

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's June 2024 T'ai Chi Chih Newsletter
Date: June 10, 2024 at 10:55 AM
To: Stephen Thompson stephen2816@mac.com



Like



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Mission Statement

Sandy McAlister's Message

Rocking Motion: A Lesson for Life

When someone is having trouble with their balance when doing Rocking Motion I look for two things. One, are the arms coming back too far, pulling them off balance. Two, and more often the case, after coming up on the balls of the feet do they allow their feet to come down completely flat on the ground, feeling that moment of solidness, and then allow the weight to slowly roll back into the heels. That moment of awareness can make all the difference in the world to a more balanced and smooth flow of movement.

It is the same concept in the front and back weight shift movements as in the movement Rocking Motion; that is of keeping the feet flat for a portion of the weight shift and awareness of such. For a portion of the front and back weight shift both feet are flat on the ground, remaining so briefly as the weight continues to shift, and only towards the end do we allow the heels or balls of the feet to come off the ground.

Those brief moments when both feet are completely flat on the ground lead to transition moments when we change directions. Having those brief moments of stability and rootedness allows the transitions to flow more smoothly.

The time when both feet are completely flat on the ground are transition points in the movement, either when we are changing directions or beginning to move the majority of weight into one leg. It can be a tool to help bring the attention down and present.

T'ai Chi Chih is teaching me to take a brief moment and feel my feet on the ground before responding. How long is a moment? Long enough to take a deep breath; long enough for my brain to take a trip to my feet, feel, and return; long enough to clamp my mouth shut, look into someone's eyes, and then respond. All that in a moment. This is in response to being with member of my family who has dementia. I am learning to deflect, redirect, and be kind. I must often take a moment and not respond with my first reaction. This is where TCC comes in. That moment of calm, when the feet are flat on the ground and the movement is flowing smoothly toward a transition is like when I am silent, feeling grounded, and my mind is flowing toward a response that is smooth and gentle. I am not always patient to think before I respond but like with TCC it takes practice to be smooth.

WITH TCC IT TAKES PRACTICE TO BE SMOOTH.

T'ai Chi Chih Guide, Sandy McAlister

PS I have heard from several teachers who are disappointed that they cannot attend conference this year for various reasons and would like some or all of the presentation to be recorded so they do not miss out on the valuable experience of our sharing. This is not in the budget for conference to hire a professional to do this but if there is someone in the community that has equipment and experience and would be willing to at least video some of the presentation please contact me: [Email Sandy Mcalister](mailto:Sandy.McAlister@tcc.org)

Second Saturday Practice & Discussion

Teachers: Second Saturday, June 8th.

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

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: Awareness of the feet being flat during the weight shifts.

Teacher Accreditations and Intensives

For those preparing for Teacher Accreditation in 2024: There are 2 Intensives (a prerequisite for the Accreditation course), one in CA and one in FL. One Teacher Accreditations will be held in-person in CO ... and one Seijaku Teacher Accreditation will be held on Zoom.

Intensives are \$300 and Teacher Accreditation are \$650.



2024 T'ai Chi Chih Teachers' Conference

July 25 - 28, 2024

Come to the 2024 T'ai Chi Chih Teachers' Conference in Albuquerque, NM!

The 2024 T'ai Chi Chih Teachers' Conference will be next month! If you are not already registered, please consider joining over 130 teachers to be in Albuquerque, July 25-28. Albuquerque was where the first T'ai Chi Chih course was given fifty years ago. Come honor the beginnings of

TCC.

We are grateful that so many teachers have taken advantage of the T'ai Chi Chih

International Foundation's Scholarship Fund to support their attendance. At last count there were only three remaining scholarships available. When this funding is expended, we'll use this year's conference auctions and raffle to replenish this important support resource for attendance at future Conferences.

Several volunteers are diligently working to make this first in-person Conference in five years a rewarding and worthwhile experience for new, and more experienced, teachers alike. We are all students, looking to share our collective experiences with the T'ai Chi Chih movements and deepen our understanding and relationships. If you have been on the fence, now is the time to make the decision to attend and make your travel plans! We would love to see you in Albuquerque!

Further information, including a "Look Who's Coming" list, is available on the [Main Conference Website](#).



Justin's Insights

Legs & Feet

Leg Action: After a while, a lower TCC is preferred. Emphasize (in the side step) that the heel (touches) first and feet remain on the ground, (legs) almost spreading apart. Also emphasize the importance of bending the knees particularly at the end of movement (in resting pose).

