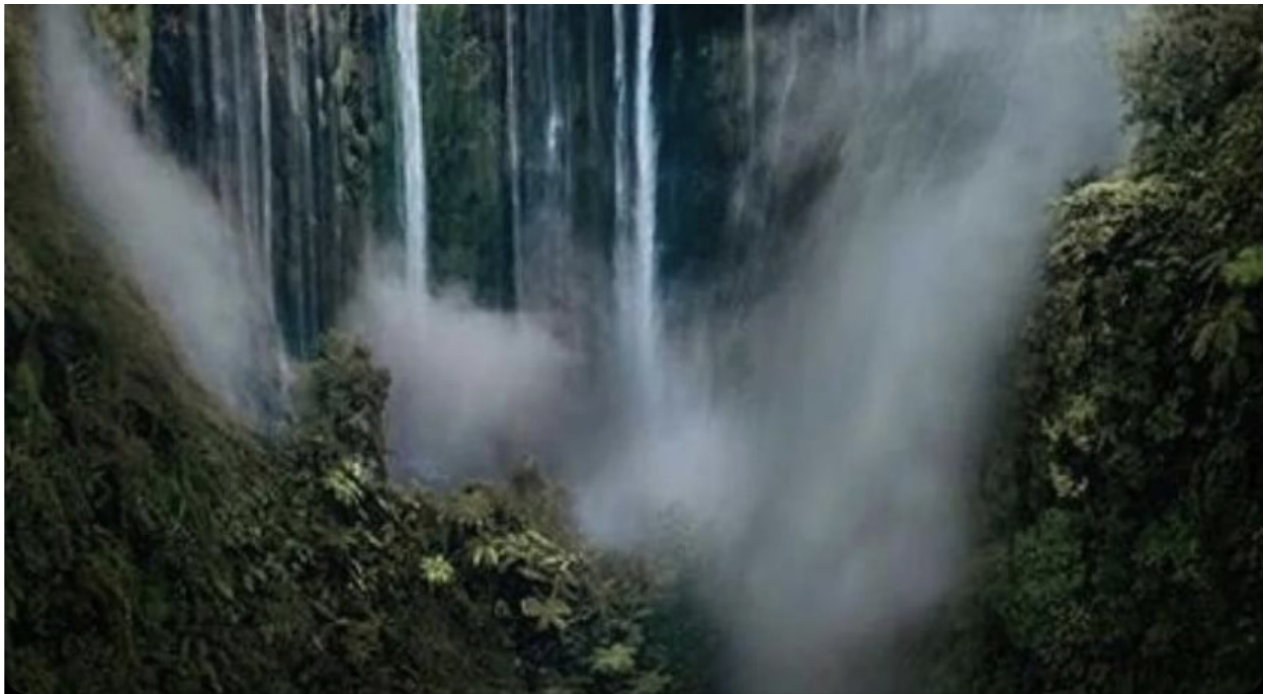


From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's October 2022 T'ai Chi Chih Newsletter
Date: October 3, 2022 at 7:21 AM
To: Stephen Thompson stephen2816@mac.com



Like





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Sandy McAlister's Message

Polarity In T'ai Chi Chih

At our teacher's monthly zoom meeting Sept. 10th, the discussion topic was polarity in T'ai Chi Chih: How do we understand it as teachers? How do we explain it to students? And, what is the difference of general polarity and polarity in TCC?

In TCC polarity is defined as when the hands/palms face each other. The

movements that Justin designed with polarity are Bird Flaps Its Wings, Around the Platter Variation, Bass Drum, Carry the Ball, both Daughters, all four Taffies, Light at the Top of the Head and Temple. There may be brief moments at other times in our practice when the palms face each other, such as when they turn over in transition at the top of Joyous Breath or turning over to descend in Rocking Motion, but in TCC we do not teach this as a time of polarity.

The broader our understanding of polarity the easier it is to apply it to our TCC practice and the more meaningful it will be. Here are three quotes I found surfing the web. I especially like the last one. You may find it helpful to do your own search on 'Polarity' and, if you find something you feel might be helpful to others, share it as an article in the Vital Force Journal.

The Yin/Yang Polarity Theory is a scientific term describing the energies that make up matter and antimatter. It is said that each and every piece of matter and antimatter in the universe is composed of 2 polarities, one positive and one negative. (No author cited)

Polarity is a term used when we discuss the basic divisions of reality. Basic categories or qualities of existence. Opposites that exchange in a complementary and nourishing way. A rhythmic back and forth of primordial essences that make up reality and create the dance of consciousness.

~ Sister Satsuma

We shouldn't regard yin and yang principles as adversaries. Rather, they are forces that exchange equally to create both transformation and homeostasis in the universe.

~ Sister Satsuma

~Sandy McAlister

Teachers 2nd Saturdays Get Togethers & Practice

Saturday Topic: *What materials do you use in class? What materials do you give to your students? How do you motivate them to practice during classes?*

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

The Tai Chi Journey

The longest journey starts with the first step. In T'ai Chi it is enough to learn the movements one at a time, and to perfect them by constant practice, without anticipating the other movements still to come. To think in terms of process, and to enjoy the process as it unfolds, will serve a much better purpose than to always use things merely as means to a goal. No one ever reaches perfection in T'ai Chi--indeed no two will ever perform it in exactly the same way, as it is a living evolving practice--and the Joy lies in the journey itself.

