From: **TCCcommunity** newsletter@TCCcommunity.net
Subject: Sandy's November 2024 T'ai Chi Chih Newsletter
Date: November 1, 2024 at 3:14 AM
To: stephen2816@comcast.net

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Mission Statement

Sandy McAlister's Message

Teaching Tips for Side to Side Weight Shifts

When teaching the side to side weight shift I try to impress upon students what they are about to learn is

nothing new, that they already know how to do it, having learned the front and back weight shift. There are a few differences but I want them to focus on the similarities not the differences. I want them to focus on the yinning and yanging and correct weight shift.

The similarities: *Weight sinks/shifts into the right leg/foot, freeing the left to move either forward or to the side with the heel touching down lightly without any weight on it. The right knee is bent and the left is straight. The weight begins to shift as the left knee gradually bends and the right leg gradually straightens until a full weight shift is achieved and the right leg is very straight. The body stays at one level throughout the weight shift. The shoulders stay in alignment with the hips, not leaning or leading but following the direction of the tan t'ien movement.*

The differences: *The tan t'ien winds up, turns towards the leg receiving the weight and actually facilitates bringing the weight fully into the leg.*

During the side to side weight shift the tan t'ien is unwinding and at the end of the weight shift has opened or turned slightly past center.

The feet stay flat on the ground throughout the weight shift.

It is important to feel the side to side weight shift as a long yinning and yanging movement with some turning of the waist and hips.

Since the first movement with a side to side weight shift is Carry the Ball to the Side, I often teach the movement without the three steps to the side in the beginning. I want students to get practice feeling a long lateral movement to the side and a full weight shift. They are just beginning to sink into the feeling of the movement by the third repetition so I do not want them to stop and then start again. I ask them to practice through the next week 9 repetitions to the left, concluding, and then 9 to the right. At the next class they learn the movement as it is meant to be done with the three steps to the side.

During a class practice we sometimes do Carry the Ball to the Side, staying in place, doing 9 repetitions to the left, a conclusion, and then 9 repetitions to the right. Then we do the movement again with the three steps to each side. This provides an opportunity for lots of practice with the side to side weight shift. I do this occasionally with all my class, beginning and continuing.

The importance of a full yinning and yanging weight shift cannot be stressed enough. Whether it is front and back or side to side it is an important component in the practice of T'ai Chi Chih in order to move and balance the Chi.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Teachers: Second Saturday, November 9th. Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern. Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: Preparing Teacher Candidates

Teacher Accreditations and Intensives

See details in T'AI CHI CHIH EVENTS below. Intensive fees are $300 and Teacher Accreditation's are $650.

Justin's Insights

Merging Sense with Essence

The high plateaus do not produce the lotus flowers; it is the mire of the low swamp-lands.

If you consider quietude right… it is just the time to apply effort by a million times. The sun shines on everybody – pure and un-pure. You do not have to give up the ordi-nary life. What is given up is greed, anger and delusion. Love and do as you please. When active you are revealing the func-tion. It is better to discipline yourself than have life do it for you.

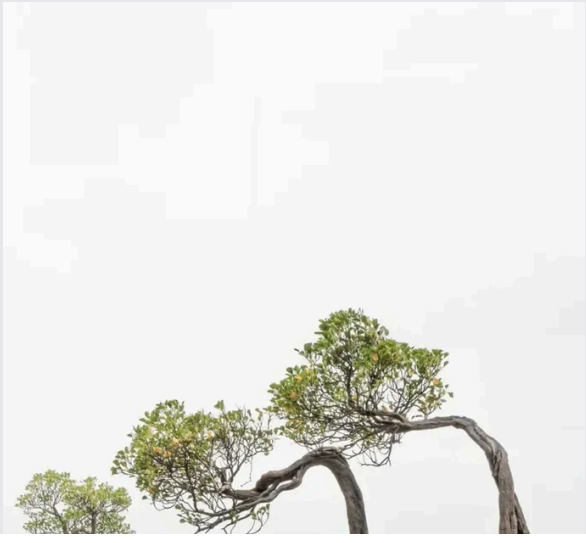
~Justin Stone - Vital Force September 1991 Reprinted with permission from The Vital Force

Chi Reflections

No Resistance

The way that will relieve your woes on the physical plane will also take you to the highest spiritual realizations. And the way is simple. No resistance. ~Thaddeus Golas

Equanimity



"May what comes to you in silence carry you through the deafening chaos." ~Unknown

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

2024

November 16, 2024 TCC CULTIVATING MINDFULNESS IN PERSON WORKSHOP with April Leffler from 10:00AM-4:00PM in Newark, DE.

