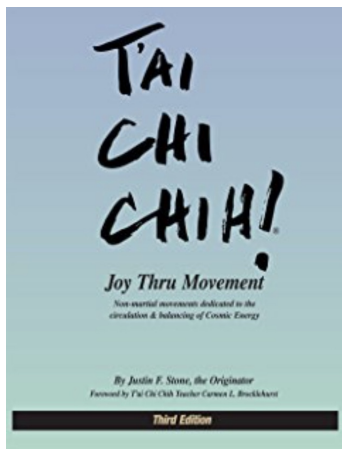
Sept. 22-25, T'ai Chi Chih Retreat in Santa Barbara with Pam Towne

Contact: Pam Towne pamtowne@gmail.com 760-421-7589

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 T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmigkm
Teachers: Please email [Kim Grant](#) for a separate promo code and link.

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: 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)

For 100 copies (priority mail) or 500 copies (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](#)

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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