

From: **TCCcommunity** guide@tcccommunity.net
Subject: Sandy McAlister's Feb. 2015 T'ai Chi Chih newsletter
Date: February 1, 2015 at 3:10 AM
To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

Softness

One cannot strive for "softness;" the very effort of trying to be soft creates tension. It is the absence of any pressure, moving "slow motion in a dream," that allows softness to prevail. The best way to forget worries and ease tensions is to shun the ego-center, so that no one is doing T'ai chi Chih, but T'ai Chi Chih is doing itself. In this sense, T'ai Chi Chih becomes a meditation.

Spiritual Odyssey

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Tension

As T'ai Chi Chih teachers, we watch the wrists and the waist to see if there is tension (and the Chi can't flow) or softness and relaxation.
VFJ Spring 1989

Chi Reflections

Touch

And when the movements disappear
And there is just you
You'll be in touch
not with the
movement of your
form in space
but of the
movement of the
atoms and molecules
of which you are
made and that
surround you.
~Anon
VFJ Spring 1987

A Command Or An Invitation To Experience?

As students bring a movement into close and come back to grounding stillness they hear, "letting go" or "opening" or "softening" or some other prompt of awareness. These are reminding words a teacher might use during a class and are often a result of their own recognition of the need to apply these words to themselves.

In thinking about the words I use, I wondered if they meant the same to my students as they do to me. So I began to ask my classes at the end of a practice, "When you hear me suggest letting go, what happens or what comes to mind". There were various answers, more than I could have come up with, but I was especially taken with one student's answer.

She said, "For me letting go is not what happens during my practice but what encourages me to do my practice. During the day when I need to take a break and let go of what is happening I am drawn to do my T'ai Chi Chih practice."

When I think the word "opening" during my practice it creates a reaction in my chest. There is a very visceral feeling of expansion. But my students had many other reactions and feelings toward the word. When I hear the word "softening" during my practice it has a drawing-downward effect on my insides, a sliding into the soles of my feet and continuing into the earth.

It has been interesting for me and helpful for my students to talk about the words I often use during a T'ai Chi Chih practice. It can help clarify for them what they are feeling and broaden their awareness of what might be happening. And, as a teacher, it helps me to know how my words impact my students.

One consideration with the words we use as teachers: if I say "open" it is a command. If I say "opening" it is an action word, as in a feeling to be experienced rather than an action to be taken.

Students, it might be interesting to notice your reactions to certain words your teacher often uses as you do a T'ai Chi Chih practice. Teachers, it might be helpful to know what comes up for your students when they hear key words you commonly use in your classes. Enjoy your exploration!

Sandy McAlister in Hayward, California

Future T'ai Chi Chih Events lead by the Guide or our Teacher Trainers:

March 19-22 Teachers Retreat with Sandy McAlister
Santa Barbara Host: Pam Towne
Email: pamtowne@gmail.com

March 24-27 T'ai Chi Chih Retreat with Sandy McAlister
Santa Barbara Host: Pam Towne
Email: pamtowne@gmail.com

April 19-25 T'ai Chi Chih Teacher Accreditation with Pam Towne
Aston, PA Host: Stacey Moore

Materials

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

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

Buy the Apple app:
[Apple app](#)

Additional excellent references may be found on DVD:
Interviews with Justin Stone and Carmen
www.gkpub.com

And the CD:
Justin Stone speaks on T'ai Chi Chih:
www.gkpub.com

Sandy McAlister's Seated T'ai Chi Chih DVD:
<http://www.sandymcalister.com/Order.html>

Pam Towne's DVD:
Serenity in the Midst of Activity
<http://taichi9.com/Order.html>

Lessons with Pam via Skype:
Skype to prepare for teacher accreditation, or fine-tune your practice
<http://www.taichi9.com/Classes.html>

Other Resources:

Justin Stone's:
DVDs/Videos
Books
CDs/Audios
www.gkpub.com

T'ai Chi Chih on the web:

Official website:
<http://www.taichichih.org/>

Facebook:
<https://www.facebook.com/taichichih>

Pinterest Justin's Quotes:
<http://www.pinterest.com/taichichih/inspiration/>

Pinterest:
<http://www.pinterest.com/taichichih/>

Instagram:
<http://instagram.com/taichichih>

Twitter:

Net of Existence

We are each a channel
For the virtues of the universe;
Love, Peace, Harmony, and Vision
Flow through us.