~ Justin Stone as written in the preface to Professor Wen-shan Huang's book, Fundamentals of T'ai Chi Chan (1966)

Chi Reflections

Finding Truth

There are thousands upon thousands of students who have practiced meditation and obtained its fruits. Do not doubt its possibilities because of the simplicity of the method. If you can not find the truth right where you are, where else do you expect to find it?

~ Dogen

Moving Between Polarities

Life is possible only through challenges. Life is possible only when you have both good weather and bad weather, when you have both pleasure and pain, when you have both winter and summer, day and night. When you have both sadness and happiness, discomfort and comfort. Life moves between these two polarities. Moving between these two polarities you learn how to balance. Between these two wings you learn how to fly to the farthest star.

~Rajneesh





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

MONDAYS

Lorraine Lepine silent TCC practice followed by a guided meditation. 9-10am
Central

For more information and/or registration, please contact Lorraine Lepine by email:
lorlepine@gmail.com

Lisa Stroyan TCC for students, candidates, and teachers; beginners welcome to
follow along, charitable donation optional.

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

[Click here for ZOOM](#)

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. 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

Lorraine Lepine silent TCC practice followed by a guided meditation. 10:30-
11:30am Central

For more information and/or registration, please contact Lorraine Lepine by email:
lorlepine@gmail.com

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 Guided Practice on Zoom on Tuesdays, 1 to 2:30 p.m.,
and/or Guided Meditation 2:15 p.m- 3:30 p.m. EDT, 9/27, 10/11, 10/25, 11/8,
12/6, 12/20.

Seijaku instruction and practice, including several of Justin Stone's guided
meditations. Contact Daniel for details/zoom information/cost. [Email Daniel](#)

[Pienciak](#) or call 732 988 5573

Daniel Pienciak T'ai Chi Chih Guided Practice on Zoom on alternating 3 Tuesdays, 1 p.m- 2:30 p.m. EDT, 9/20, 10/4, 10/18, 11/1, 11/29, 12/13. TCC guided practice with teaching. Contact Daniel for zoom information and cost. [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine a combined Seijaku & TCC practice. 10:30-11:30am Central
For more information and/or registration, please contact Lorraine Lepine by email: lorlepine@gmail.com

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 - 12pm PDT, \$35/month
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. 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 silent TCC practice followed by a guided meditation. 10:30-11:30am Central
For more information and/or registration, please contact Lorraine Lepine by email:

lorlepine@gmail.com

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. Next series starts on Sept 8 2022. **Please 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](#)

Dr. Anita Vestal - Individual/Small Group T'ai Chi Chih for Beginners. Both seated and standing forms combined. 2:30-3:10pm Eastern Time. Please register at least 3 hours prior to class. **Email Anita** or call 813-418-0146

Lorraine Lepine Seijaku class on Thursdays Sept. 29 - Dec. 22 4-6pm Central

For more information and/or registration, please contact Lorraine Lepine by email:

lorlepine@gmail.com

FRIDAYS

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

Fridays 10:30 - 11:45am PDT, \$25/month

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.

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

September 15 - October 20, 2022 Seijaku Intro/Review on Zoom with Pam Towne
6 Thursdays 10am - 12:30pm Pacific

Contact: [Email Pam Towne](#) or call 760-421-7589

September/October 2022, 6 Teacher Prep Class Series Online w/ April Leffler.
Thursdays, September 29 to November 3 from 2:00-5:00 EST. Classes are three hours each. Cost: \$180

Contact: [Email April Leffler](#) or cell-610-809-7523

Oct. 22-24, 2022 Online Seijaku Teacher Accreditation on Zoom with Pam Towne

Contact: [Email Pam Towne](#) or call 760-421-7589

October 28, November 4 and 11, 2022 Exploring Seijaku Retreat Online with Daniel Pienciak, 3 Fridays 10:30 a.m. to 1:30 p.m., EST Cost: \$150. Instruction, refinement, practice, and guided meditation. Contact: [Email Daniel Pienciak](#) or call-732-988-5573 to leave message for a callback.

November 11, 12, 13, 15, 16, 18, 19, 2022 Online TCC Teacher Accreditation on Zoom with Daniel Pienciak

Contact: [Email April Leffler](#) or cell-610-809-7523

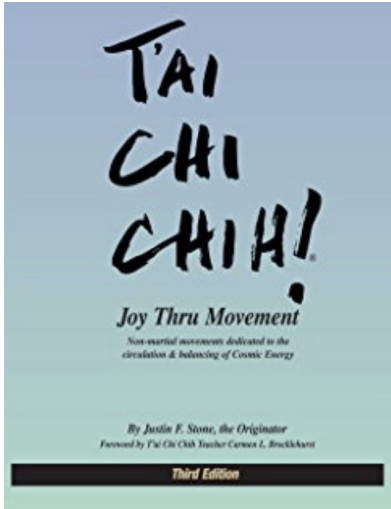
2023

June 2-4, 2023 TCC Teacher Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA

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.



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](#)

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](#)

T'ai 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](#)





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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