

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's March 2022 T'ai Chi Chih Newsletter  
**Date:** March 1, 2022 at 3:02 AM  
**To:** stephen2816@comcast.net



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## Sandy McAlister's Message

### [Beginning With Wholeness](#)

*Standing with eyes lowered, I feel my body softening, letting go, sinking downward. It takes a bit but my mind gradually stays present. As I pay attention to my breathing, then irritation, anger, agitation, malaise or any other emotion calms or fades. I have brought all aspects of my being into Unity. We, all of me, are ready to practice TCC.*

*I do not always take time to prepare myself for my TCC practice but when I do I notice I start slower and feel more right from the beginning rather than working my way into my practice. And it is easier for all of me to stay present and in harmony with the practice. More than just physically and mentally being present, I am psychically, spiritually, energetically, whatever you want to label it, present and open.*

*I am bringing all that I am into Unity. All that I am is flowing toward harmony. I am aware of my wholeness. The essence of my now present state of being is fully engaged. Use one of these phrases or develop one for yourself, a phrase that works for you to be used as you prepare for your practice, a phrase that connects all aspects of your being. Take a few minutes before moving to become whole in the present without the mind clinging to a past or future thought, without the emotions attached to a past experience.*

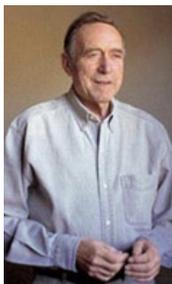
*Feel the expansiveness of Unity when all that you are is in harmony and flowing in that great expanse of chi.*

*- T'ai Chi Chih Guide, Sandy McAlister*

### [Our Second Saturday Teacher Practice and Monthly Discussion](#)

Saturday, March 12 teachers will gather for our monthly Zoom practice followed by an open discussion. After each monthly practice we'll have an open discussion with the community on a particular topic. This month's discussion will focus on how we introduce Justin and the history of TCC to our students. **Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern,**

[Note: Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page.]



## Justin's Insights

### Attitude

Attitude: Never do T'ai Chi Chih carelessly at any time. It is worth doing fully.

~Justin Stone, Vital Force December 1994

## Chi Reflections

### Be Present

I have realized the past and  
the future are real illusions,  
they exist only in the present,  
which is what there is  
and all that there is.

-Alan Watts

### Harmony Between The Internal And The External

Practicing Tai Chi Chuan focus is on the mind and consciousness. So they say: "The Spirit (Consciousness) is the master and the body is subordinate." If we can raise the Spirit with a clear mind, then the movements will naturally be smooth and graceful. The positions do not go beyond full and empty, opening and closing. What is called open means not only the hands and feet are open, but the mind is also open. What we mean by closing, it is also not limited to the hands or feet, but we must also have the mind closing idea. When the inner and outer are unified as a Chi, there is no interruption anywhere. When we can make the inside and the outside become one coordination is complete and perfection is reached.

~Tai chi Master Yang Cheng-fu

### Everyone Wants The Same Things

Spend five minutes at the beginning of each day remembering we all want the same things (to be happy and be loved) and we are all connected to one another

-Dalai Lama



**CULTIVATING WISDOM**  
T'ai Chi Chih® International  
Teachers' Conference 2022

## Virtually on Zoom

**Cultivating Wisdom is our theme for 2022**, as we come together to share our Chi in a virtual conference. Conference sessions will begin July 22, Friday evening (the time depends on your time zone) and will continue all day Saturday and Sunday, July 23-24.

The theme was inspired by our wish to help teachers discover an expanded appreciation of TCC and how it relates to our inner growth and the growth of our students. It encompasses both the energetic vibration of the practice as well as the deeper wisdom to be gained through the practice.

**TEACHERS** are encouraged to reflect on how they cultivate wisdom to pass on to their students. Teachers inspired by this theme may submit a proposal to present by completing the [Presentation Proposal Form](#). Presentation Proposals are due no later than March 18, 2022.

**CONFERENCE REGISTRATION will open after March 1.** The cost to attend the virtual conference is a **suggested donation of \$100.**

However, enter any amount you can afford. If you can afford more and want to help other teachers, enter a larger amount.

