

From: TCCcommunity newsletter@TCCcommunity.net
Subject: Marie's November 1, 2025 Newsletter
Date: November 1, 2025 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com

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Contents:

Marie Dotts Message: The Sage Does Nothing...

2nd Saturday's Teachers Get Togethers on Zoom

Community Bulletin Board

Justin's Insights & Chi Reflections

T'ai Chi Chih Events & Zoom Practices

Links to Resources & Materials

Mission Statement

The Sage Does Nothing...

One of my favorite quotes from Justin Stone in Spiritual Odyssey is, "Overtly the Sage does nothing, and thereby all things are accomplished." It is in the essay, "The Essence of T'ai Chi." Every month I start a new Beginner I class, and I always share this essay as part of the lesson for the class. Something in me completely relaxes when I read that sentence. I love

continual reminder every month that “I” am not the doer. There is a vital loving intelligent Force that flows through everyone and everything. T'ai Chi Chih is incredibly powerful in ability to help us wake up to this flow and surrender to its movement in our practice and ultimately in our lives. When we do, the feeling is one of effortless effort, right action, naturalness, ease, lightness and joy. I feel this is how we are all meant to live.

Our egos by nature feel cut off or separate from this flow. Without this connection we feel it is all up to us. “We” are the doer. This can feel like a heavy responsibility, and we move through life with effort and force leading to much tension and stress. When students bring this same mindset to T'ai Chi Chih we see the tension and effort in their movements. Their movements originate from their shoulders and upper arms blocking their connection and of the Chi. What a gift to see them slowly let go of this doing and find their inner source of the Chi through their feet and Tan T'ien. Over time trust in this inner source grows deeper and as it does, they are able to surrender the doer more and more.

I have heard the statement that it takes a lot of effort to get to effortlessness and there is some truth to that. It reminds me of Justin Stone's words:

Trying is not the Way

Not trying is not the Way

You say it must be one or the other,

But I say Neither Nor

For me the effort lies in the continual choosing to align with this loving intelligent Life Force moment by moment. It is what brings us to our classes and our practice. T'ai Chi Chih and Chi will do the rest. We can relax and trust the journey.

Much love and effortless joy,

Marie

Marie's 2nd Saturday's Teachers Zoom Get Together: T'ai Chi Chih Practice & Discussion

Second Saturday, November 8th Discussion Topic: An exploration of how to help our students let go in the shoulders and upper arms and experience effortless flow.

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

Meeting ID: 813 8264 0729 Passcode: Connect

The zoom link will be posted in the Facebook Tai Chi Chih Teacher Circle. You could also contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@gmail.com).

Community Bulletin Board

I would like to designate a section in the newsletter for our community to share any news, updates and happenings that would help our community connect and grow TCC. Please send me (mcdotts@hotmail.com) anything you would like to put here.

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversation Series Invitation!

On September 19, TCC teachers Joyce Veerkamp, Mary Ruiz, Judy Hendricks and Amy Tyksinski discussed the **T'ai Chi Chih Principle "The Effort of No Effort"** as part of our third Friday (month) "Friday Nights in Joy" Conversation Series. [Link to Video](#). As a lived expression of "The Effort of No Effort," please check out Laurie Jacobi's experience in **"Light Filled Wonder - Journey of Signposts"** originally shared at the 2024 International T'ai Chi Chih Teachers' Conference. [Link to Video](#). On October 17, Carmen Brocklehurst & Amy Tyksinski had a conversation about the **T'ai Chi Chih Principle "Circularity"** [Link to Video](#). Our November conversation on **T'ai Chi Chih - Cosmic Consciousness** with Ann Rutherford will be pre-recorded and will premier on YouTube on Friday, November 21 at 6:00 PM MT. Please feel free to send ideas for conversation topics to: news@taichichihassociation.org

Please also consider subscribing to @amytcc on Youtube to receive notifications for when these conversations are released. How do you subscribe? Go to [YouTube](#) and search for "@amytcc." on her channel, click the red Subscribe button under the channel name. You can also tap the bell icon next to it to get notifications for new videos.

Traditional Medicine Conference 2026

We learned from newly accredited teacher Barbara Starke of a conference in Spain addressing topics of alternative and complementary healing. **June 22 to 24, 2026**, the **"9th Edition of International Conference on Traditional Medicine and Integrative Health" (Traditional Medicine 2026)** will convene in **Barcelona, Spain** and **Virtually**. This uniquely positioned hybrid gathering focuses on advancing dialogue and discovery around **"Health for All: Using Traditional Methods in Today's Healthcare"**, connecting centuries-old healing wisdom with present-day

healthcare innovation. <https://traditionalmedicineconference.com/>

This is a conference you might like to attend; if you do register be sure to inform Anita Vest Adam Lacey so we can include you in our presentations. Adam will present a poster overview of the study on mindfulness and Tai Chi Chih. Anita will present a virtual session reviewing TCC medical studies with Adam on the ground in Barcelona leading a TCC demonstration. We'd like to include others in the demonstration either virtually or in Barcelona. It feels like we are honoring Justin's vision of T'ai Chi Chih as a worldwide practice and service to humanity.