Contact: Jan Walker @ jwalker351@gmail.com or call 302-584-6404

December 7, 2024 SEATED SEIJAKU WORKSHOP ON ZOOM

with Daniel Pienciak. 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

December 21, 2024 TCC WINTER SOLSTICE RETREAT ON ZOOM with Daniel Pienciak. One Saturday , 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 wakeup-daniel@aol.com or call 732-988-5573

2025

February 5-8, 2025 TCC INTENSIVE ON ZOOM with Pam Towne.

Contact : Email Jessica Lewis jhtl0521@gmail.com or call 302-593-5005

April 26-28, 2025 SEIJAKU TEACHER ACCREDITATION with Pam Towne on Zoom For TCC teachers who have been practicing Seijaku at least 6 months. Course fee is $400. Auditing fee for already accredited Seijaku teachers is $150. Partial scholarships available.

Contact: Email Pam Towne pam-towne@gmail.com or call 760-421-7589

MAY 2025 TEACHER ACCREDITATION with Daniel Pienciak in Florida, Details TBA

Contact: Email Anita Vestal ani-

taiaichichih@gmail.com or call 813-418-0146

Spring 2025 TCC INTENSIVE IN MIDWEST Details TBA.

June 12-15, 2025 TEACHERS RE-TREAT with Sandy McAlister Prince of Peace Abbey, Oceanside, CA

Contact: Pam Towne pamtowne@gmail.-com or call 760-421-7589 CLICK HERE FOR DETAILS AND REGISTRATION FORM

Autumn 2025 TEACHER ACCREDITATION Details TBA.

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.

ZOOM T'AI CHI CHIH & SEI-JAKU PRACTICES LED BY ACCREDITED TEACHERS

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Prac-

tice, from 9 am to 10 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 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 live from Foothills Unitarian in Ft. Collins, CO! Fall series starts September 9th, "Mind, Body, Spirit." Popular with students, teachers, and candidates; anyone is 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 Click here for ZOOM link Meeting ID: 913 1791 5664 no passcode

Contact: Email Lisa Stroyan lstroyan@gmail.com Lisa's website

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 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 Taoist writing before the Practice and end with an optional meditation.

Contact: Email Lorraine for details, Zoom information and love donatio

Daniel Pienciak T'ai Chi Chih "Begin or Review" Guided Practice on Zoom, 6 Tuesdays, 1 p.m- 2:30 p.m. EDT. Dates: Nov 12 - Dec 17. TCC instruction and practices, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost.

Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573

Daniel Pienciak Deepen and Refine your TCC movements on Zoom, 6 Tuesdays, 1 to 3:30 p.m., EDT. Dates: July 23, August 6, 20, Sept 10, 24, and Oct 8. A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teach-

ers.

Contact: Email Daniel Pienciak wakeup-daniel@aol.com or call 732 988 5573

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 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 pam-towne@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 Meeting ID: 171 422 068 Password: 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 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

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 Email Richard Rpk@bandk -

Contact: Email Email Richard Kpk@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 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

Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice Teachers will find a link to the 2nd Saturdays 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 contact Linda Jones to join the private Facebook page. If you do not want to join Facebook & just want to acquire the link to the 2nd Saturday zoom session, also contact Linda Jones.

Contact: Email Linda Jones lkjtcc@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 Justin-stonetcc.com to remain available online.

For 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:

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 an account before clickng 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 Archives: click here

Past issues of TCC Community Newsletters (Feb. 2009 thru Present): click here

T'ai Chi Chih Guides' free monthly newsletter Sign Up Here

"T'ai Chi Chih is a Service to Humanity. It is a form of Love."
~Justin Stone

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.

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