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## Sandy's Message

### Intention & Awareness, Stillness & Reflection

*My Dear T'ai Chi Chih Community,  
Justin was fond of telling teachers, "Never do T'ai Chi Chih carelessly." To me that means not only starting each practice with the intention to physically do the movements correctly, but more so to remind me to remain inwardly present and aware. I often provide verbal guidance in class to help the mind stay present and NOT go on automatic - from the beginning of Rocking Motion through the completion of Cosmic Consciousness Pose.*

*Our Community usually bows at the end of Cosmic Consciousness Pose, but it is important to remember the bow is not a perfunctory act done as a closure to T'ai Chi Chih. Cosmic Consciousness Pose is the completion of T'ai Chi Chih. Afterwards, whenever I choose to bow, it is not the outward act of bowing I am doing but more of an expression of an inward awareness.*

*During our silent time after a practice, I may or may not provide limited verbal guidance to help our minds stay present, but I will often comment at the very end, "Notice your state of mind," or "Acknowledge your gratitude silently." I might ask students to "Notice how you feel." This is what I share with my students. Take time to observe the impact the practice has had today on our emotions and state of mind.*

*Sometimes I will have my class sit in silence for a few minutes at the end of a practice. Or, I may have them move into a circle and stand in a relaxed position, with eyes lowered or closed, and reflect inward for a few minutes. This quiet time of non-doing provides an opportunity to recognize how we feel and how the practice has affected us. Acknowledging T'ai Chi Chih's impact makes it's benefits more apparent and valuable. Stillness at the end of practice allows for us to gratefully recognize what we have experienced.*

*If we finish our practice but hurry right along with our day, the opportunity to cognitively acknowledge how the practice had influenced us can be lost. We may not have noticed how, for a while, our mind was lightened of its incessant chattering. We may not have fully noticed the calm, pleasant, peaceful feeling we are experiencing. Reflection at the end allows the great value of this practice to become more readily apparent.*

*Ending with quiet time extends the feeling we experience at the end of our practice - the feelings of peace, calm, accomplishment (that we practiced that day), lightheartedness, gratitude, or joy, whatever it is - and enhances our day and our lives. Stillness and reflection acts as a bridge for our T'ai Chi Chih experience to flow into the rest of our day.*

*What level of intention and awareness will you bring to your next T'ai Chi Chih practice? What depth of stillness and reflection will you achieve?*

*Sandy McAlister – Somewhere in Nepal*

## **2016 Folsom State Prison Banquet and Circles of Light Event**

**Justin Stone paid a visit** to the T'ai Chi Chih class at Folsom State Prison in California back in 1998. When he addressed the class Justin said, *"Thank you for your life. All of our lives are of equal value."* He invited them to *"Give T'ai Chi Chih a try,"* to *"Enter the Cosmic Rhythm,"* and added, *"If enough people in the world did T'ai Chi Chih, we would have a peaceful world."*

**Justin's wish** for the men in the T'ai Chi Chih class at Folsom has been carried on for 19 years. You can be a part of this special class wherever you are by joining us as Sandy McAlister leads us in a synchronized practice May 24th, at precisely 1:45 p.m. Pacific Daylight Time.

**Thank you,  
Julie Heryet**

*PS You can also support the Folsom Prison's class and annual banquet/retreat by sending contributions to: Julie Heryet, P.O. Box 1573, El Dorado, CA 95623.*

## **Community Updates**

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

*Hello fellow T'ai Chi Chih Teachers,*

*Lucinda Kutsko and I are co-hosting the 2016 Teachers' Conference in Seattle Washington. We hope you are planning your time at conference too.*

*My first conference was 2001 in California. I remember being awed by the number of people moving together and the amazing sound of all those people doing Six Healing Sounds. I hope this year you are planning to join forces with a huge group of teachers to make those amazing Six Healing Sounds as we are moved by the Chi.*

