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Sandy's Message

Change: Beneficial & Enlivening

People who have studied with Justin are familiar with his often made comment that most of the mail he received was from people saying, "T'ai Chi Chih has changed my life." Many times students begin learning T'ai Chi Chih hoping it will be instrumental in changing something in their life for the better – be it a physical change, an emotional change, or even a change in their golf score.

Change is inevitable whether we actively seek it or not.

Sometimes we feel it benefits us and sometimes not.

We cannot stop change, but we can choose how we will react

And how we will work with it.

The T'ai Chi Chih Community has voiced a desire for change. For several years the attendance at our Annual Teachers' Conference has been less than that of many past years. A survey was presented to teachers and students to gain insight into what direction they would like to see our T'ai Chi Chih Conference move.

In many of the survey comments I read, the teachers felt a combined conference of teachers and students would bring more depth and opportunity into the experience for all. It is an exciting change to look forward to. I will give details with numbers and some of the respondent's comments in the June Vital Force Issue. But for now, know that the teachers overwhelmingly would like to have an Annual Teachers' Conference every other year and on the off years have a combined teacher student

conference to be known as a T'ai Chi Chih Community Conference.

Next year the First T'ai Chi Chih Community Conference will be held the summer of 2017. We are looking to hold it in a geographical area which has many active teachers and students. The conference would be from Friday to Sunday. If your community of teachers and students would like to host the First T'ai Chi Community Conference please contact me: Sandy McAlister at mcalister19@comcast.net

This year's 2016 Teachers' Conference in Seattle, Aug. 11-14, is supporting the idea of change with their theme of "Letting Go." Consider how letting go can be of benefit in our lives. Is there something we may be struggling with and can't let go of? How in our T'ai Chi Chih practice is letting go applied? Letting go of pride and applying for a scholarship in order to be able to attend conference this year – might be a good place to begin practicing letting go! Consider these thoughts as you prepare to attend this year's conference.

~Sandy McAlister in Hayward, California

Remember: Saturday, April 30th, at 10am in your time zone. Be part of World Tai Chi/Chi Gong Day where ever you are in the world. Let the vibration of your T'ai Chi Chih practice join the multitude of other practices around the world to envelope the earth in peace and harmony. Send pictures of your group practice to Lisa Otero lisa.otero@post.harvard.edu for the T'ai Chi Chih Facebook page.

2016 Folsom State Prison Banquet and Circles of Light Event

You are invited to synchronize your T'ai Chi Chih practice with the Folsom State Prison class' practice on May 24th, 2016. Please start your practice at precisely 1:45 p.m. Pacific Time.

Last year Sandy McAlister led the Folsom Prison practice by softly saying, "Begin..." and people from all over the world stepped to the left at the same time into Rocking Motion. The Folsom Prison class felt encircled in your Love Energy. It was a beautiful experience for all involved.

This year Sandy and Pam will both be attending the Folsom State Prison's 4th Annual Banquet & CIRCLES OF LIGHT event. I am asking the T'ai Chi Chih community to participate with us – individually or in groups – on May 24th in a joint practice. It means so much to the men to be connected in this way to the greater T'ai Chi Chih community, and they are appreciative beyond words.

Thank you,

Julie Heryet

PS I need help buying the food, as the banquet is funded entirely by private donations. If you would like to help, make your check payable to Julie Heryet, and

send to P.O. Box 1573, El Dorado, CA 95623.

Community Updates

August 11-14, The 2016 Teacher's Conference - University of WA, Seattle WA

CHANGE IN CONFERENCE SCHOLARSHIP PROCESS

Scholarships are available for those who need financial assistance to attend The 2016 T'ai Chi Chih Teacher's Conference in Seattle August 11-14. Please note there is a change in the way scholarship checks will be processed. Within one week of receipt of your scholarship application, notification of approval will be sent to you. Within two weeks of your notification, a check will be sent directly to you by postal mail service in the amount of your scholarship. If you have not yet made your registration with the University of Washington, you are expected to do so within one week of receiving your scholarship check. The new Scholarship Application Form (replacing the form currently posted) will be up on the TCC website mid April. In the mean time, you may use the form currently on the conference site, but know the above process applies. Application deadline for scholarships is July 7.

We look forward to a great conference in Seattle. Conference and University of Washington registration deadlines are July 21. Get Going! It's only 4 months away. Roseann Heinrich and Lucinda Kutsko, Conference Coordinators

Lucinda Kutsko

tccteachersconference@aol.com

h.330-538-2292

c. 330-727-4477

August 14-16, Post Conference Seijaku Accreditation and Seijaku Workshop - University of WA, Seattle WA

[CLICK HERE](#) for more information about the 2016 T'ai Chi Chih Teachers Conference & Post Conference Seijaku Accreditation and Seijaku Workshop registration forms, room & meals, scholarships, vendor application form, info on post-conference Seijaku Teacher Accreditation and Seijaku Basic Course, and the University of Washington's website.



The 2016 T'ai Chi Chih Teachers Conference - University of WA campus, Seattle WA

Justin's Insights

Practice! Practice!

A T'ai Chi Chih teacher who does not practice him-or-herself is somewhat of a fraud. Personal development is necessary before passing it on to students. My teacher from India said: "Before giving water, make sure you have water to give." This does not apply to most T'ai Chi Chih teachers, who practice faithfully.

~ Justin Stone. VFJ Spring 1989

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

Chi Reflections

Dancing Chi

As the Earth spins effortlessly through darkness and light,
Brighter days overtake the night.

And the Equinox rekindles the Chi of Spring,
In an eon-long dance
Of Yin and Yang.

~Stephen T.

Ideal Teachers

Ideal teachers are those who use themselves as bridges over which their students can cross, then having facilitated their crossing, joyfully collapse encouraging them to build bridges of their own.

~Nikos Kazantzakis

Beginner's Mind

If your mind is empty, it is always ready for anything, it is open to everything. In the beginner's mind there are many possibilities, but in the expert's mind there are few.

~Shunryu Suzuki-Roshi

T'ai Chi

Movement arises from Stillness

Power from No Effort

Strength from Softness

Balance from Attention

Vitality from Relaxation

~Anon

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

2016

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 7-9 Prescott, AZ, Seijaku Intro Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 12 - 15, Rochester, MN Teachers Retreat with Pam

Contact: Bonnie Sokolov [bonnietaichi@q.com](<mailto:bonnietaichi@q.com>)

May 13 - 15 NJ Shore TCC Teachers Retreat with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

May 14 Rochester, MN Student Retreat Day with Pam

THIS EVENT HAS SOLD OUT AND HAS A WAITING LIST!

Contact: Bonnie Sokolov bonnietaichi@q.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: April Leffler lirpaleff@rcn.com

June 19-25 Colorado TEACHER ACCREDITATION Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Aug. 11-14 2016 TEACHERS CONFERENCE Seattle, WA

Contact: TBA

Aug. 14-16 Seattle, WA Seijaku Accreditation with Pam

Contact: Dan Pienciak wakeupdaniel@aol.com

Aug. 14-16 Post-Conference Seijaku Workshop Seattle, WA

Contact: TBA

Sept 16 -18 NJ Shore Seijaku/Meditation ("Turiya") with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.com

Oct. 4-7 Santa Barbara, CA TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct 9-13 Aston, PA INTENSIVE with Daniel

Contact: April Leffler lirpaleff@rcn.com

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 4 - 6 NJ Shore TCC Retreat with Daniel Pienciak

Contact: Siobhan Hutchinson siobhan@nextstepstrategiesllc.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

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 checks 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 Journal quarterly newsletter: [click here to subscribe](#)

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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