

From: TCCcommunity newsletter@tcccommunity.net
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To: stephen2816@comcast.net

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Mission Statement

Softness Means Letting Go

I am so appreciating the turning of the season and the cooler weather. Every season has its beauty and has something to teach us about our True Nature, but I must admit Autumn is my favorite. There is something about the cooler, crisp air, the colorful trees and swirling leaves in the air that lights up my soul.

I often share in my classes at this time of year an article written by Daniel Pienciak about the gift of Autumn leaves in reminding us that softness means letting go. I would like to share that here since most of you would have not read it since it was published in 1998.
Enjoy!

LETTING GO -- LIKE AUTUMN LEAVES

By Daniel Pienciak (Reprinted with permission from the VFJ Autumn 1998)

This past July I had the pleasure of auditing (for a day) the teacher accreditation in the mountains

of northern New Jersey at Carmel Retreat. As I walked in for the morning session, I was struck by two very meaningful words which Ed Altman had on the board. They were two words which I had not seen in this room when I attended this event for my own accreditation as a TCC teacher the summer before. These are two words which I often find myself repeating to my own students: "Let Go!"

When packing the night before, I had dropped my unopened mail into my travel bag. Arriving hours later at Carmel Retreat, I discovered among the contents a mail order catalogue featuring a theme of leaves. In my walk the next morning, I was touched by the tender rustle of the leaves moving freely in the breeze on the hillside. Then, when I walked into the conference room, Ed Altman was wearing a handsomely printed shirt of ... yes, leaves!

We worked with Ed and Sister Antonia all day on moving from the waist with loose waist and loose wrists, letting the Chi circulate outward from the T'an T'ien, and not focusing on the hands. "Let the hands be like the leaves on a tree, which is rooted in the earth," Ed reminded us all. I remembered how a Polish nun once told me the translation of my last name "pien," means the part of the tree where the trunk joins the roots. I again learned to "let go" in the shoulders and upper arms and bring my awareness to the soles of my feet and I heard myself in my own classes urging my students over and over to "let go."

As I drove down the mountain after supper to begin my trip home, I happily recalled the words of John Muir (which I had quoted in my accreditation presentation the year before):

"Climb the mountains and get their glad tidings.

Nature's peace will flow into you as sunshine flows into trees.

The winds will blow their own freshness into you and the storms their energy,

while cares drop of like autumn leaves."

I know that this Fall as I contemplate the softness of the leaves floating down, I will be reminded in my T'ai Chi Chih practice, as well as in my life, to surrender, release, and "let go."

Thank you, Daniel and Happy Autumn, everyone!

*Much love,
Marie*

Teachers 2nd Saturday Zoom T'ai Chi Chih Practice & Discussion

Topic: An Exploration of "Softness means Letting Go"

Date: October 10th

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any one of these 3 ways:

***Open Zoom* and enter Meeting ID: 813 8264 0729 Passcode: Connect**

or

***Click the direct Zoom link* in the Facebook T'ai Chi Chih Teacher Circle**

or

***Contact Jessica Lewis* for the link: 302-593-5005 or jhtl0521@gmail.com.**

Community News

This section in the newsletter is for our community to share any news, updates, and happenings that would help us connect and grow TCC.

Please send me (mcdotts@hotmail.com) anything you would like to put here.

The Multilingual Instructional Video Project (MLV Project)

The multilingual instructional video project is continuing to move forward, but at a slower pace in order to learn more about the dubbing technology and also to further assess the needs of our community. You may teach only in English, but know of folks in your community who could benefit from viewing or following a 5-15 minute video of some TCC movements in their own language.

Our team has two requests

First: Please let us know of any group / agency you would like to approach to receive a video, and let us know the language they need. You can reach out to Anita Vestal, Stephen Thompson, Jessica Lewis, or Adam Lacey or simply fill in the following Google form:

<https://tinyurl.com/MultilingualVideosProject> (remember this is a CASE-SPECIFIC address!)

Second: If you are interested in helping with the dubbing process, we welcome tech-savvy helpers! Again, please reach out to any of the four of us.

T'ai Chi Chih Instruction in Spanish — YouTube Series Available to All

Here is the link to the playlist [“T'ai Chi Chih® para Principiantes - Instruccion en Espanol.”](#)

New instructional videos are added every few days. Gracias a todos!

