

From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's September 2020 T'ai Chi Chih Newsletter
Date: September 1, 2020 at 3:02 AM
To: stephen2816@comcast.net

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Sandy McAlister's Message:

[Well Who Knew That Was In There?](#)

When was the last time you used the photo text book for clarification on a movement or for inspiration for your practice or to make a connection with Justin? Over the years I have been continually surprised to read something I had

Justin: Over the years I have been continually surprised to read something I had never read before. Well, I had read it before but it never resonated with me at the time or struck me as noteworthy.

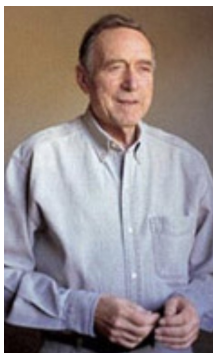
During the T'ai Chi Chih Zoom Intensive this August one student commented it was a surprise to read: *The correct posture is that of standing with the tailbone pressed slightly forward, and the tan t'ien compressed against the backbone.* This is in the section, Important Points on Moving Correctly.

T'ai Chi Chih motions can be performed at any speed. Did you know Justin wrote that? He then goes on to clarify, Generally speaking, slow, gentle movements will stir up and circulate the most Chi, and the leisurely pace will enable the practitioner to bend his or her knees and shift the weight without difficulty. However, one should experiment with different speeds and choose whatever seems most effective personally.

He also wrote, *We only have to learn five or six of the movements in this book and do them regularly to gain the benefit. It is the application - constant daily practice - that gets results. BUT he also wrote, Each set of movements seems to have a slightly different effect, adding up to a complete and well-rounded whole.*

What new *ah-ha's* will speak to you the next time you open the photo text?

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



DIGITAL JUSTIN!

Students visit justinstonetcc.com for a student discount of 25% off with promo code => osmmigkm

Teachers: Please email Kim Grant at kim@kimgrant.com for a separate promo code and link.

100% of your subscription allows Justinstonetcc.com to remain available online.

Justin's Insights

Sitting Quietly

I like Paul Reps' idea of sitting quietly for five minutes (better make it ten) each day and just allowing yourself to "receive". No thinking, no technique, no mantra.

day and just allowing yourself to receive. No swimming, no technique, no mantras, repetition, no watching the breath, but just sitting quietly in a chair. In Japan this would be known as “Shikan Taza”, or just sitting. The great artisans of the past often did this before starting on some work, such as making a teabowl or a samurai sword. In fact, today, many dress in formal style, hat on head, while doing creative work-I have seen them. It is my feeling that ten minutes of quiet and ‘receiving’, plus T’ai Chi Chih® practice, may be enough. It is so easy to relax and do nothing, though sitting with the back straight, it may become difficult. We have our worries to agonize over, and, besides, we get fidgety. Therefore it might be good to do it after a little TCC movement. You may receive more than you bargained for.

~ Justin Stone, Vital Force March 1992

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Chi Reflections

Shared Silence

Within each of us there is a silence,
A silence as vast as the universe...

When we experience that silence,
we remember who we are, creatures of the stars,
created from time and space,
created from silence.

Silence is our deepest nature, our home,
our common ground, our peace...

Silence is where God dwells.
We yearn to be there.
The experience of silence is now so rare
that we must guard it and treasure it.

This is especially true of shared silence.
~ from Inviting Silence by Gunilla

True State of Nature

Calm in quietude is not real calm; when you can be calm in the midst of activity,
this is the true state of nature.

-Huanchu Daoren



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

Sept. 5, 1:00-5:00pm (EDT) Half-Day Seijaku Workshop on Zoom (Teachers only) with TCC Teacher Trainer, Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732 988 5573 to RSVP

CANCELED Sept. 8-11, T'ai Chi Chih Retreat in Santa Barbara with Sandy McAlister (CANCELED)

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

Sept. 22-25, T'ai Chi Chih Retreat Live Online with Pam Towne

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

Sept. 26 9am-4pm (PDT), A Day "Retreat of Joy" on Zoom with Sandy McAlister and S. Becky Shinas, OP

Contact: [S. Becky Shinas](#) Limited to 48 participants - teachers and students welcomed

Nov. 12-15 Seijaku Meditation Retreat" on Zoom with Daniel Pienciak

Contact: [Email Daniel Pienciak](#) or call 732-988-5573 to RSVP

Nov. 16-21, TCC Teacher Accreditation live Online via Zoom with Pam Towne

Contact: [Email Molly Grady](#) 505-280-4701

Nov. 29-Dec.5, Teacher Accreditation live Online via Zoom with Daniel Pienciak

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

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.



T'AI CHI CHIH PRACTICES LED BY ACCREDITED



TEACHERS ON ZOOM

MONDAYS

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome
9:30am MST Practice at 10am

[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 August 11 - October 6

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

WEDNESDAYS

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

Lisa Stroyan Free all-levels class/guided practice on zoom, beginners welcome
1-2 pm MST (3 pm EST)

[Click here for info](#)

FRIDAYS

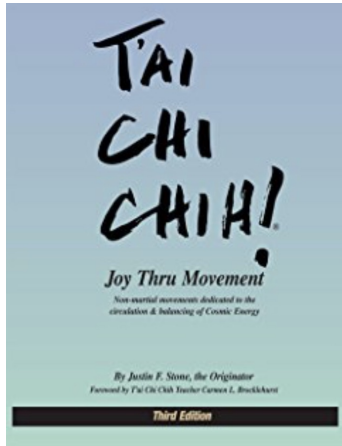
Margery Erickson For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told

when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865 Password WEAVE Case Sensitive

[Click here for ZOOM](#)



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmigkm

Teachers: Please email [Kim Grant](#) for a separate promo code and link.

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:

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](#)

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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 Tai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of Tai 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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