Sage Advice

One is tempted to remember the sage's advice to think of the space between tears as being infinite; all things thus exist within us and we realize our true unlimited identity.

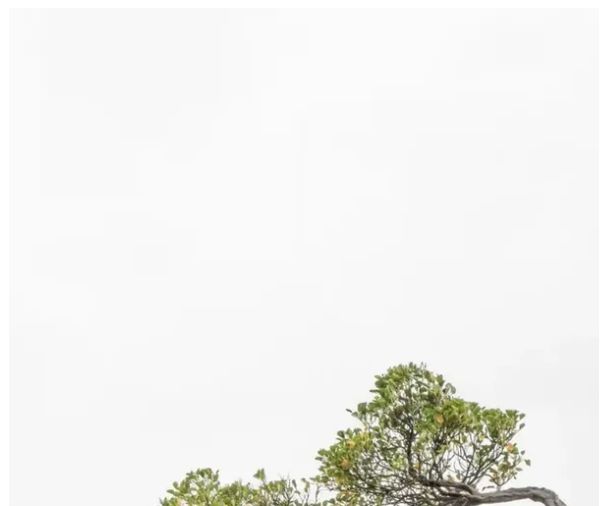
~Justin F. Stone -- TCC Originator

This was written by Justin as an introduction to Professor Wen-shan Huang's book, Fundamentals of T'ai Chi Ch'uan in 1966.

Effortless Action

The mind of a perfect man is like a mirror. It grasps nothing. It expects nothing. It reflects but does not hold. Therefore, the perfect man can act without effort.

~Chuang-Tzu



Effortless Work

Act without doing; work without effort

~Tao te Ching



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

2025

THREE TUESDAY CLASSES -- SEIJAKU: BEGIN OR REVIEW with Daniel Pienciak on Zoor
Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT: A continuing study and practice of
“advanced form of TCC”, OR a first-learning of Seijaku, including coverage of the Maximum
Program, and the Justin Stone meditations. Contact: email Daniel Pienciak
wakeupdaniel@aol.com or call 732 988 5573 (voicemail only, NO texts).

SIX TUESDAY CLASSES -- TCC GUIDED PRACTICE with Daniel Pienciak on Zoom, Tuesday
Sept 30, Oct 14, 28, Nov 18, Dec 2, 16, 2025, 1 to 3/3:30 p.m., EDT: 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 (voicemail only)

texts).

SIX SATURDAY SEIJAKU CLASSES with Pam Towne on Zoom September 13 to October 2025, Saturdays 9:30 - 12:00 pm, PDT. Learn or Review Seijaku, deepen & soften your TCC practice, increase the flow of Chi & receive Advanced benefits. Contact Pam Towne pamtowne@gmail.com or call 760-421-7589.

November 1, 2025, T'ai Chi Chih Workshop with April Leffler, Unitarian Universalist Fellowship of Newark 420 Willa Road, Newark, DE, Saturday - 10:00 AM to 4:00 PM "The Relevance of Chi: What we are working with in T'ai Chi Chih" Contact Jan Walker at 302-584 6404 or jwalker351@gmail.com

November 15 TCC Anniversary/Justin's Stone's birthday Retreat with Daniel Pienciak on Zoom. One Saturday afternoon, 1:30 p.m. to 4:45 p.m Eastern time (includes one 15 minute break). Practice and sharing of TCC experiences as teacher and/or student and of our learning from Justin Stone's teachings. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 (voicemail only, NO texts).

December 6 Seated Seijaku Workshop with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching, discussion, and experience of Seijaku practice in the seated position. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 (voicemail only, NO texts).

December 20 TCC Winter Solstice Retreat with Daniel Pienciak on Zoom. One Saturday afternoon 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Practice, discussion, and experience of TCC practice as it relates to the cycles nature, the season, and our lives. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 (voicemail only, NO texts).

Year 2026

New & Returning Teachers' Teaching Group (*open to TCC teachers accredited from 2020 to 2024 and to any TCC teacher hoping to jump start or invigorate their teaching*): Stay Tune for the next session of the "New Teachers Teaching Group!" Our current 2025 6-month session is well underway! These 6-Month sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." The New & Returning Teachers' Teaching Group is not a "drop-in" model, rather 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. If you would like to receive an

announcement about when the 2026 6-month session of the "New & Returning Teachers Teaching Group" will start, please email Amy Tyksinski: amytcc@outlook.com. ALL are welc

Year 2026 March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" wit Pam Towne, Prince of Peace Abbey, Oceanside, CA Details & Registration form Contact Michelle Sarubbi taichichihwithmichelle@gmail.com or call 619-672-3237.