With the use of ElevenLabs, a language dubbing app, and the essential follow-up editing input of native and highly fluent Spanish speaking T'ai Chi Chih people, we are so pleased to share with you “T'ai Chi Chih® para Principiantes - Instruccion en Espanol,” a new series of instructional videos in Spanish free on YouTube. The intention behind this series is to make T'ai Chi Chih available to as many Spanish speaking people as possible. The playlist includes a variety

of ways to learn T'ai Chi Chih: silent, music-accompanied instruction in nature with brief written reminders at the bottom of the screen; more detailed verbal instruction through the lens of the principles and TCC fundamentals; and verbal instruction that is briefer and more feeling-awareness based.

Please feel free to direct your Spanish speaking students to the videos and share feedback with Amy Tyksinski: amytc@outlook.com

The Albuquerque T'ai Chi Chih® Association — “Friday Nights in Joy” Conversation Series”

This series, comprised of 10 episodes, features T'ai Chi Chih teachers and students exploring various T'ai Chi Chih related topics together. The playlist also includes a 2-part interview with Justin Stone by then-Guide Sister Antonia at Justin's 91st birthday party. Please check out the entire playlist [HERE](#) - all episodes are free and available on YouTube.

Justin Speaks





Softness

Similarly, in T'ai Chi Chih, the most important thing is softness, the effort of no effort. This isn't accomplished by trying hard but by letting go. Trying hard implies effort, great effort, but we are not exercising in doing T'ai Chi Chih; we are swimming through very heavy air without effort.

Justin Stone, "Let Go!", Spiritual Odyssey: 1985–1997

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Chi Reflections





Autumn Beatitudes

*"...I am happy with the sharp clear angular slant
Of the afternoon sunlight,
Reminding me that there comes a time
To slow down.*

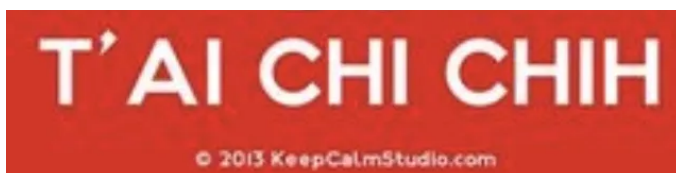
A time to not think.

A time to settle

Like autumn leaves on the ground..."

Charlie Kinnaird, "Autumn Beatitudes"





T'AI CHI CHIH EVENTS LED BY THE GUIDE AND BY TEACHER TRAINERS

Year 2026

Registration is OPEN for our 2026-27 New & Returning Teachers' Teaching Group (open to TCC teachers accredited from 2020 - 2025 and to any TCC teacher hoping to jump start or invigorate their teaching). [LINK to Informational Flyer.](#) **This 6-month session comprised of monthly workshops** is designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration. It also includes movement refinement in service to feeling the "chi" as well as an invitation to explore personally the spiritual dimensions of TCC.

The New & Returning Teachers' Teaching Group is not a "drop-in" model; it is a chance to forge connection with a consistent group of peers in a deepening way and learn and apply ideas and strategies in one's T'ai Chi Chih classes and in one's own TCC practice in between meetings.

The New 2027-28 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2027 - February 2028 (no meeting in December 2026).

[LINK to Informational Flyer.](#) Please email Amy Tyksinski: amytcc@outlook.com with questions and/or reserve your spot. ALL are welcome.

Tuesdays Oct 20, 2026, Oct 27, 2026, and Nov 10, 2026, 1:15–2:45 p.m. EST Daniel Pienciak TCC Guided Practice and Study on Zoom A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Appropriate for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573, Email preferred, or voicemail only, **NO TEXTS.**

Tuesdays Nov 17, 2026, Dec 1, 2026, and Dec 8, 2026, 1:15–3:15 p.m. EST Daniel Pienciak Seijaku Guided Practice and Study on Zoom A thorough review and practice of movements in the advanced form of TCC, including Justin Stone's meditations. Appropriate for new or reviewing Seijaku students, and both TCC and Seijaku teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573, Email preferred, or voicemail only, **NO TEXTS**.

Monday, November 30 - Sunday, December 6, 2026 (Please note Date and Location Change) **TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center, Albuquerque, NM,**

Contact: Amy Tyksinski amytcc@outlook.com or 505-228-2104 -

As of June 29, 2026, this event is FULL - please contact Amy Tyksinski if you would like to be on a waitlist.

