

Like

+1



Contents

Sandy McAlister's Message: Shaped by Many

Community Updates

Teacher & Student Survey Link

Justin's Insights & Chi Reflections

Events lead by the Guide and Teacher Trainers

Links to Resources & Materials

Mission Statement

Sandy's Message

Shaped by Many

In 1997 Mister Rogers received an Emmy for Life Time Achievement. In his acceptance speech he said,

“All of us have special ones who have loved us into being. Take 10 seconds to think of all the people who have helped you become who you are.”

[See his 3 minute acceptance speech here](#)

I would like to add that we not only remember the people who we have been close to and loved but also:

People who have helped us with direction when we have felt lost, whether it be physically, emotionally, or spiritually;

People who have lightened our load by assisting with a problem, such a car malfunction, or listening to our situation with their full attention;

*People who have enriched our lives by sharing their life with us.
As we begin a new year it seems the natural time to take a few minutes and consider the past and those who have shaped it and helped birth our future.*

May the spirit of Christmas which is Love

And the soul of the New Year which is Hope

Bear their fruit in Your Happiness

~Sandy McAlister in Hayward, California

Community Updates

Teachers and Students: Please help shape the future of our T'ai Chi Chih Community by taking the following survey:

This is the last month the survey will be available. To take it now, [Click Here](#)

Plans for next year's Teachers Conference are still in the works. As soon as we know the date and place an email will be sent to everyone who receives this newsletter.

Justin's Insights

Feel the Chi - Feel the Bliss

*If one will do T'ai Chi Chih ...
The movement of the Chi can be plainly felt,
And that feeling is one of Bliss. ~ Justin Stone.*

Chi Reflections

The Invitation

One evening as I flew into St. Louis I found myself looking out the window as the plane gradually descended from the clouds. At one point the view cleared, and my eye caught a glimpse of something partially hidden below. Was it land, water, or

perhaps just my imagination: Moments trailed together as I strained to perceive what the eye could not see: something was definitely out there.

Suddenly, without warning, a flash of white light lit up the night as the shining moon was reflected on the still surface of a small lake. My mind was momentarily confused as I struggled to determine the source of illumination. Hovering above and out of view, the brilliant moon was present, yet I hadn't noticed it until that moment. How often is this the case in our T'ai Chi Chih practice? it may begin with a general feeling of discomfort, the recognition of tension, or the discovery of a rough edge that wasn't there before. The certainty that was present a moment before quickly fades, and a small doubt begins to grow which may eventually overwhelm our enjoyment of the movement. Once again, the struggle is upon us.

T'ai Chi Chih is a wonderful spiritual practice because it requires each practitioner to discover his or her own way within the guidelines of the principles. As teachers, we must help out students learn how to move properly, and encourage them to continually examine the movements for new insights. I often tell students that it is impossible to think your way through the movements. You must feel your way along, as if searching in the dark for some unknown thing. There is no way to describe what you're looking for, so any advice you receive from the outside is of little help. Just keep focused on alignment and flowing from the center, be willing to try different approaches, and feel your way along. Eventually, you'll discover it, and then you'll know.

When teaching, I note which students are struggling and which ones are complacent. The latter ones are the most concerning because they rarely break through to the deeper levels in their T'ai Chi Chih practice. The struggle is a necessary part of the growth process, and a good teacher will respect and assist the student in every way possible without getting in the way. I encourage students to use unwavering attention during their practice, and to focus on the feeling rather than trying to remember every important point. Just let T'ai Chi Chih do T'ai Chi Chih and get out of the way. This can only be accomplished by letting go.

When a problem area is discovered in the T'ai Chi Chih movements, it is an invitation to deepen the practice, and this is something a serious student will not ignore. At times, the self-discovery process can be awkward, or even emotionally painful. This release is necessary to allow the Chi to flow more freely, and until that happens, it may feel like every way is blocked with no escape. If we stick to the principles we will make progress. Gradually, inevitably, a way through the barrier will be discovered, and a whole new world opens up in the practice, and in our lives.

~Ed Altman

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The Vital Force Archives: [click here](#)

Events lead by the T'ai Chi Chih Guide and Teacher Trainers

2016

Feb. 24-28 Colorado INTENSIVE with Sandy

Contact: Marie Dotts mcdotts@hotmail.com

March 13, Oakland, CA, Teachers Workshop with Dan Pienciak

Contact: TBA

March 10-13 Santa Barbara Teacher's Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

March 15-18 Santa Barbara Teacher and Student Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

Apr. 10-13 Aston, PA Teacher Symposium with Sandy

Contact: April Leffler lirpaleff@rcn.com

May 4-7 Prescott, AZ TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 27- 29 Mendham, NJ Seijaku Teacher Training with Pam

Contact: Bill Moore tccwithbill@yahoo.com or 862-668-5753

May 29-June 4 Aston, PA TEACHER ACCREDITATION with Pam

Contact:TBA

June 19-25 Colorado TEACHER ACCREDITATION Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: TBA

Oct. 16-19 Aston, PA Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 21-24 Near Orlando, FL TCC Silent Retreat with Pam

Contact: Anita Vestal vestala7@gmail.com or Susan Quinn
rsusanquinn@gmail.com

Nov. 17-19 Albuquerque, NM Seijaku Accreditation with Pam

Contact: Robert Montes de Oca r_montes7769@msn.com

More T'ai Chi Chih Events

[Click here for additional events including those lead 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.

Links to Resources & Materials

T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

Get the Android application: [click here](#)

Get the Apple app: [click here](#)

Justin Stone's: DVDs/Videos, Books, CDs/Audios - [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD - [click here](#)

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

Skype Lessons with Pam: [click here](#)

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to:

T'ai Chi Chih International Foundation

Send check to:

Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

Official website: [click here](#)

Facebook: [click here](#)

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 Community: [click here](#)

T'ai Chi Chih International Foundation:
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 517, Midland Park, NJ, 07432

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 newsletter: [click here](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

T'ai Chi Chih Guides' Archived newsletters:[click 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.



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