~ Justin Stone, *Vital Force* December 1994

Reprinted with permission from *The Vital Force*

Chi Reflections

Exchange

To ground is to pour your energies back into the earth and feel the warm calm of nature entering your body in exchange.

~ Anonymous

Reciprocity

The Earth heals us through our feet. We heal others through our hands.

~ Anonymous

Priorities

A lot of people are obsessed with ascending, but have not yet mastered grounding. Look within, not without!

~ @KhaultiSyahi & Nojoto

Surrender

I touch and surrender myself to the Earth. I become one with my true nature allowing it to emerge. From these roots, I shall grow.

~ Anonymous



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

June 17-21, 2024 TCC Intensive with Pam Towne

Prince of Peace Abbey, Oceanside, CA

Contact: [Email Marie Dotts](mailto:Marie.Dotts@tcc.org) or call 970-412-9955

June 27, 2024 Seated TCC Workshop on Zoom with Pam Towne

9AM - 12 NOON Pacific time, Learn how to practice or teach TCC Seated.

Experience the power of this modified TCC practice! \$40

Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.org) or call 760-421-7589

July 6, 2024 Seated TCC Workshop on Zoom with Pam Towne

9AM - 12 NOON Pacific time, Learn how to practice or teach TCC Seated.

Experience the power of this modified TCC practice! \$40

Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.org) or call 760-421-7589

July 25, 4pm - July 28 noon 2024 Teacher Conference

Marriott Pyramid in Albuquerque NM

All Conference information is available on the [Main T'aiChiChih.org website](http://MainT'aiChiChih.org)

Contact: [Email Guy Kent](mailto:Guy.Kent@tcc.org) or call (505) 515-8546

October 25, starts 6pm - October 29 ending at noon, 2024 Intensive with April Leffler

Cedarkirk Camp & Conference Center, Lithia FL

Contact: [Email Anita Vestal](mailto:Anita.Vestal@tcc.org) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation

with Sandy McAlister

Franciscan Retreat Center, Colorado Springs, CO

Contact: [Email Marie Dotts](#) or call 970-412-9955

Autumn 2024 Seijaku Teacher Accreditation with Pam Towne

On Zoom

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.



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

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

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.

Contact: [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](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Daniel Pienciak Seijaku Guided Practice on Zoom on 6 Tuesdays, 1 to 2:30 p.m. ET 4/2, 4/16, 4/30, 5/21, 6/4/, 6/18. Seijaku instruction and practice, including several of Justin Stone's guided meditations. Contact Daniel for details/zoom information/cost.

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

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. ET, 4/9, 4/23, 5/14, 5/28, 4/11, 4/25. TCC guided practice with teaching. Contact Daniel for zoom information and cost.

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

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and Seijaku Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

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 10:30 - 12pm PDT, \$40/month or \$100 for 3 months
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.

Contact: [Email Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Meeting ID: 816 0880 2694

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Richard P Karasik T'ai Chi Chih Class + Full Practice on Zoom

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. This is an ongoing practice - start any time.

Contact: [Email Email Richard](#) for handouts, and class updates.

[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](#)

Thursday starting August 22nd, 2024

Lorraine Lepine Seijaku 6-class series starting August 22nd till September 26, 2024, from 4pm till 6:30pm (Central Time)

This is an introduction to Seijaku Zoom class.

Contact: [Email Lorraine Lepine](#) for information, Zoom link and registration

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels

Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. [Click here to get the Zoom link and pay.](#)

Drop-in suggested donation \$10-\$15. First class is free.

Contact: [Email Linda Prosche](#) or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC

Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months

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](#). If you don't have a Facebook account, then you will need to [Join Facebook](#) first.

Contact: [Email Linda Jones](#)

SUNDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

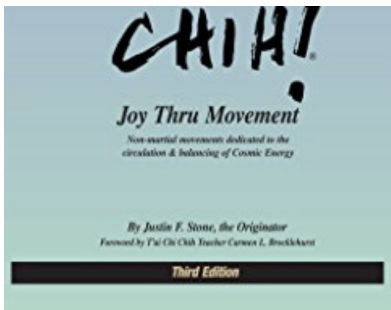
Sunday 9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time)

[Click here for ZOOM](#)



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](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD [Email Sandy McAlister](#)

Zoom Lessons with Pam: [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 Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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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