[Link to Flyer.](#)

[Link to Registration.](#)

Please note: we no longer have the private room/shared bathroom option available as listed on the Flyer - available room types are correct and up-to-date on the Registration form.

December 20, 2026 Motion & Stillness - A One-Day T'ai Chi Chih & Meditation HYBRID Retreat (save the date). This event is open to in-person (at the T'ai Chi Chih Center in Albuquerque) and on-line participants. [Flyer link.](#) Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com

YEAR 2027

March 11-14, 2027 "Silently Flowing" - A T'ai Chi Chih & Meditation Retreat at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski. [Link to Flyer.](#) Registration is OPEN! Early bird registration available until January 10, 2027. Contact: Cat Luna

thepouncingcat@gmail.com with questions.

March 19-21, 2027 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Towne, Prince of Peace Abbey, Oceanside, CA Contact: Michelle Sarubbi
taichichihwithmichelle@gmail.com or call 619-672-3237.

Mar. 31-Apr. 4, 2027 T'ai Chi Chih Intensive at the San Damiano Retreat Center, Danville, CA with Sandy McAlister. Host: Linda Prosche. Details to follow. Contact: Linda Prosche: lsprosche@gmail.com or 415-259-8900 with questions or to reserve your spot.

April 6-12, 2027 T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler. [Click here for Registration form](#) Host: Lorraine Lepine. Contact Lorraine at lorlepine@gmail.com or text 913-710-3464

May 27-30, 2027 TCC Teachers Retreat "Coming Together in Joy" with Marie Dotts at Prince of Peace Abbey in Oceanside, CA. Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

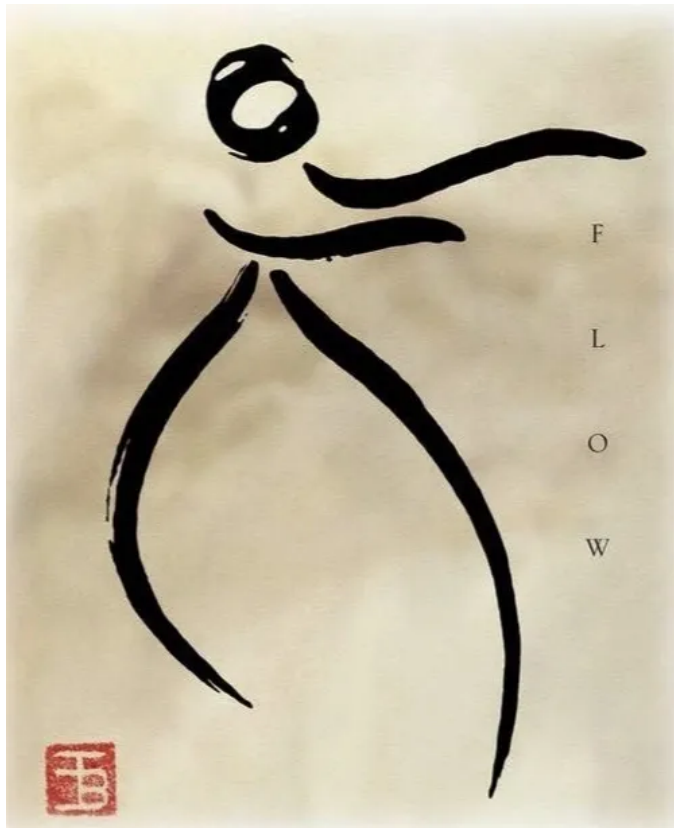
Summer 2027 (dates TBA) T'ai Chi Chih Online Intensive, Teacher Trainer: Dan Pienciak Host: Place TBA. Contact Daniel Pienciak, wakeupdaniel@aol.com, 732 988 5573, NOT TEXTS, Email or Voicemail only.

October 25-31, 2027 TCC Teacher Accreditation at Prince of Peace Abbey in Oceanside, CA. Teacher Trainer: April Leffler. Host: Lisa Otero. More information about the event will be shared in the near future. If you would like to learn more or express your interest in participating, please contact host Lisa Otero at lisaotero@hotmail.com or call 805-766-1342.

