

**From:** Tai Chi Chih Community newsletter@TCCcommunity.net  
**Subject:** Sandy's September 2021 Tai Chi Chih Newsletter  
**Date:** August 29, 2021 at 3:34 PM  
**To:** Stephen Thompson stephen2816@mac.com

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Like





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## Sandy McAlister's Message:

### [Gifts and Treasures](#)

*While watering my yard yesterday I reflected on how big one tree had grown. It was just a twig when I received it at one of our local T'ai Chi Chih teacher's meetings. It was a gift from the host's husband who liked to garden. Next I spied a rock I was gifted from another T'ai Chi Chih teacher's yard while visiting them in NM. And then there was a lovely curling piece of driftwood which came from another T'ai Chi Chih teacher's yard when they were moving and downsizing. Even the tea I was enjoying as I walked around watering my yard was yet another gift from a T'ai Chi Chih teacher. My lovely treasurers - these gifts, and the dear friends from which they came.*

*Then my thoughts drifted to other T'ai Chi Chih teachers who have blessed my life and given me non-tangible treasurers. There was my first teacher who introduced me to T'ai Chi Chih and who encouraged me to take the teacher accreditation course, and also the many mentors who guided me along my T'ai Chi Chih journey.*

*I enjoy travel and reflected on the many physical places T'ai Chi Chih has taken me while attending events; places that I had fun exploring. Then there are the inner places that the practice has taken me to which support my*

*growth as a human being.*

*It is always worth taking time to reflect on our gifts, our treasurers, how they came to be our lives, and how they have enriched us. Acknowledgment brings gratitude and gratitude opens our hearts. What treasurers has T'ai Chi Chih given you?*

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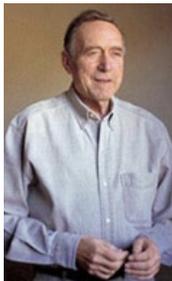
*~ T'ai Chi Chih Guide, Sandy McAlister*

## New Monthly Get Together & Practice on Zoom for Teachers

T'ai Chi Chih Teachers are invited to attend a group get together on Zoom the Second Saturday of each month beginning Aug. 14th, 9:00am Pacific Time.

We will begin with a practice followed by discussion. For our community to grow and flourish we need to share ideas, points of view, engage in dialogue that will move the community/T'ai Chi Chih forward. Our first discussion will be focused around conference and the presentations. Bring your comments and thoughts about what you experienced. Share your Ahha! moments.

The link for the zoom meeting will be posted on the [Tai Chi Chih Teacher Circle](#) facebook page by August 7th, not before. Steve Stevens will be the host.



### Justin's Insights

#### The Effort of No Effort

Justin shared this comment at the teacher conference: *“You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body-no effort.”*

## Chi Reflections

### Chasing And Seeking

Do not chase after Entanglements as though they were real things,  
Do not try to drive pain away by pretending that it is not real;  
Pain, if you seek serenity in Oneness, will vanish of its own accord.  
Stop all movement in order to get rest, and rest will itself be restless;  
Linger over either extreme, and Oneness is for ever lost.

~Takakusu Junjiro

## Turn Within

Quite the outgoing mental restlessness and turn the mind within...  
Then you will see the underlying harmony in your life and in all nature.  
~Paramahansa Yogananda

## The Mind At Rest

In the peace and quiet of the forest,  
The orchid easily releases its fragrance.  
The mind at rest is naturally enlightened.  
~Anon VFJ Spring 1987  
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## T'ai Chi Chih Events

Led by the Guide, Teacher Trainers & Assistant  
Teacher Trainers

## 2021 Events

**Saturdays, Sept. 11 - Oct. 30, 2021 Learn or Review Seijaku**  
on Zoom 10am - 12 noon PDT with Pam Towne  
for teachers or students, who want to learn or review & deepen Seijaku  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

**Tuesday's Sept. 21 - Oct 26, 2021, 3:00-6:00pm EST, Six Teacher Prep Classes**  
on Zoom with April Leffler  
Contact: [Email April Leffler](mailto:leffler@tcc.org) or call 610-809-7523

**Sept. 23-26, 2021 TCC Retreat Online with Pam Towne**  
Contact: [Email Pam Towne](mailto:pam@tcc.org) or call 760-421-7589

**October 8, 9, 10 and 16, 17, 2021: BRITISH ZOOM TCC Intensive with Daniel Pienciak** (For Students ONLY, both European and American Students welcome)  
European Contact Host : [Email Lesley Nell](mailto:lesley@tcc.org) or call +44 (0) 7813947181  
USA Contact: [Email Daniel Pienciak](mailto:daniel@tcc.org) or call 732 988 5573

**Nov. 6-13, 2021 Online Teacher Accreditation with Pam Towne**  
6 days of training with no formal class on Nov. 8 & 11  
Contact: [Email April Leffler](mailto:leffler@tcc.org) or call 610-809-7523

**Nov 14 - 14, 2021 Thursday 4 p.m. to Sunday 4 p.m. EDT**

NOV 11 - 14, 2021 Thursday 4 p.m. to Sunday 1 p.m. EDT  
Seijaku Meditation Retreat on ZOOM with Daniel Pienciak  
Contact: [Email Daniel Pienciak](#) or call 732 988 5573

## 2022

Apr. 7-10, 2022 TCC Teacher Retreat with Sandy McAlister  
IN PERSON at Prince of Peace Abbey, Oceanside, CA  
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 with Pam Towne  
IN PERSON at Chapel Rock, Prescott, AZ  
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.



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

### MONDAYS

Lisa Stroyan Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

## TUESDAYS

Jessica Lewis TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:30-4:30 pm EST thru Oct 12 (no class Aug. 10)

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

## WEDNESDAYS

Pam Towne Seijaku Practice for teachers or students who already know Seijaku  
[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

## FRIDAYS

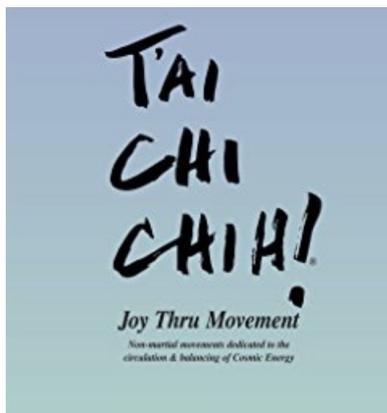
Pam Towne Ongoing Intermediate TCC

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



## 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](#) 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](#)

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

Inquires: [Email Pam Towne](#) 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](#)



## 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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