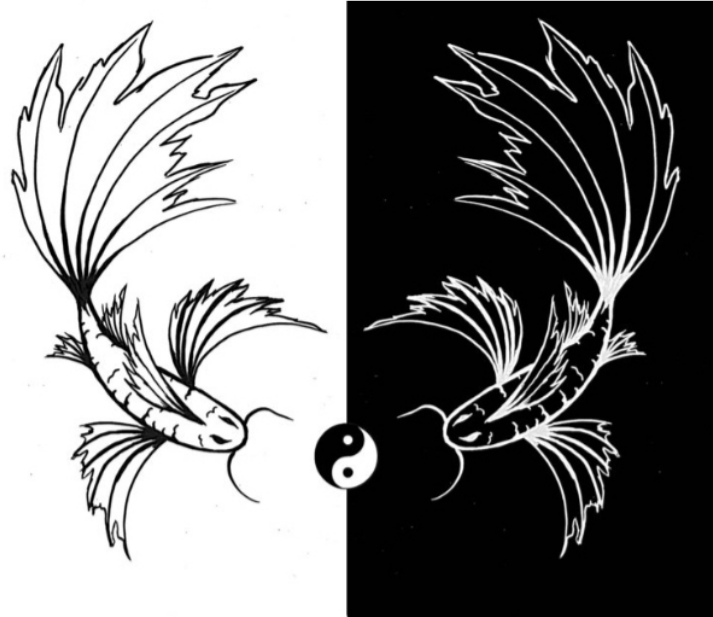


**From:** Stephen Thompson stephen2816@mac.com  
**Subject:** Sandy's Oct. 2018 T'ai Chi Chih Newsletter  
**Date:** August 3, 2019 at 5:54 PM  
**To:** Stephen Thompson stephen2816@comcast.net



Like +1



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### Sandy's Message:

#### Polarity

*In T'ai Chi Chih we have principles which help guide us in the discernment of how a movement is done. One of those principles is polarity. In T'ai Chi Chih we define polarity as the time when the palms of our hands face each other. This helps facilitate the circulation and balancing of the energy. As with electricity and magnetism we cannot see the energy and force that lights up the light bulb or draws two metals together, yet we see the results. Polarity is a force we cannot see but often can be felt as various sensations pulsing between the palms during T'ai Chi Chih practice. But, if one does not feel it that does not mean that nothing is happening. Remember how powerful electricity is and that we cannot see it, but we surely can feel the realness of it if we touch a live wire.*

*A fun way to explore polarity is: First, decide which movements have polarity: Second, investigate those movements for the shape, placement, and feel of the polarity.*

*Here are just a few points to consider:*

- *Around the Platter Variation: How long do you hold the polarity, are you letting it go too soon?*

- *Bass Drum: Are you letting go of the polarity the bottom of the circle?*
- *Daughter on the Mountain Top: When does the polarity begin?*
- *All Taffies: Are you aware of the moment each time the palms pass each other?*
- *Working the Pulley and Passing Clouds: Is there polarity in these movements?*

*If questions come up as you explore, ask another practitioner for their input, or see what Justin might have to say on his DVD or in the Photo Text. Justin often said never go on automatic with our practice. Exploring, questioning, and refining our practice keeps it fresh, alive, and vibrant. Enjoy the journey!*

*T'ai Chi Chih Guide, Sandy McAlister*

**PS Good Karma Publishing which as been offering Justin's works of books, DVD's, and CD's is dissolving as a company. ALL the materials in stock at this time are on sale ONLY in October ONLY to teachers at a 60% discount. After that they will not be available. If you want any hard copies for you or your students or future students October is the time to buy them.**

**Plans are for all of Justin's materials to be put up on the internet for free within the next coming months.**

**To order call 1-888-540-7459.**



## RETURN TO THE CIRCLE

20  
19

REMEMBER BEING ENCIRCLED IN CHI IN 2013?