Open the 'souls' of your feet
Feel the energy surge from the Earth
And gather within you
Like roots into a tree.

Let the passions of the cosmos
Fill your heart, and radiate
Into every muscle and nerve
Like the blood that nourishes.

This strength then emanates forth
From your smile, fingertips, eyes.
It weaves its way through the stars
Creating the net of existence.
~Leslie Oldershaw,
Lake Tahoe, CA
VFJ Spring 1987

THE VITAL FORCE ARCHIVES:
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Sensitivity, Intuition, and Bliss

Sensitivity and intuition require softness and calm — otherwise we may not be able to tune in to them. We Have to stay loose, unassuming, and acutely present. ...Sensitivity and intuition can help keep us safe. They can help guide us toward our goals, especially in moments of confusion. Moreover, they can guide us to our innermost self. ...Follow your bliss. Sink so deeply into your center that you

Email: slsmot35@gmail.com

May 7-10 T'ai Chi Chih Retreat with Pam Towne
Prescott, AZ Host: Dana Diller
danadillertcc@gmail.com

Aug. 6-9 T'ai Chi Chih Teacher Conference
Black Mountain, NC
<http://www.taichichih.org/conference-2015>

Aug. 9-11 Two Seijaku Courses
Following the T'ai Chi Chih Teacher Conference in Black Mountain, NC
Seijaku Introductory Course with Dan Pienckiak
Hosting/Registrar Daniel Pienckiak
Email: wakeupdaniel@aol.com
Detailed Information will be available Jan 1 or 15th.
And
Seijaku Teacher Accreditation with Pam Towne
<http://www.taichichih.org/events/2015/8/9/north-carolina-seijaku-accreditation>
Hosting/Registrar Daniel Pienckiak
Email: wakeupdaniel@aol.com

Oct. 16-18 Deep South Workshop with Sandy McAlister
Tupelo, MS
Co-Hosts: Ron Richardson & Stephen Thompson
Email: ron_richardson@comcast.net

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

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

November 16 - 21, 2015
T'ai Chi Chih Teacher Accreditation with Daniel Pienckiak
Albuquerque, NM
Co-Hosts: Mary White and Joyce Veerkamp
Registrar: Joyce Veerkamp
Email: 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.

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.

<https://twitter.com/taichichih>

Flickr:
<https://www.flickr.com/photos/taichichih/>

Youtube:
www.youtube.com/channel/UCOWK4qcdJ78AKkD7BI73-w

T'ai Chi Chih Community:
www.tcccommunity.net

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
www.taichichihassociation.org
Produces a monthly publication - T'ai Chi Chih News.
Sells books from Justin Stone's Recommended Reading List.
Hosts Workshops, Intensives and Teacher Accreditations.

The Vital Force newsletter:
<http://www.taichichih.org/subscribe>

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

T'ai Chi Chih Guides' Archived newsletters:
http://tcccommunity.net/Newsletter_Archive.html

Free Newsletter Subscription: 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

experience a
consciousness devoid
of thought—an
intuition that is
illuminated with
awareness. This is
who you are at your
deepest. Let *this*
consciousness guide
you; allow yourself to
grow and change with
it. As long as you can
move from there, you
will know your bliss.
Let it enlighten
you.~Joseph Cordillo

Underlying Harmony

Quite the outgoing mental
restlessness and turn the
mind within...
Then you will see the
underlying harmony in your
life and in all nature.
~Paramahansa Yogananda

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