

From: TCCcommunity newsletter@TCCcommunity.net
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To: Stephen Thompson stephen2816@mac.com

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Mission Statement

Weebles Wobble, But They Don't Fall Down!

I'm not sure how many of you remember the egg-shaped roly-poly children's toys that automatically return upright when pushed. The secret is a heavy, weighted, rounded bottom, while the top is light and hollow. When pushed, the low center of gravity pulls the object back into balance.

I was talking about the toy in class as an example of what our T'ai Chi Chih practice develops in us, when a student reminded me of the famous catchphrase for the Weeble toy. "Weebles wobble, but they do not fall down!" I loved that!

I have had many students share their experience of almost falling, but because they developed a connection to their Tan T'ien, their true center of gravity, they were able to come back to balance without falling. In addition to developing a strong physical center that helps us with balance, we are also developing a strong internal center.

Justin Stone states that the results of T'ai Chi Chih are cumulative and that over time the Chi is progressively stored in the Tan T'ien. Through this accumulation, our capacity to remain at peace in the midst of life's ups and downs strengthens. We may wobble, but we don't fall down. As the Chi accumulates, our center of stillness and peace becomes stronger

and more firmly rooted.

I share the following parable with my Beginner classes to help them understand the power of the cumulative journey of T'ai Chi Chih.

*"In China there is a parable of a bamboo tree
that doesn't appear to grow at all
for the first four years. It just develops
a massive root structure
while the shoot barely shows.
In the fifth year
it grows eighty feet.*

*"Many things in life
are like that Chinese bamboo tree.
You may not see any initial evidence
that what you are doing
is making a difference,
but, if you persist,
eventually,
a tremendous harvest
will result."*

In addition to T'ai Chi Chih, Justin gave us another powerful gift for deepening our connection to our internal center and enhancing the flow of Chi: the advanced practice of Seijaku. Seijaku is a Japanese word meaning "stillness (or serenity) in the midst of activity."

In Seijaku, we practice most of our T'ai Chi Chih movements while adding one internal principle—resistance. Without anticipating when resistance begins or ends, we remain soft and flowing until it is met. We are centered and grounded as we work through the

resistance, then immediately let go into softness. Practicing Seijaku we deepen our capacity to remain calm, centered, and grounded in the midst of life's ups and downs.

Here is a quote from teacher Monica Campbell in the *Seijaku Booklet* that beautifully expresses the power of Seijaku.

"After the Seijaku workshop, my feet felt like they were 20 feet deep into this beautiful earth and that I was 20 feet taller. Magnificent. The grounding aspect awakened me to additional senses; calming went to a deeper level."

We are blessed as a community to now have teachers sharing Seijaku in person and online. If you have been practicing T'ai Chi Chih for at least a year and would like to explore the gifts of the advanced form, look over the classes listed below in this newsletter.

In closing, in the words of Justin Stone: "Building a silent imperturbable center while active in the disappointments and triumphs of our busy lives—this is real fulfillment."

May we all find our inner Weeble.

Much love,
Marie

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

Topic: Seijaku with Teacher Trainer Pam Towne

Date: September 12th

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.

We Are Helping T'ai Chi Chih Speak More Languages

Imagine someone being able to learn T'ai Chi Chih from one of our instructional videos — in their own language — even when no TCC teacher nearby speaks that language.

At Conference, Marie announced a new initiative to make that possible by **dubbing instructional videos into the native languages of students — and potential students — in communities we hope to serve.**

Our initial goal is to begin with about **five languages**, in addition to the Spanish dubbing Amy T is already doing. Our hope is to make these videos available for **free download through TCCcommunity.net**, making TCC instruction accessible to people who otherwise might never have the opportunity to experience it.

Who could T'ai Chi Chih reach if language were no longer a barrier?

That is something our teachers can help us discover. Some already work with refugees, immigrants, and other non-English-speaking populations through local charities and service organizations. We would like to explore partnerships with these types of agencies so that **T'ai Chi Chih can reach people who may especially benefit from its practice.**

If you know of an organization serving non-English-speaking people in your community, we would like to hear about it. And if you currently teach or work with a group where English is not the preferred language, you can help determine which languages are dubbed first by completing this [MultilingualVideosProject Form](#).

We would also welcome anyone who would like to become involved with the project. The multilingual video team is **Stephen Thompson, Jessica Lewis, Adam Lacey, and Anita Vestal**.

Making these multilingual videos does involve a technology expense. For those who would like to help make more languages possible, **tax-deductible donations to support the dubbing project** are warmly and gratefully received here: [Donate here](#)

Anita Vestal can provide a receipt for your tax deduction when you include your name, email address, and mailing address.

Justin Speaks





Softness and Continuity

"We stress "Softness and Continuity" in T'ai Chi Chih, and the importance of the former can be seen in the following examples: The teeth are hard and the tongue is soft, but it is the tongue that outlasts the teeth. Water is soft and stones are hard, but it is the water that wears away the stones. Oak is sturdy and stands staunchly against the storm, while bamboo is pliant and bends with the wind. When the storm is over, the inflexible oak has cracked and comes crashing down, but the bamboo snaps back, unhurt.

"One cannot strive for "softness"; the very effort of trying to be soft creates tension. It is the absence of any pressure, moving 'slow motion in a dream', that allows softness to prevail. The best way to forget worries and ease tensions is to shunt the ego-center aside, so that no-one is doing T'ai Chi Chih, but TCC is doing itself. In this sense, TCC becomes a meditation."