**International Teachers:** World Ambassadors (teachers with an international address and living outside of the USA) are invited to register at no cost.

The link to register will be on the [2022 Conference page](#), on the [TCC International Foundation page](#) and on the Teacher Circle group on Facebook, as well as in future Guide newsletters.

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

**Conference Co-Coordinators** - Anita Vestal, Eliza Fulton

**Conference Registrars** - Jim and Lorel Maple

**Communications** - Judy Kistler-Robinson

**Programming** - Judy Chancey and Sky Young-Wick

**Volunteer Coordinator** - Linda Jones





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

### MONDAYS

**Lisa Stroyan** new Zoom series, "TCC From the Ground Up", beginners and guests welcome, charitable donation optional.

10am MST (9 PST, 12 EST) Practice class with discussion following.

[Click here for ZOOM](#)

**Jessica Lewis** T'ai 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. 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](#)

**Daniel Pienciak** Seijaku on Zoom on alternating 6 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/5, 4/26, 5/10, 5/24, 6/14, 6/28.

Seijaku guided practice with meditation. Contact Daniel for details/zoom information/cost.

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

**Daniel Pienciak** T'ai Chi Chih on Zoom on alternating 5 Tuesdays, 1 p.m- 2:30 p.m. EST, 4/12, 5/3, 5/17, 6/7, 6/21.

TCC guided practice with teaching. Contact Daniel for zoom information and cost.

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

### WEDNESDAYS

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

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

**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](#)

**Jessica Lewis T'ai 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. Email [Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

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

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.

[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](#)

## FRIDAYS

**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

**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.

## SUNDAYS

## **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](#)



## **T'AI CHI CHIH EVENTS LED BY THE GUIDE, TEACHER TRAINERS 2022**

**March March 4,5,6,12 & 13, 2022 T'ai Chi Chih Intensive Online** with April Leffler  
Contact: [Email Lisa Stroyan](#) or call/text 970-481-9733

**March 10 to 13, 2022 Seijaku Meditation Retreat Online** with Daniel Pienciak  
Thursday 3:30 p.m. to Sunday 1:30 p.m. E.S.T.  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**March 11, 18 & 25: Seijaku Meditation Course Online** with Daniel Pienciak on Fridays 10:30 a.m. to 1 p.m. E.T.  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**Apr. 7-10, 2022 TCC Teacher Retreat** on Zoom with Sandy McAlister  
Contact: [Email Pam Towne](#) or call 760-421-7589

**Apr 22 - 24, 2022 Friday 1 p.m. to Sunday, 1 p.m. EDT**  
**Earth Day T'ai Chi Chih & Seijaku Retreat** on Zoom with Daniel Pienciak  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**May 5-8, 2022 TCC Retreat** on Zoom with Pam Towne  
Contact: [Email Pam Towne](#) or call 760-421-7589

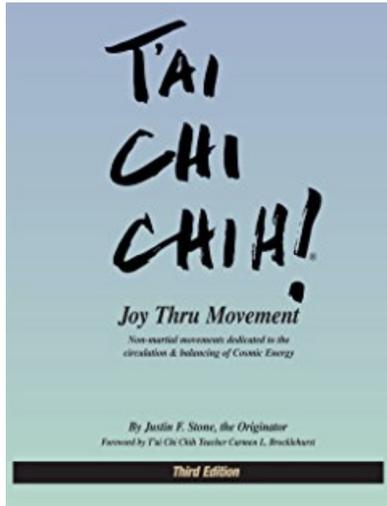
**June 9 - 12, 2022 Seijaku Meditation Retreat Online** with Daniel Pienciak  
Thursday 3:30 p.m. to Sunday 1:30 p.m. E.D.T.  
Contact: [Email Daniel Pienciak](#) or call 732-988-5573

**July 29, 30, 31, Aug 2, 5, 6, 7 Teacher Accreditation online (Zoom)** with Daniel Pienciak  
Contact: [Email Steve Stevens](#) or (828) 776-9489 cell or (828) 252-9489 home

**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

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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](http://Justinstonetcc.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](#)

Zoom Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](mailto:PamTowne@tcc.com) 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](#)

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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.*

**T'ai Chi Chih is a federally registered trademark of Kim Grant.**

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