***Come early or stay late for an abundance of sightseeing opportunities.***

***Mount Rainier is a short commute in Pierce County.***

***The Pike Place Market is one of the most talked about market places for shoppers and a wonderful area to people watch.***

***Of course, a must (even though it is a tourist attraction) is the Space Needle. Who can go to Seattle and not experience this structure?***

***Olympic Sculpture Park and Alki Beach are other possibilities.***

***If you are looking for culture, Seattle Art Museum offers a variety of exhibits.***

***There is an amazing Asian Grocery and Gift shop called Uwajimaya. Such a unique name is bound to bring priceless offerings.***

*We really hope you will consider coming to Seattle this August to join the T'ai Chi Chih community of Teachers at the T'ai Chi Chih 2016 Conference.*

Lucinda and I are looking forward to seeing you!.\_

*Roseann Heinrich in Parma, Ohio*

### **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.

Click here for the new [Scholarship Application Form](#) and you will be taken to the the taichichih.org website.

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 a few months away.

Roseann Heinrich and Lucinda Kutsko, Conference Coordinators

Lucinda Kutsko

[tcteachersconference@aol.com](mailto:tcteachersconference@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

### Notes to Myself

*Everything changes, yet everything remains the same. This is the great mystery. A sage understands what that means. From the individual standpoint, we must change in order to remain the same. I emphasize that "everything is in a state of flux." Yet everything is as it has always been.*

~Justin Stone in the VFJ April 2005

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

## Chi Reflections

### The Present

*I have realized the past and  
the future are real illusions,  
they exist only in the present,  
which is what there is  
and all that there is.*

~Alan Watts

### Water

*Where there are mountains, there are mountain streams, and many Zen sayings refer to the fluid movement of water. In fact, that movement -- or the movement of something floating along on the moving water -- illustrates a basic concept of Zen. Water flows freely: a ball tossed into a mountain stream floats along, bobbing and moving from side to side, without hesitation, without interruption. It's obvious that the ball isn't thinking about where it's going, and it's equally obvious that the ball is making good progress along the stream. It's as though the ball had its eyes closed and moved without reflection along the current of the stream, finding the right way naturally. And from there it's a simple step to seeing the flowing current as the stream or road of life, and the ball then becomes you or me, making our way through life.*

*... Learn to move like that ball in the stream -- without reflective thought and by intuition alone. (Let your) movements be fluid and unhesitating (as the) stream flows on and on.*

~Chuck Norris in THE SECRET POWER WITHIN - Zen Solutions to Real Problems

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

### 2016 Events

**May 4-7 Prescott, AZ TCC Retreat** with Pam

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

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

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

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

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

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

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto: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](mailto:bonnietaichi@q.com)

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

Contact: Bill Moore [tccwithbill@yahoo.com](mailto:tccwithbill@yahoo.com) or 862-668-5753

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

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**June 19-25 Colorado TEACHER ACCREDITATION** Daniel

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Aug. 11-14 2016 TEACHERS CONFERENCE** Seattle, WA

Contact: Lucinda Kutsko [tcteachersconference@aol.com](mailto:tcteachersconference@aol.com)

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

Contact: Dan Pienciak [wakeupdaniel@aol.com](mailto:wakeupdaniel@aol.com)

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

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

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

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct 9-13 Aston, PA INTENSIVE** with Daniel

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

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

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

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

Contact: Anita Vestal [vestala7@gmail.com](mailto:vestala7@gmail.com) or Susan Quinn  
[rsusanquinn@gmail.com](mailto:rsusanquinn@gmail.com)

**Nov 4 - 6 NJ Shore TCC Retreat** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

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

Contact: Robert Montes de Oca [r\\_montes7769@msn.com](mailto:r_montes7769@msn.com)

## 2017 Events

Mar 23-26 Santa Barbara Teachers Retreat with Sandy

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

Mar. 28-31 Santa Barbara TCC Retreat with Sandy

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.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](#)

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## **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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