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**Subject:** Sandy's March 2016 NewsletteR  
**Date:** August 3, 2019 at 5:56 PM  
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### Sandy's Message

**Share our T'ai Chi Chih practice with the World, 10a.m. April 30, 2016**

*What a joy it is to share T'ai Chi Chih with other people and also to hear them express gratitude for the practice that has been instrumental in bringing about a change in their life. As practitioners we all experience some benefit or most likely we would not continue working with the form.*

*On Saturday, April 30th at 10am we have the opportunity to share our practice with the world in an energetic way. What started out as, World T'ai Chi Qigong Day, has transformed into World Healing Day. On the last Saturday of April practitioners of Tai Chi, Qigong, Yoga, Meditation, Prayer, Sacred dance, Chanting and other such practices gather in groups or individually in a spirit of unity to create a vibration of peace and compassion around the world, to surround the world with a flowing web of positive energy.*

*I would like to encourage everyone who practices T'ai Chi Chih to set aside 10 am on April 30th and enter into the Cosmic Rhythm, as Justin might call it, by doing T'ai Chi Chih. Provide an opportunity for T'ai Chi Chih to take its place alongside other beneficial practices and lend its power to benefit the world and mankind.*

*\*For a more in depth perspective read the Feb. 2016 VFJ Article, which should be arriving in your mail box any day now.*

*~Sandy McAlister in Hayward, California*

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## Community Updates

### August 11-14, The 2016 Teacher's Conference - University of WA, Seattle WA

Conference this year will be held on the campus of the University of Washington which is located on Lake Washington in Seattle. August is a beautiful month in Washington. Our sleeping rooms (each with private bathroom) and moving space are in one building and the dining space is in the building next door, so we will have many opportunities to walk outside.

### August 14-16, Post Conference Seijaku Accreditation and Seijaku Workshop - University of WA, Seattle WA

**CLICK HERE** for more information about the 2016 T'ai Chi Chih Teachers Conference and for registration forms, room & meals, scholarships, vendor application form, info on post-conference Seijaku Teacher Accreditation and Seijaku Basic Course, and the University of Washington's website.



The 2016 T'ai Chi Chih Teachers Conference - University of WA campus, Seattle WA

## Justin's Insights

### Going beyond technique

*"The fencer, the swordsman whose life depends on instantaneous reaction far more rapid than mental response – intuitive sensing, if you will – and the jazz pianist, who has no time to think as he improvises, all cultivate something far beyond necessary technique. It is not enough to be a mere technician, no matter how skilled. When one goes beyond technique, it is Myo, the great mystery. It is the reason enlightened Zen men tend to be artists, poets, etc., all on a spontaneous basis, the manifestation of enlightenment.*

*"When I tell T'ai Chi Chih teachers to 'Sink into the Essence,' this is what I'm referring to – let T'ai Chi Chih do T'ai Chi Chih."*

~ Justin Stone. VFJ June 1991

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**The Vital Force Archives:** [click here](#)

## Chi Reflections

### Being bound is a delusion

*We must always bear in mind that we are not going to be free, but are free already. Every idea that we are bound is a delusion.*

~Swami Vivekananda

### Water

*Muddy water, let stand, becomes clear.*

~Lao-tzu

### Surrender

*When we meet life undefended, even for a moment, we discover that we have no enemy but fear itself.*

*In surrender, we choose to let our hearts break a thousand times instead of living our life trapped in fear.*

*Each time we are willing to stay open and broken, the hard shields of defense soften and expand*

*a little bit more.*  
~Chameli Ardagh

## Events lead by the T'ai Chi Chih Guide and Teacher Trainers

### 2016

**March 4-6 NJ Shore TCC Workshop** with Dan Pienciak  
Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**March 13, Oakland, CA, Teachers Workshop** with Dan Pienciak  
Contact: Nina Gibson [ngibson11@comcast.net](mailto:ngibson11@comcast.net) 510-525-6116

**March 10-13 Santa Barbara Teacher's Retreat** with Sandy  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**March 15-18 Santa Barbara Teacher and Student Retreat** with Sandy  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Apr. 10-13 Aston, PA Teacher Symposium** with Sandy  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**May 4-7 Prescott, AZ TCC Retreat** with Pam  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 7-9 Prescott, AZ, Seijaku Intro Retreat** with Pam  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 12 - 15, Rochester, MN Teachers Retreat** with Pam  
Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com) (<mailto:bonnietaichi@q.com>)

**May 13 - 15 NJ Shore TCC Teachers Retreat** with Daniel Pienciak  
Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**May 14 Rochester, MN Student Retreat Day** with Pam  
Contact: Bonnie Sokolov [bonnietaichi@q.com](mailto:bonnietaichi@q.com) (<mailto:bonnietaichi@q.com>)

**May 27- 29 Mendham, NJ Seijaku Teacher Training** with Pam  
Contact: Bill Moore [tccwithbill@yahoo.com](mailto:tccwithbill@yahoo.com) or 862-668-5753

**May 29-June 4 Aston, PA TEACHER ACCREDITATION** with Pam  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**May 29-June 4 Aston, PA TEACHER ACCREDITATION** with Pam  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**June 19-25 Colorado TEACHER ACCREDITATION** Daniel  
Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

### Aug. 11-14 2016 TEACHERS CONFERENCE Seattle, WA

Contact: TBA

### Aug. 14-16 Seattle, WA Seijaku Accreditation with Pam

Contact: Dan Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

### Aug. 14-16 Post-Conference Seijaku Workshop Seattle, WA

Contact: TBA

**Sept 16 -18 NJ Shore Seijaku/Meditation ("Turiya")** with Daniel Pienciak  
Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Oct. 4-7 Santa Barbara, CA TCC Retreat** with Pam  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct 9-13 Aston, PA INTENSIVE** with Daniel  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Oct. 16-19 Aston, PA Prajna Retreat** with Sandy  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

Contact: Pam Lerner [lpalner@tcci.com](mailto:lpalner@tcci.com)

**Oct. 21-24 Near Orlando, FL TCC Silent Retreat** with Pam

Contact: Anita Vestal [vestala7@gmail.com](mailto:vestala7@gmail.com) or Susan Quinn [rsusanquinn@gmail.com](mailto:rsusanquinn@gmail.com)

**Nov 4 - 6 NJ Shore TCC Retreat** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Nov. 17-19 Albuquerque, NM Seijaku Accreditation** with Pam

Contact: Robert Montes de Oca [r\\_montes7769@msn.com](mailto:r_montes7769@msn.com)

### More T'ai Chi Chih Events

Click here for additional events including those lead 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 DVDs/Videos, Books, CDs/Audios:** [click here](#)

**Sandy McAlister's Seated T'ai Chi Chih DVD:** [click here](#)

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

**Skype Lessons with Pam:** [click here](#)

**Seijaku Booklet:**

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

*Make checks payable to: T'ai Chi Chih International Foundation*

*Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123*

**Web Resources:**

**Official website:** [click here](#)

**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 Community:** [click here](#)

**T'ai Chi Chih International Foundation:**

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 517, Midland Park, NJ, 07432

**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 newsletter:** [click here](#)

**The Vital Force Archives:** [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- [Sign-Up link](#): [click here](#)

T'ai Chi Chih Guides' Archived newsletters: [click here](#)

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### 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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