THE MINNESOTA COMMUNITY WELCOMES YOU TO  
RETURN TO THE CIRCLE FOR THE  
2019 T'AI CHI CHIH® TEACHERS' CONFERENCE

JUNE 27 - 30, 2019

MINNEAPOLIS MARRIOTT SOUTHWEST HOTEL  
5801 OPUS PARKWAY  
MINNETONKA, MINNESOTA 55343

QUESTIONS: CONTACT CO-CHAIRS: LAURIE JACOBI AND LINDA ZELIG  
LAURIEJACOBI@MSN.COM AND LMZELIG@COMCAST.NET

**Editor's note: Please be aware of an important change of dates. The 2019 Conference & Post Conference Seijaku dates were moved to one week later than were announced at the 2018 Teacher Conference and as originally listed in the Vital Force.**

### 2019 Teacher Conference News

Welcome back to Minnesota! The 2019 International T'ai Chi Chih Teachers Conference returns to the land of loons, lakes, and lutefisk on **June 27-30, 2019** to celebrate a Return to the Circle. The conference site is Marriott Southwest, located in a serene and beautiful area just minutes from the Minneapolis/St. Paul airport. Laurie Jacobi and Linda Zelig, co-coordinators, have gathered a talented and

experienced team to assist them in preparing and running the event. We are dedicated to carrying the LOVE from Philadelphia to the CIRCLE of chi in the Twin Cities. Please mark your calendars now. Registration opens in November.



## Justin's Insights

### TEACHING TIPS FOR TEACHERS

The second so-called "preliminary" movement is "**Bird Flaps Its Wings**," usually a favorite with new students. The hands flap out rapidly, but they come together, with the palms facing each other, slowly — the polarity of the two hands approaching each other is important. The teacher should watch carefully to see that, in moving the hands to the side, the knees not only bend but bend quite a bit to the side. If the student fudges on the movement, and the knees scarcely go out to the side, the student will not get the full benefit of the movement. Practically all students can bend the knees outward, in varying degrees. Of course, the teacher must never ask a student to do more than he or she can comfortably do, particularly if the student is overweight or well along in years. T'ai Chi Chih is "Joy Thru Movement," and the student must never be asked to strain or attempt more than he or she can do comfortably.

"**Daughter in the Valley**" begins "high" because we are going "low." Some students mistakenly bring their hands up the side, waiting almost to the top of the arc to bring them together. This negates the important polarity of the two hands rising close together, the palms facing each other. This latter way is correct. Many students begin to move their weight back, toward the rear leg, before the two hands reach the top of the arc. Actually, the weight continues shifting forward until the top of the arc is reached; then, as the hands swing out to the side, the weight begins to settle back. Teachers should watch to see that the weight does not begin to switch back until the hands swing out to the side, and the teachers might well check their own form to see if they are doing it properly.

Source:

TEACHING TIPS FOR TEACHERS

(Also Valuable For Students)

by Justin Stone

© Justin Stone 1996

© Good Karma Publishing 2009

To download older issues of The Vital Force for free [CLICK HERE](#)

## Chi Reflections

### Wu Chi gave rise to Tai Chi

*The Taoists explained that before the universe came into existence, everything (nothing?) was in a state of "wu chi." Once you understand the concept of "wu chi" you will instantly have a deeper understanding of what "tai chi" means. "Wu chi" 無極 means "no polarity." In essence, it is the nameless, incomprehensible state of void or nothingness. If there is nothing, then no differentiation can exist. It's somewhat the non-existence of nothingness... space... void... When there was a "change" in the state of wu chi, then there was a differentiation – the original wu chi part, and, the changing part. That state of differentiation is a phase called "tai chi." It literally means "great polarity." The opposite poles on of this polarity are referred to as yin and yang. Just like plus and minus, each opposite exists because of the existence of the other. The Taoists say that the yin and yang (born from the state of tai chi) give rise to all things and processes in the universe.*

NOTE: A grave error occurs when people say "tai chi" means the "great chi," in which people mistake the homonym "chi" to mean the same as "chi" (or "qi") 氣 which means the "life force energy." That word may sound similar, but it is an entirely different word in Chinese!

~Master Jou Tsung Hwa



## T'ai Chi Chih Events

### Led by the Guide and Teacher Trainers

### 2018 Events

**October 4-8, 2018, Aston, PA TCC Intensive** with Daniel Pienciak  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Oct 24-28, 2018, Colorado Springs, CO TCC Intensive** Sandy McAlister  
Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation** with Pam Towne  
Contact: Molly Grady [mmlwov@aol.com](mailto:mmlwov@aol.com)

## 2019 Events

**Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat** with Sandy McAlister  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation)** with Daniel Pienciak  
Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com) or 970-412-9955

**May 9-12, 2019, Prescott, AZ TCC Retreat** with Pam Towne  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 31-June 6, Aston, PA TCC Teacher Accreditation** with Sandy McAlister  
Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

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

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

**July 3-7, 2019, Santa Barbara, CA TCC Intensive** with Daniel Pienciak  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat** with Pam Towne  
Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

*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 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 or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)  
Inquires: [pamtowne@gmail.com](mailto: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 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 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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