

From: **Stephen Thompson** newsletter@TCCcommunity.net
Subject: Sandy's March 2019 T'ai Chi Chih Newsletter
Date: March 1, 2019 at 3:09 AM
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Mission Statement

Sandy's Message:

How T'ai Chi Chih Benefits Everyday Life

We are all aware of the many studies showing the numerous ways practicing Tai Chi has a beneficial impact on the body. But what about its practical uses in our everyday lives?

Often new students ask how my T'ai Chi Chih has helped me, what benefits I have received from doing the practice. I like to move the discussion into a practical direction. I mention that we can do just a few minutes of practice to achieve an immediate goal.

Doing a few minutes of T'ai Chi Chih before a physical event – such as playing golf, running, working out at the gym – can warm up the body and get all parts of the body talking to each other, working in harmony.

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These are just a few practical examples of how T'ai Chi Chih helps our day go smoother. Doing a full practice is the best way to receive the optimum benefit but sometimes even a few minutes of three or four moves can shift our attitude, energy, and awareness.

Another way the practice affects our everyday life is that we become more aware of our posture throughout the day, not just during our practice. My personal story that I tell my students is how awareness of having soft, spongy knees, (my favorite new description to use in class), helped me a couple times while hiking. Once when I had to cross a river by walking on a fallen tree, I found myself stiffening up with fear. But I thought, "tai chi posture" and I felt my body soften, my knees become flexible, and I was able to keep my balance as I walked across. The same thing happened another time while crossing a hillside of scree (a bunch of small loose stones that covered the slope), I thought "tai chi posture" and began moving from the tan tien with soft knees and managed to keep from sliding down the hill.

Ask yourself and ask your students how they have noticed their T'ai Chi Chih practice affected them in a practical way during the course of their everyday lives. You may be surprised what your students tell you.

As teachers and students, it is important to acknowledge how our practice has impacted our lives lest we forget and take it for granted.

T'ai Chi Chih Guide, Sandy McAlister



RETURN TO THE CIRCLE

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2019 Teacher Conference Update

June 27-30, 2019 Minneapolis Marriott Southwest

As I do my daily practice, I sometimes think about how isolated I feel as a T'ai Chi Chih practitioner. Sure, I teach. I'm around other T'ai Chi Chih enthusiasts. I'm not alone. But as a teacher, I monitor the progress of my students with little thought given to my own continuing development. Wouldn't it be great to join other teachers and enjoy a practice where the energy circulates, flowing from one person to the next, uninterrupted by peering around and checking for movement refinements. Or experience a practice without considering how to phrase a correction so that it's truly helpful.

Ding, ding, ding! We have the perfect opportunity for you to join others in truly mindful and flowing T'ai Chi Chih practices! The annual conference provides several opportunities to engage in group sessions where you may wander into the mysteries of meditation, feel the flow of good will from your fellow teachers, lose yourself...or find yourself amid a palpable serenity and joy. Experience oneness among many, but never feel isolated.

My takeaway from the last conference in Philadelphia was that each practice was unique, revealing new discoveries for me. And each practice built on the momentum from the last. As we concluded the final practice and it was time to say good-bye to

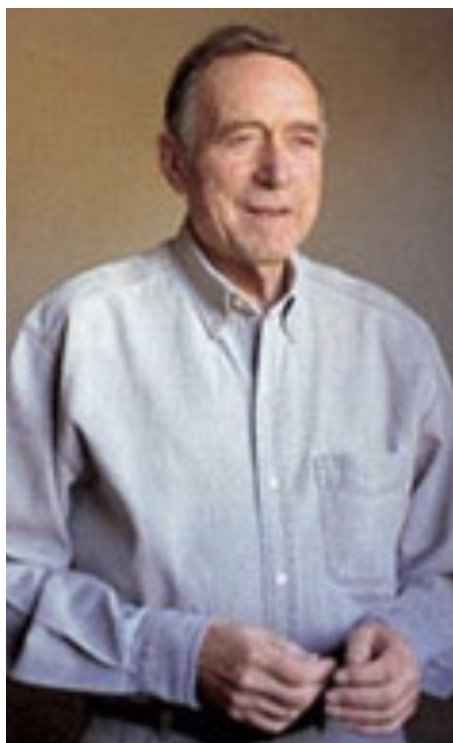
from the last. As we concluded the final practice and it was time to say good-bye to my new T'ai Chi Chih mates, I was awash in a sense of completeness, of wholeness, of peace. It carried me through many months of practicing on my own.

Though June is still four months away, I am looking forward with anticipation to our next conference in Minnesota. I hope you will join us. We may always thrive in the benefits of our own practice, but it is in community where we feel the power of connectedness to one another and to T'ai Chi Chih.

~ Linda Zelig, Co-Coordinator with Laurie Jacobi

2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

Click here to register online . . . OR . . . Click here to register by mail



Justin's Insights

Burning Karmic Seeds

As one practices T'ai Chi Chih, the quality of the Chi definitely changes. So many say, "I really can't remember what I was like before T'ai Chi Chih." As the Chi is circulated and balanced, habit energies tend to fade and one no longer feels compelled to follow dubious paths of action. One now feels more in control of (and responsible for) his or her actions. This is "burning the Karmic seeds." It is the best reason I know to practice T'ai Chi Chih, aside from the joyful feeling such practice brings. The serenity and better health are the results of this balancing and circulation. And it is so easy to accomplish! ~ Justin Stone

Vital Force November 2007

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Chi Reflections

Harmony Outside Ourselves as Within

harmony — Outside Ourselves as within

In “The Essence of T'ai Chi Chih” Justin has said, “Tai Chi Chih becomes a Way of Life that effects changes in our everyday existence as we circulate and balance the vital force throughout the total system. Spiritual, mental, physical, and psychological changes subtly begin to take place.” Justin continues: “As these changes occur we get in touch with ourselves and the world we see begins to change.” One of the changes a regular practitioner of T'ai Chi Chih may notice is a beginning of a kind of harmony in one's outer life, the face we show the world, so to speak, as a reflection of what is going on inside.

Awaken

We gain our freedom when we realize our most true nature.

~ Rabindranath Tagore

Acceptance

Flow with whatever may happen and let your mind be free.

Stay centered by accepting whatever you are doing.

This is the ultimate.

~ Chuang Tzu



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with Daniel Pienciak

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

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 21 - June 6, 2019, Astor, WA TCC Teacher Accreditation with Sandy McAlister

May 31-June 6, 2019 Aston, PA TCC Teacher Accreditation with Sandy McAlister
Contact: April Leffler lirpaleff@rcn.com

June 14-16, 2019 NJ Shore TCC Retreat with Daniel Pienciak
Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

June 27-30, 2019 Teacher Conference, Minnetonka, MN.

Contact Co-Hosts:

Laurie Jacobi LaurieJacobi@msn.com

Linda Zelig lmzelig@comcast.net

June 30-July 2, 2019 Post Conference Seijaku, Minnetonka, MN.

Contact: Bonnie Sokolov [bonnietaichi5@gmail.com]

(mailto:bonnietaichi5@gmail.com or 507-250-3360

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 call at 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 call at 610-809-7523 (C)

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

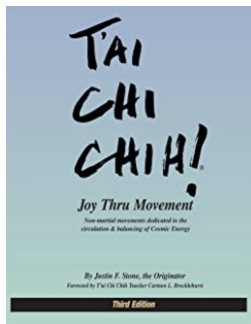
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

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

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:

\$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:

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.