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Sandy's Message: Connect — Connecting — Connection

How many ways can you relate the various aspects of the word connect to your T'ai Chi Chih practice?

Tina Wells, our teacher near Oxford in the UK, is planning two one-day workshops for this October. In choosing a workshop title she wanted to highlight the idea that the day is for teachers and students from all over Europe to gather and connect with each other and share the bond that connects them — T'ai Chi Chih.

This started me thinking about the various ways connect, connecting, and connection relate to the practice of T'ai Chi Chih. This week I began all my classes by asking students how they see the relationship of those words and T'ai Chi Chih.

What comes to mind first is usually the physical connection in our practice – all the parts of a movement, the hand/arm pattern, the weight shift and the focus, connected and flowing together.

There is the grounding concept of rooting ourselves into the earth during our practice – connecting downward.

The idea that our practice smooths our personality's rough edges and allows us to be more open and non-judgmental which removes barriers to connecting with other people.

T'ai Chi Chih brings us to a state of quietude and inner reflection allowing us more clarity in seeing the world around us and our connection to that world.

We experience energetically the vastness of life and a connection to all.

The annual conference is a wonderful opportunity for teachers to connect with each other, reconnecting with old friends and making new ones.

What insights of connection and T'ai Chi Chih can you add to this list?

It was a fun exercise to do with my students and their answers showed a real understanding of the practice and its value.

*Sandy McAlister
Hayward, CA*

P.S. I just received the list of those registered for conference as of July 22nd. It would be a wonderful surprise to see folks not on that list showing up for the opening practice Aug. 11th. Yes, you can still register! Surprise Me!

Late Registration Instructions for the 2016 Teacher's Conference

August 11-14, University of WA, Seattle WA

Don't be missed. If the reason that was keeping you from attending the conference has changed, you can still register. Your conference registration must reach Charlotte Livingston by Saturday, August 6 as her postal mail will be stopped after that. Please call Charlotte, 770-633-1927, to let her know you are sending a registration so we are not "surprised" at the conference. Of course it is still necessary to register with the University of Washington. Unused rooms in our reserved block of rooms have been released, so if planning to attend do register with UW soon.

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

*Roseann Heinrich and Lucinda Kutsko,
TCC Teachers' Conference Coordinators*



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

Justin's Insights

Impermanence

"Most suffering comes from failure to accept impermanence. Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

"The only thing permanent is change," says the I CHING. The leaves will fall in autumn; there will be new leaves on the tree in springtime. But, is the tree itself permanent? Enduring, yes, but infinite, no. What we do and think will influence the future; flowing with the TAO in its ceaseless progression is wise. In the words of Professor Huang, "The Sage wants spring to follow winter."

Summer 1986"

~ Justin Stone in the VFJ Summer 1986

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Chi Reflections

A Drop in the Ocean

All know that the drop merges into the ocean,
But few know that the ocean merges into the drop.

~ Kabir

Softness and Continuity

*Softness and continuity can only be known
by giving way, by letting go.*

*The flow of T'ai Chi Chih cannot be forced
comes of its own accord, silently watches itself.*

*Gentle magic of the movements frees the self conscious being
to simply be, to just be.*

~Jean Katus

Look Within. Be still. Be Free

"Look within. Be still. Free from fear and attachment, Know the sweet joy of living in the way."

~ The Dhammapada

Events led 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 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.

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.

T'ai Chi Chih Community Vision Statement

How we see ourselves:

We, the T'ai Chi Chih Community, are an ever-expanding, unified yet diverse group of teachers and practitioners who exemplify serenity, joy and vitality. There are active teaching communities throughout the US, Canada and around the world, with great variety in ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting T'ai Chi Chih as originated by Justin Stone, so that it contributes to holistically revolutionizing healthcare and is a positive influence on humanity.

How the world sees us:

The T'ai Chi Chih Community is universally recognized and accepted as offering an effective, user-friendly, holistic practice for enhancing health of body, mind & spirit.

We are seen as a thriving, welcoming Community that attracts people of diverse ages, gender and ethnicity. By embracing new technologies, we have accredited teachers and other resources readily available worldwide to meet the growing demand for information and instruction in the beneficial practice of T'ai Chi Chih.

Vision Statement presented to the T'ai Chi Chih Community on August 4th at the 2013 International Teachers Conference.



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