~Justin Stone, The Vital Force, Winter 1985

Reprinted with permission from The Vital Force

Chi Reflections





Follow Your Bliss

"Sink so deeply into your center that you experience a consciousness devoid of thought—an intuition that is illuminated with awareness. This is who you are at your deepest. Let this consciousness guide you; allow yourself to grow and change with it. As long as you can move from there, you will know your bliss. Let it enlighten you."

~Joseph Cordillo

Serenity

"It is all about finding the calm in the chaos."

~Donna Karan

Life's Natural Order

"It is in the rest position in T'ai Chi Chih practice that we replicate the stillness and silence in the natural order of life. In an early Chinese classic text, the earth has been identified with stability, immobility, motherhood, the center, and the calmness of origin. In rest we concentrate on the soles of the feet. The body sinks, firmly rooted to the ground. We adopt the nature of earth."

~ Michael S. Isaacs - Spiritual Dimensions of T'ai Chi Chih



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 2026-27 6-month session** of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (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.

October 1- 5, 2026 T'ai Chi Chih In Person Intensive, Kansas City, KS Teacher Trainer: Dan Pienciak Airbnb address: 11812 Northeast 136 Street, Liberty, MO 64068

[Click here for details & Registration Form](#)

Host: Lorraine Lepine: lorlepine@gmail.com or text: 913-710-3464

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. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com

YEAR 2027

March 11-14, 2027 T'ai Chi Chih & Meditation Retreat at the Norbertine Spirituality Center, Albuquerque, NM with Amy Tyksinski. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

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.

March 31 - April 4, 2027 TCC INTENSIVE, San Damiano Retreat, Danville, CA. Contact information to follow.

April 6-12, 2027 T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler. Host: Lorraine Lepine. Contact Lorraine at lorlepine@gmail.com or text 913-710-3464

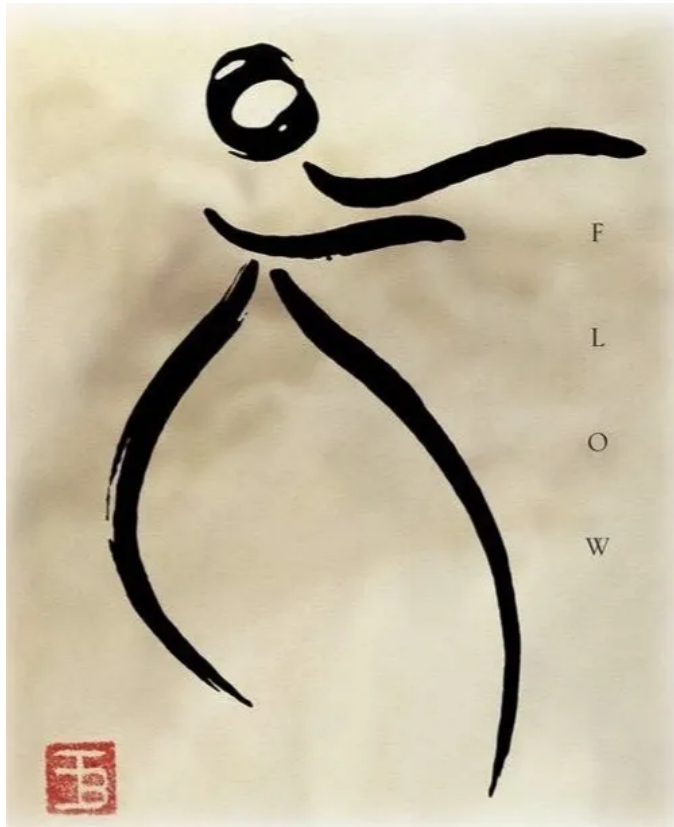
May 27-30, 2027 TCC Teachers Retreat "Coming Together in Joy" with Marie Dotts at Prince of Peace Abbey in Oceanside, CA. Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

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 Tyksinski. Host: T'ai Chi Chih Association. Details to follow. Contact: Amy Tyksinski (505) 228-2104 or amytcc@outlook.com.

[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

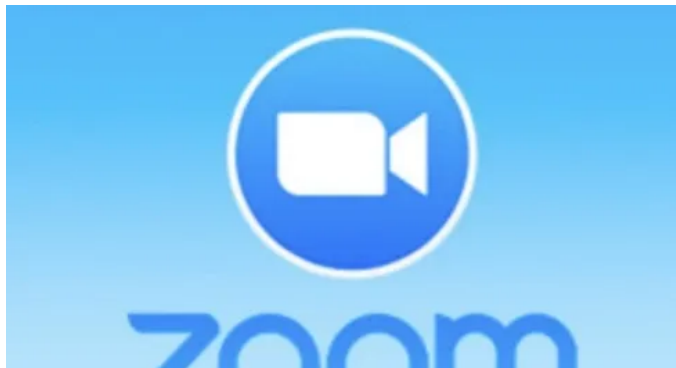
2026

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 PEASE 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 beviewwordsmith@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 mcalist19@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](#)

To receive this monthly free T'ai Chi Chih newsletter: [Sign Up Here](#)



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

P.O. BOX 361, TUPELO, MS, US, 38802 [Unsubscribe](#)