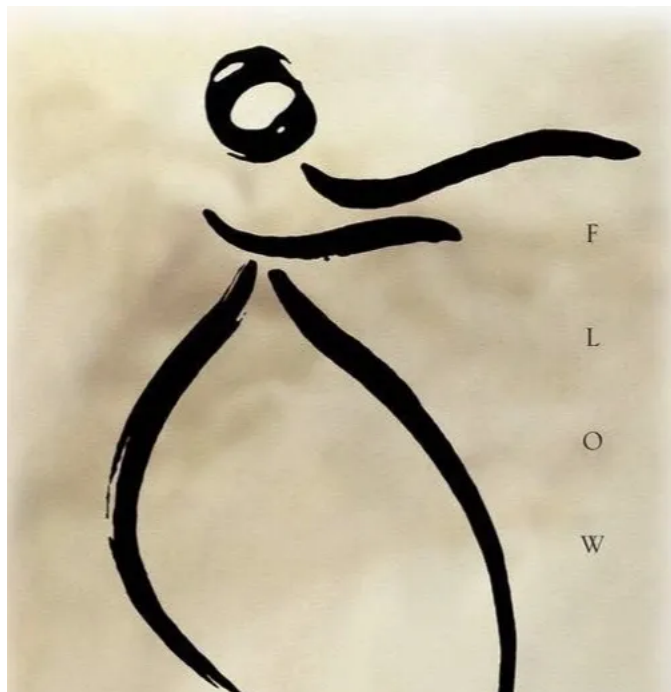
Year 2026 April 22-26, 2026 TCC INTENSIVE with Amy Tyksinski Franciscan Retreat Cente Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

May 28-31 TCC Teachers Retreat with Sandy McAlister at Prince of Peace Abbey in Ocea CA . Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

Year 2026 June 25 – 28, 2026, Albuquerque, NM (Save the Date) Joy Through Movemen T'ai Chi Chih Retreat with Amy Tyksinski - More Info to Come. Contact Amy Tyksinski: Em: amytcc@outlook.com with questions.

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 505-228-210405-228-21

[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 ot T'ai Chi Chih practitioners.



T'AI CHI CHIH EVENTS LED BY ACCREDITED TEACHERS

2025

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!



This space reserved to publicize Accredited Teachers' Events.

It's made available for any Teacher who wishes to have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Subn details to: stephen2816@mac.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 or Taoist writings before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community Hybrid T'ai Chi Chih Drop-in class zoomed from Ft. Collins, CO! Popular with students, teachers, and candidates; all are welcome. Free; we encourage regulars to make a small charitable donation. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com or see Lisa's website for more information [USING THIS LI](#)

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 a (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Tao writing before the Practice and end with an optional meditation. Contact: Email Lorrain for details, Zoom information and love donation.

Daniel Pienciak -- Three Tuesdays September 23, Oct 7, 21 @1 to 3/3:30 p.m. EDT Seijaku "Begin or Review", Guided Practice and Study on Zoom: A continuing study and practice of the "advanced form of TCC", OR a first-learning of Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 (voicemail only, NO texts).

Daniel Pienciak -- Six Tuesdays, September 30 to December 16, 2025, 1 to 3/3:30 EDT -- 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 (voicemail only, NO texts).

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 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 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 practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest 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 the Federal VA Community Care Network program) FREE for U.S. Veterans & Accredited TCC

Teacher VA Community Care Network program, FREE for US Veterans & reduced for Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Passw TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

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

Richard P Karasik T'ai Chi Chih Class + Full Practice on Zoom 9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. This is an ongoing practice - start any time. [Click here for ZOOM](#) Contact: Email Richard Rpk@bandk.com for handouts, and class updates.

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 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

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

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

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) \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check payable to: Ann Rutherford 1534 Wagon Train Dr. SE ABQ, NM 87123

Web Resources

2024 International T'ai Chi Chih Teachers' Conference Artifacts: [click here](#)

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](#)

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

[Facebook group](#) members, if you don't already have a Facebook account, you must create 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 Linda Jones at lkjtcc@gmail.com.

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 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](#)

2024 International T'ai Chi Chih Teachers' Conference Artifacts: [click here](#)

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

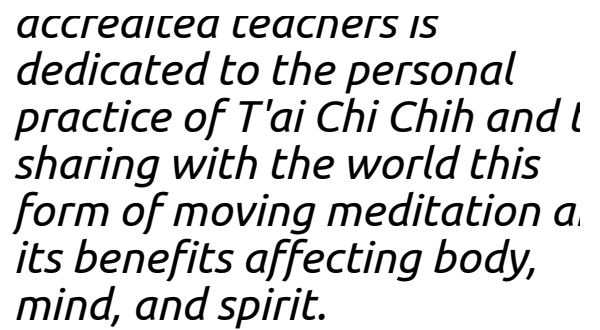
T'ai Chi Chih's originator Justin Stone's website: [click here](#)

T'ai Chi Chih's website: [click here](#) **T'ai Chi Chih Community website:** [click here](#)

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



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