Nov. 10-14, 2027 T'ai Chi Chih Intensive (Immersion) at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tykieski. Host: T'ai Chi Chih Association. Details to

Center, Albuquerque, NM with Amy Tykalski, NISC. T'ai Chi Chih Association. Details to follow. Contact: Judy Hendricks: judyhendricks@me.com with questions or to reserve your spot.

[Click here for more T'ai Chi Chih 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 EVENTS LED BY ACCREDITED TEACHERS

2026

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every third Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take you to their playlist!

Teachers Events this section is available for any Teacher who wishes to have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com

Thursdays September 10-17-24 October 8-15-22, 2026, 4:00 – 6:00 pm CDT. Lorraine Lepine Virtual Seijaku 6-class series for teachers or students who wish to learn, integrate and experience the transformative process of Seijaku Contact: Email Lorraine Lepine lorlepine@gmail.com or text 913-710-3464

October 2-4 A RIVER OF PEACE BEGINS WITHIN: Dive Deeper Into T'ai Chi Chih with Jessica Lewis from 6-8PM Friday, 9-5PM Saturday, 9-12PM Sunday at the Unitarian Church in Barnstable MA.

Contact Bonnie LeBlanc at 978-870-7153 or leblancb528@gmail.com



ZOOM T'AI CHI CHIH CLASSES

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Beverly Miles Community T'ai Chi Chih Class Love donation requested. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p UK [Click here for ZOOM link](#) Meeting ID: 847 9732 9127 Passcode: Connect Contact: Email Beverly Miles beviewordsmith@gmail.com

Jessica Lewis T'ai Chi Chih for Veterans (a NEW community-based program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 12:00-1:00 PM EST Meeting ID: 529 988 701 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

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

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](#)

Lorraine Lepine T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or

Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

WEDNESDAYS

Lorraine Lepine Zoom Seijaku Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen. Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: 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 10:30 - 12pm PDT, \$40/month or \$100 for 3 months 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 pamtowne@gmail.com or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of a federal VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

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](#)

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels
Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. Click here to get the Zoom link and pay. Drop-in suggested donation \$10-\$15. First class is free. Contact: Email Linda Prosche lsprosche@gmail.com or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC
Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months 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 pamtowne@gmail.com 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

Pam Towne Learn or Review Seijaku 6 week Saturday Zoom class.
Sept. 19 to Oct. 24, 10am-12 noon PDT. For teachers or students who have been practicing TCC at least a year & would like to take your next step in deepening your practice,

discovering what Softness really is & receiving greater benefits. Email or call Pam for info flyer with all the details & registration form. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teachers will find a link to the 2nd Saturday of the month Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page. If you don't have a Facebook account, then you will need to join Facebook first & then request to join the private Facebook group. If you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@gmail.com)

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](#)



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.

Justin Stone's Other Materials: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: Email Sandy McAlister mcalister19@comcast.net

Amy Tyksinski - [Link to YouTube Spanish video playlist](#) "T'ai Chi Chih® para Principiantes - Instruccion en Espanol. New instructional videos are added every few days. Gracias a todos!

Zoom Lessons with Pam: Email Pam Towne pamtowne@gmail.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](#)

T'ai Chi Chih Facebook: [click here](#)

Facebook Tai Chi Chih Teacher Circle: [Teachers, please click here to ask to join our closed Facebook group.](#) Teachers, if you don't already have a Facebook account, you must establish an account before clicking the link. If you do not want to join the Facebook group, but need the

zoom link for the second Saturday practice Contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@gmail.com).

Pinterest Justin Stone Quotes: [click here](#)

T'ai Chi Chih Pinterest: [click here](#)

T'ai Chi Chih Instagram: [click here](#)

X T'ai Chi Chih: [click here](#)

Flickr Pictures: [click here](#)

Youtube videos: [click here](#)

T'ai Chi Chih Teacher Preparation Coaches: [click here](#)

How to become an Accredited T'ai Chi Chih Teacher: [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](#) Located in Albuquerque NM, produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

The Vital Force quarterly newsletter: [click here](#) to subscribe

The Vital Force Archive of past issues: [click here](#)

TCC Community Newsletters Archive issues (Feb. 2009 thru Present): [click here](#)

To receive this monthly free T'ai Chi Chih newsletter: [Sign Up 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 Service to Humanity. It is a form of Love." ~Justin Stone