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Subject: Sandy's September 2019 T'ai Chi Chih Newsletter
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Mission Statement

Pieces That Flow Together Are No Longer Pieces

Smooth and Flowing not only sound good but look and feel good, too. When our T'ai

Smooth and Flowing not only sound good but look and feel good, too. When our T'ai Chi Chih practice is smooth, connected, and flowing, our energy swirls and moves with maximum potential.

Each movement has a beginning, a middle, and an end. Repeatedly working with its separate parts, and then putting those parts back together, increases the smoothness of the whole.

We begin by moving into every movement from stillness. Practice flowing from stillness into the beginning part of a movement repeatedly until there are no hiccups, discontinuities, or change of speed.

Then practice the middle of the movement, (generally the yinning, yanging, weight shift part), until the arm/hand patterns and the weight shifts are in sync and flowing together.

Next, consider the ending where we flow from movement back into stillness. Is the transition into stillness smooth and grounded? When closing do we allow the breath to slowly exhale, feeling the whole body respond with a softening of the knees and the sensation of sinking from the top of the head downward? Do we feel the weight sink to the bottom of the feet while the hands and body are sinking *together* into stillness? Practice the closing until it is smooth and all parts of the ending *flow* into stillness with a sense of solidness, rootedness.

Really feel the ending. Is it soft and smooth? Do we flow with firmness and purpose? The same questions can be asked about all parts of the form. We strive to be soft and flowing throughout the practice while at the same time being firmly rooted in grounded-ness. Hmm, does the word *Balance* come to mind?

Work with each piece of a movement and then feel them come together connected, *Smooth and Flowing*.

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

Veterans Program - 150 Hour Certification Procedure

Procedure to receive your certificate of 150 accumulated training hours for the Veterans teaching program.

1. [Download the form for tallying your hours here:](#) Look about 1/3 of the way down the webpage to find the form. Fill in online. Check off any conferences attended, list events attended, and tally hours.

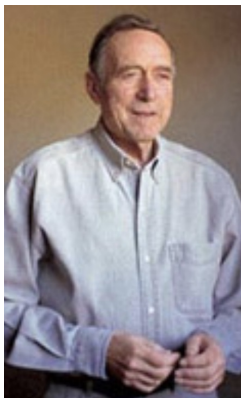
2. For teacher trainer lead events attended since Jan. 2015, contact the host of each event and they will email you a verification of attending said event and the hours.

3. You will not need host verification for your teacher accreditation or conferences.

4. Email completed form and host event verification forms to the teacher trainer who lead your accreditation course or any one of the three present trainers.

5. The trainer will email your 150 Hour Certificate to you.

For questions about the VA Tai Chi program do not contact T'ai Chi Chih Trainers other than for securing your confirmation of 150 credentialed teacher training hours. We have no involvement or connection to this program other than seeing it as an opportunity, for teachers, for veterans, and for T'ai Chi Chih. For answers to your questions and to register for this program go to: www.taijifit.net/vets



**** Justin's Insights**

Because I am anxious for T'ai Chi Chih teachers and students to understand the importance of Chi and of the T'ai Chi Chih practice that enables us to know the CHI and use it to our advantage—nothing is more important—I am going to devote most of this article to quoting Swami Rama of India, who once held the prestigious position of Shankaracharya of Southern India. Swami says:

“Prana (Chi) means ‘first unit of energy in man.’ The Prana (Chi) which sustains life in the human body is the cause of the expansion of the universe. Anything you find in the phenomenal world is the manifestation of Chi. The breaths are the vehicles for Chi. The breath of the individual is a practical manifestation of Chi, the Cosmic Breath. The body and functioning of its organs are dependent on Chi. Thought, speech, and sensation follow the Chi. It is Chi that maintains the life-link between the physical and the mental.

“Chi is not only the life principal in the individual but it is also the Cosmic principle. Chi is the vital force in a living being which is incessantly active, whether one is

awake or asleep.

“When Chi departs the body, all other organs follow. The breathing system is the vehicle of Chi.

“All animate and inanimate objects of this universe are results of the vibration of Chi. This vibration of Chi is the prime cause of all events happening in the universe. Chi is the Cosmic life principle. It is that which makes us living beings and produces vibrations. Without vibrations and movements this world would not exist. We are able to live because every part of the immeasurable realm of Chi is constantly vibrating. We are, in fact, nothing but mass of vibrations—a unit of the energy of the infinite Cosmic Chi. This Cosmic Chi, the Cosmic energy that is sometimes called ‘Intrinsic Energy,’ in the Orient, exists from eternity to eternity. Everything is caused by the Chi, which has its own laws. CHI is the Universal Life. All of us have come into existence by the power of Chi. Every object in this Universe obeys the order of the same Mother Energy, the CHI.”

This is pretty powerful stuff, I admit. I will soon be 86 years of age and have not noticed much deterioration mentally or physically, though I cannot speak for the future. Undoubtedly this is due to T'ai Chi Chih practice, and I am certainly grateful for the T'ai Chi Chih discipline making it possible to somewhat merge with this all-powerful force. If the T'ai Chi Chih movements are practiced consistently and *correctly*, one can get the eternal benefits. Is superficial activity a better way to expend your efforts? Think about it.

~ Justin Stone, [Vital Force July 2002](#)

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Chi Reflections

Everything Connects

Learn how to see. Real ize that everthing connects to everything else.

~ Leonardoda Vinci

Energy, Frequency, and Vibration

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

~ Nikola Tesla

Everything Is Energy

Everything is energy and that's all there is to it. Match the frequency of the reality you

*want and you cannot help but get that reality.
It can be no other way. This is not philosophy. This is physics.*
~ Albert Einstein

Flowing Force

*There is force in the Universe, which, if we permit it,
Will flow through us and produce miraculous results.*
~ Mahatma Gandhi

Flow of Chi

*The smooth, balanced flow of chi – your life-force energy –
Is the single most important determinant to your health vitality and happiness*
~ Master Bruce Frantzis – *The Chi Revolution*

We Are All Connected

*Buddhist teaching tells us that we are all connected to an energy source in which all
knowledge already exists. This universal energy is called Chi in China and Ki in
Japan. It refers to a higher energy, a divine energy. Zen tells us that everything that
exists in this universe comes from this source and will eventually return to this
source. It tells us that we too are made of this energy. In addition, Zen teaches us
that we are not only connected to this higher form of energy, we are also connected
to all things in the world around us: people, animals, plants, even rocks.*
~ Author: Michelle Dujardin



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Sept. 13 - 15 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732-988-5573

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

DATE CHANGE

New Dates Are Oct. 18-20, 2019 (Not Oct. 4-6) NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeundaniel@aol.com or 732-988-5573

Contact Pam Towne pamtowne@rcn.com or 702-899-8879

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne
Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

Nov. 7-10, 2019 Albuquerque, NM TCC Intensive with Sandy McAlister
Contact Amy Tyksinski amytyksinski@gmail.com or (505) 228-2104

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

2020 Events

Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat with Sandy McAlister
Contact: Pam Towne pamtowne@gmail.com

May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

May 29-June 3, 2020, Aston, PA TCC Teacher Accreditation with Trainer TBA.
Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

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 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:

\$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

534 Wagon Train Dr. SE

Albuquerque, NM 87123

Web Resources:

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](#)



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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