

From: TCCcommunity newsletter@tcccommunity.net
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Date: June 1, 2026 at 3:02 AM
To: Stephen Thompson stephen2816@mac.com

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Mission Statement

The Power of Attention

Justin Stone has shared that the greatest potential of our T'ai Chi Chih practice is to discover who and what we are. When I first started TCC, that was just a mental concept. It sounded great, but I did not have an inner knowing of what that meant or how TCC would get me there. I did know that something in me was deeply pulled to this practice. That was 30 years ago, and that pull has only gotten stronger.

Over time, many of us begin to notice a shift in who and what we take ourselves to be. Our center of gravity drops, and we feel more anchored in our bodies, more present to ourselves and to life. We experience more moments when the mind is settled and we become aware of the Stillness underlying all life. We develop a greater capacity to catch ourselves when we are lost in habit energies and reactive emotions. Even when we do get lost, we begin to meet ourselves with more love and compassion. As that love and compassion deepen within us, we naturally become more able to extend the same understanding to others when they are lost. Most of all, there is a growing trust in the benevolence and love of the Chi. This trust helps us let go, allowing the Chi to move us and take the lead in our lives.

Most of us come out of childhood identifying with our conditioned, linear, conceptual mind. This conditioned mind is full of false perceptions, self-images, and stress-filled strategies for survival that block our Life Force and create suffering and pain in our lives and this world. The mind was never meant to be identified with. The linear, conceptual mind is meant to be a tool that we can

pick up and use when needed to function and navigate this world. It is important that I know that a red light means stop when driving.

The mind is needed to first learn TCC. It helps us learn the name and shape of each of the movements. In this beginning stage, the mind moves the body. When the mind is “doing” the movement, there is always tension, which we know blocks the Chi. The gift of this stage is muscle memory of the movements, which is very helpful in supporting us in moving to the next stage of our journey.

At this point, we need to understand that TCC is not an arm movement but a Chi movement. This is where inner transformation can really begin to unfold and a whole new way of Being is discovered. We need to be continually reminded to let go of our attachment to our thoughts and to keep our attention in the inner source of the Chi, the Tan T’ien (or the soles of the feet, which can be easier at first). The Tan T’ien is the seat of Awareness and our connection to the Universal Energy. As attention rests more in the Tan T’ien, the thinking mind begins to settle, and we open to the flow of Chi that emanates from our center. It is the Chi that effortlessly moves the body. Over time, as we continually put our attention in the Tan T’ien, who and what we take ourselves to be begins to change.

The key to this transformation is your attention. It is your superpower. Where you put your attention is where your center of gravity is and who and what you identify with. Where we put our attention is a choice we need to make in every moment.

I would like to end with a quote Justin shared from the Buddha: *“The one who can keep their attention in the bottoms of their feet, whether walking, sitting, or lying down, can heal a thousand ills.”*

Much love,

Marie

Teachers' Community 2nd Saturday Zoom Get-Together

T'ai Chi Chih Practice & Discussion

Topic: Feeling the continuity and unity in our practice
Date: June 13th
Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any one of these three ways:

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

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

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

Zoom Meeting Caption Translation into other languages! Zoom has the option to allow users to see the captions translated into the language of their choice. I am happy to share that we are offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone that might benefit from this.

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 Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! A Conversation Series - Invitation! Our May conversation is Part 2 from the conversation between Justin Stone and then Guide Sister Antonia that originally took place in 2007 as part of Justin's 91st birthday celebration [Link to Video](#). Please feel free to send ideas or requests for conversation topics to news@taichichihassociation.org. Our Friday Nights in Joy! series will be on hiatus until August 2020. Conversations are uploaded to YouTube @ the end of the third Friday of the month.

2026. Conversations are uploaded to YouTube @amytcc on the third Friday of the month.

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



Mark your calendars! The date of this year's Zoom conference is **Saturday, August 8th** and the theme is **Transformation!** It will be a beautiful time connecting and coming together to share how our practice can transform us, our students and the world. [Click here to register for the 2026 TCC Teachers' Conference.](#)





What Changes?

As the chi changes, vibrations change and, of course with it, lives change.

As this physical energy or this physical body evolves and makes itself ready, it will be a suitable vehicle for this higher state of consciousness. You can't take a radio set and expect to get television pictures on it. It has to be made ready for it. Now, does this give you a different picture of what you are doing in your TCC practice?

