

**From:** Stephen Thompson stephen2816@mac.com  
**Subject:** Fwd: Sandy McAlisters Nov. 2014 T'ai Chi Chih newsletter  
**Date:** November 1, 2014 at 4:15 PM  
**To:** Stephen Thompson stephen2816@mac.com

## A Newsletter from the Guide of T'ai Chi Chih



### Chi Reflections

#### Autumn Beatitudes

... I am happy with the sharp clear angular slant

Of the afternoon sunlight,

Reminding me that there comes a time

To slow down.

A time to not think.

A time to settle

Like autumn leaves on the ground...

~Charlie Kinnaird

We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away.  
~Zhuangzi

"When we meet life undefended, even for a moment, we discover that we have no enemy but fear itself. In surrender, we choose to let our hearts break a thousand times instead of living our life trapped in fear. Each time we are willing to stay open and broken, the hard shields of defense soften and expand a little bit more."  
~Chameli Ardagh

"Our hands are not tight and our wrists must stay loose and not stiff. Allow your hands and wrists to be open and delicate, like the wings of a butterfly."  
~Christeen Niama Rae Sproehnie  
VFJ Fall 1985

#### Softness & Continuity

### 2015 CONFERENCE - SAVE THE DATES! Aug. 6-9 TCC Teacher Conference Black Mountain, NC

### Aug. 9-11 Post Conference Seijaku Course Black Mountain, NC

2015 Teachers Conference Registration and Information will be posted on the website by the first of December.

#### Open Hands

*Allow your arms to hang at your sides, relaxed, and notice the shape of your hands. Most people will have a slight curve to their hands and that is the shape the hands are in when we do T'ai Chi Chih. That openness and slight roundness of the hands is present in all the movements.*

*Teaching at an Accreditation last week I realized how often I kept noticing exceptions. Such as: there is softness throughout all the moves except in Joyous Breath; the back heel releases in all front and back weight shifts except for Anchor Taffy and the Six Healing Sounds; Polarity is one of our movement principles but it is not present in every move, as we define it in T'ai Chi Chih; Circularity is one of our principles but generally there is no circularity in Joyous Breath (although one could make an argument for having circularity in the transitions and in the breath); our awareness/focus remains below the waist, usually at the Tan T'ien or the soles of the feet, but in Pulling in the Energy we have a dual focus, adding the visualizing of energy flowing into the fingertips; and there are more.*

*But what I noticed as a constant, without exception, is the openness of the hands. They are not rigid and held in a fixed position. I noticed my fingers extend and contract slightly as I move. But they are always in an open, slightly curved position.*

*As practitioners of T'ai Chi Chih, we notice how it influences our lives, not just when we are doing the form. We learn many lessons about awareness, balance, and discernment through regular practice. I thought about the open hands and how that might relate to life.*

### Materials

Justin Stones materials may be purchased from local T'ai Chi Chih Teachers or through Good Karma Publishing.

[www.gkpub.com](http://www.gkpub.com)

★ T'AI CHI CHI PHOTO TEXTBOOK APPS for both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

★ The apps consists of time-lapsed photography of the originator, Justin Stone, performing of all the movements. As well as links to some movements on YouTube.

★ Important points about moving correctly are called out and special essays discuss balancing yin and yang, the Tao, the great circle meditation, serenity, studying with a teacher, function and essence, the power of Chi circulation, body posture, and more.

Purchase the Android application:  
[Android app](#)

Buy the application for iPhone, iPad & iPod Touch: [Apple app](#)

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen  
[www.gkpub.com](http://www.gkpub.com)

And on the CD: Justin Stone speaks on T'ai Chi Chih:  
[www.gkpub.com](http://www.gkpub.com)

Sandy McAlister's Seated T'ai Chi Chih DVD:  
[Seated DVD](#)

Pam Towne's DVD:

[Serenity in the Midst of Activity DVD](#)

Lessons with Pam via Skype:

[Skype: Prepare for teacher accreditation, or fine-tune your practice](#)

Teacher Resources:

Justin Stone's:  
DVDs/Videos  
Books  
CDs/Audios  
[www.gkpub.com](http://www.gkpub.com)

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  
VFJ Summer 1986

THE VITAL FORCE ARCHIVES:  
<http://www.taichichih.org/free-archived-past-issues>  
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Flow with whatever may happen and let your mind be free.  
Stay centered by accepting whatever you are doing.  
This is the ultimate.  
~Chuang Tzu

### 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.

- *When we greet someone our hands touch them with openness, such as in a handshake, a hug, a pat on the back.*
- *When we give our hand opens to let go.*
- *When we receive our hand opens to accept.*
- *The thought of surrender envisions a person with open hands. I'm thinking of this in terms of surrendering the need to be right or to win.*

*The awareness in our practice of our open hands can be a metaphor in life – to approach life and each other with open hands, soft and flexible. Maybe this is another lesson we might learn from our T'ai Chi Chih practice. How do you see the open, soft hands in T'ai Chi Chih reflected in your everyday life?*

*Sandy McAlister – in Hayward, California*

### Coming T'ai Chi Chih Events lead by the Teacher Trainers or the Guide:

March 19-22 Prajna Retreat with Sandy McAlister  
Santa Barbara Host: Pam Towne  
Email: [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

March 24-27 TCC Retreat with Sandy McAlister  
Santa Barbara Host: Pam Towne  
Email: [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

April 19-25 TCC Teacher Accreditation with Pam Towne  
Aston, PA Host: Stacey Moore  
Email: [sismot35@gmail.com](mailto:sismot35@gmail.com)

May 7-10 TCC Retreat with Pam Towne  
Prescott, AZ Host: Dana Diller  
[danadillertcc@gmail.com](mailto:danadillertcc@gmail.com)

Aug. 6-9 TCC Teacher Conference  
Black Mountain, NC  
Dates are firm. Registration and further information should be posted on the [www.taichichih.org](http://www.taichichih.org) website by the first of December.

Aug. 9-11 Seijaku Course  
Black Mountain, NC  
Dates are firm. Registration and further information should be posted on the [www.taichichih.org](http://www.taichichih.org) website by the first of December.

Oct. 25-29 Intensive with Sandy McAlister  
Philadelphia, PA Host: April Lirpaleff  
Email: [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

Oct.29 - Nov 1 Prajna Retreat with Sandy McAlister  
Philadelphia, PA Host: April Lirpaleff  
Email: [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

November 16 - 21, 2015

T'ai Chi Chih on the web: [taichichih.org](http://taichichih.org)

And ...

[TCCcommunity.net](http://TCCcommunity.net)

T'ai Chi Chih on Facebook:  
[www.facebook.com/taichichih](http://www.facebook.com/taichichih)

The Vital Force newsletter:  
[Vital Force Newsletter](http://Vital Force Newsletter)

The Vital Force Archives:  
<http://www.taichichih.org/free-archived-past-issues>

T'ai Chi Chih Guides' Archived newsletters:  
[Guides' Newsletters](http://Guides' Newsletters)

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may have a free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign-Up Form found at:  
[http://tcccommunity.net/Newsletter\\_Sign-Up\\_Form.html](http://tcccommunity.net/Newsletter_Sign-Up_Form.html)

NOVEMBER 10 - 21, 2015

TCC Teacher Accreditation with Daniel Pienciak  
Albuquerque, NM

Co-Hosts: Mary White and Joyce Veerkamp

Registrar: Joyce Veerkamp

Email: [Kujo1955@gmail.com](mailto:Kujo1955@gmail.com)

#### **Other T'ai Chi Chih Events**

<http://www.taichichih.org/events/>

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.

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