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Sandy's Message:

What's in the Box?

Justin often quoted Paul Reps, "If it isn't fun it's better left undone." Can that be applied to our solemn and serious T'ai Chi Chih practice? I say, "Of course it can." Don't get me wrong, I do take the practice of T'ai Chi Chih very seriously. But doing our practice "out of the norm" provides opportunities to learn from that experience. Aren't many discoveries made by mistakes?

Ivory soap, the one that floats, was invented when a soap maker made a batch of soap whipping more than the usual amount of air into it. Mother's loved it because their kids had fun playing with the soap and didn't mind the bath they were getting.

What discoveries might we uncover when we do our practice a bit differently? What revelations of energy flow might we experience by approaching our practice out-of-the-box. Our new insight and understanding can then be incorporated into our practice enhancing and deepening it.

I am not advocating "doing your own thing" with the T'ai Chi Chih form. Far from it. But I feel through exploring out-of-the-box we come to understand what is in the box.

There will be 3 hours of movement refinement at the Teachers' Conference this

year. I am hoping we can explore and have fun during that time, and in so doing, enhance our T'ai Chi Chih practice.

For those not attending the conference try a practice that I call "too big, too small." Do the first three repetitions of a movement with the hand pattern a bit too large, yet adhering to the principles of correct weight shift, posture, etc. Notice how it feels and what muscles are engaging that normally don't. Then hold back and make three repetitions with the hand pattern too small. What do you notice? Then allow the hand pattern to flow with neither effort nor resistance. Let it find that sweet spot when the arms and hands move effortlessly with the weight shift.

Enjoy exploring! I hope you are able to be part of the teacher's gathering at Conference this August in Seattle where we will have fun letting go while going in and out-of-the-box.

~Sandy McAlister in Hayward, California

Pam Towne Suggests . . .

Come for Conference, *Stay for Seijaku!*

Continue the Love Energy generated at Conference
Deepen the learning & Letting Go
Discover how easy & enjoyable Seijaku can be
Learn practical applications for Seijaku in your life
Experience more JOY thru MOVEMENT
Learn Fastrack!

IT'S NOT TOO LATE!!! YOU CAN STILL SIGN UP FOR CONFERENCE.

Hello Fellow T'ai Chi Chih Teachers,
It is not too late to **join us in Seattle, WA** for the **2016 T'ai Chi Chih Teacher Conference**.

You can register up until the 21st of July. Some folks are finding airline fares have decreased over the last few weeks. **Scholarship monies are still available.** We encourage those in need to avail themselves of this benefit. **It is there for you.**

Besides being a wonderful time to catch up with friends, it is the perfect time to make new friends, to allow time to focus on your own practice instead of that of your students, and to contribute what you might have to offer to the T'ai Chi Chih community. We all learn at each conference opportunity, but we all may hold a key to exactly what another teacher needs to hear to enhance their own practice and/or teaching skills.

Our program will offer teachings on a variety of topics including what to do when all else fails, teaching at the Universities and in prisons, holding the interest of students

in continuing classes, a Social Media Panel, and much more. As always we will work at refining our movements and ensuring we are holding our practice in its purest form. There will be plenty of free time to socialize and a revised version of the raffle experience.

We wish every teacher reading this email might join us and we hope you will be able to revise your schedule and make your conference arrangements today. We are so looking forward to seeing you. Go to www.taichichih.org, [go to Teachers and then Conference 2016](#)

and find all the information you need to be registered for Conference.

Namaste',

Roseann Heinrich, Co-Host with Lucinda Kutsko

NEW TEACHERS receiving their teacher accreditation after June 1 may register for \$110.

SCHOLARSHIPS ARE STILL AVAILABLE. Please do not hesitate to apply for a scholarship if needed. Send in your scholarship application with your conference registration form that can also be found on the [T'ai Chi Chih website](#). ***Application deadline for scholarships is July 7.***

Order Conference Shirts now. Forms are on the [T'ai Chi Chih website](#).

Our Conference Team looks forward with great excitement to seeing you in Seattle!

Lucinda Kutsko, Conference Coordinator

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c. 330-727-4477

August 11-14, The 2016 Teacher's Conference - University of WA, Seattle WA
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 information, registration forms, conference shirts order form, room & meals, scholarships, vendor application form, and the University of Washington's website.

Conference Services is pleased to announce the launch of the Conference Services—University of Washington Campus Guide 2016 Guidebook app. Conference guests, campers and attendees can utilize this resource to view an interactive campus map, browse campus dining and espresso options, discover campus attractions, check the weather forecast, call a taxi, check bus times and much more! The Guidebook app is available on Apple IOS, Android and Web-based platforms. To download it free [CLICK HERE](#)



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

Justin's Insights

Stillness

"A candle doesn't flicker in a windless spot - a state of mind when no disturbance alters its innate stillness, brilliance.

"The stillness is always there..."

~ Justin Stone - Pinterest Inspirational Quotes

Chi Reflections

Taking the Principles to Heart

If you have never taken
The principles of the teachings to heart,
You have no basis
For awakening to the hidden path.

~ Kuei-shan Ling-yu

Silence

"Silence is a source of great strength."

~ Lao Tzu

The greatest healing energy

"Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy."

~ Sai Baba

Give to receive

"The energy you give off is the energy you receive. I really think that, so I'm always myself – jumping, dancing, singing around, trying to cheer everybody up."

~ Cara Delevingne

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

2016 Events

Aug. 11-14 2016 TEACHERS CONFERENCE Seattle, WA

Contact: Lucinda Kutsko tcteachersconference@aol.com

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

Contact Dan Pienciak wakeupdaniel@aol.com

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

Contact: Dan Pienciak wakeupdaniel@aol.com

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. 8 Wheatley UK Student & Teacher Workshop with Sandy McAlister

Oct. 9 Wheatley UK Teacher Preparation Workshop with Sandy McAlister

Contact: Tina Wells tinawells1@ntlworld.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

2017 Events

Mar 23-26 Santa Barbara Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 28-31 Santa Barbara TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

May 11-14 Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne 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:

T'ai Chi Chih's 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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