~Justin Stone - [*From a talk by Justin Stone*](#) given at the 1990 T'ai Chi Chih Teacher Conference





Letting Change Move Through Us

“Can you remain still until the mud settles and the water is clear?” — Tao Te Ching, Chapter 15

“The Tao never acts, yet through it all things are done.” — Tao Te Ching, Chapter 37

“By letting it go, it all gets done.” — Tao Te Ching, Chapter 48





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

Year 2026

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). 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; 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 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (no meeting in December 2026). Please email Amy Tyksinski: amytcc@outlook.com to get more information and/or reserve your spot. ALL are welcome!

May 23-25, 2026 Online SEIJAKU TEACHER ACCREDITATION with Pam Towne, on Zoom.
Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and

integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Joy In The Heart – A T'ai Chi Chih Retreat with Amy Tyksinski, Norbertine Spirituality Center, Albuquerque, NM - - [Link](#) to Flyer

October 1- 5, 2026, T'ai Chi Chih Intensive, Kansas City, KS Teacher Trainer: Dan Pienciak Airbnb near Kansas City, MO (Liberty, MO) [Click here to view Airbnb site](#) and Contact: Lorraine Lepine (Host): for details, email: 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 amyfcc@outlook.com or 505-228-2104

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 amyfcc@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.

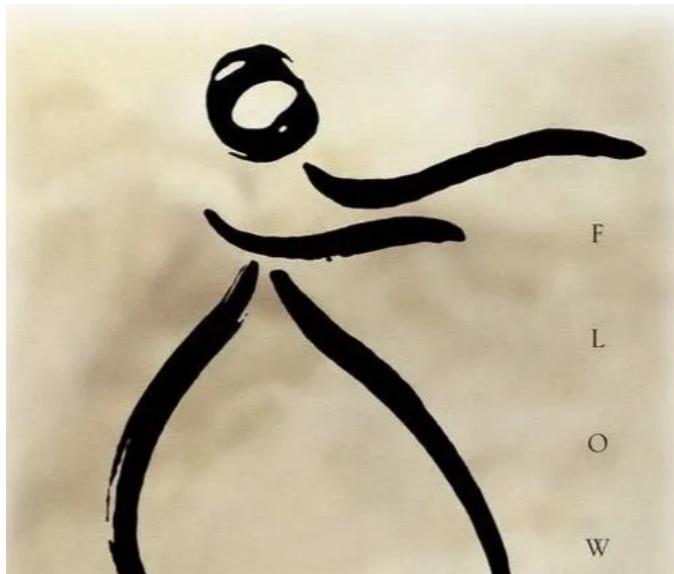
April 6-12, 2027 T'ai Chi Chih Teacher Accreditation at Marillac Retreat and Spirituality Center, Leavenworth, KS. TCC Teacher Trainer: April Leffler, Host: Lorraine Lepine. Contact Lorraine at lorlepine@gmail.com or text 913-710-3464

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.

Oct. 25-31, 2027 T'ai Chi Chih Teacher Accreditation at Prince of Peace Abbey in Oceanside, CA . Details to follow. Contact: Pam Towne, pamtowne@gmail.com or call 760-421-7589.

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.





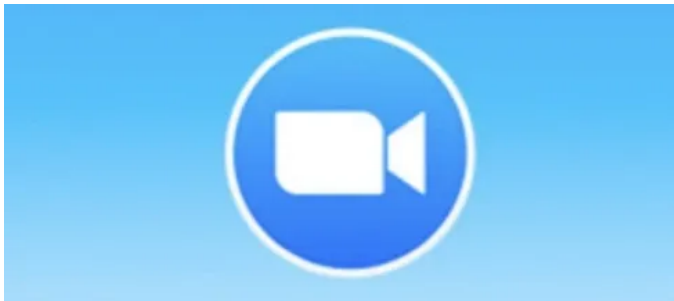
T'AI CHI CHIH EVENTS LED BY ACCREDITED TEACHERS

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





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](#)

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.

Daniel Pienciak TCC Guided Practice and Study on Zoom Tuesdays, start date TBA summer 2026, 1:15 to 3:00 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, Email or voicemail only, NO TEXTS.

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Four consecutive Tuesdays June 2, 9, 16, 23, 2026, @1:15 to 3:15 p.m. EDT 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 Email or 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, 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

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](#)

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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) 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 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

"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](#)