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Subject: Sandy's August 2015 Newsletter
Date: August 1, 2015 at 3:13 AM
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Stillness has no story to tell or defend.

~ Michael Jeffreys

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Sandy's Message: Stillness: Alive with Presence

Stillness is one of the characteristics that sets T'ai Chi Chih apart from other Tai Chi forms. The practice is filled with stillness. Movement and stillness play back and forth in the practice until the final Cosmic Consciousness Pose. Even while moving there is a certain smooth, unruffled stillness felt in the flowing movements.

How long we hold the stillness at the end of a movement set should not be ridged or fixed. With practiced awareness we can feel when the time is right to let go of stillness and continue with the next movement. [Note to teachers: When teaching it is best to be consistent with the timing used in all the rest/stillness positions but in your personal practice it may vary.] In the second edition of Justin's photo text he said to hold the resting pose or graceful conclusion, as it is sometimes called, for 15-20 seconds. With the 3rd edition it was changed to 4 to 5 seconds, which reflects more closely what is usually done.

Concluding a set of movement repetitions we flow back to stillness, allowing time for the yin chi and yang chi – which have separated in movement – to flow back together again. Without the distraction of our body moving it is easier to focus inward and be aware of the stillness. That stillness is vibrant, it is alive with presence. We feel our body let go: let go of tension or soften a bit more, let go of anticipation of what comes next, and let go of any thoughts except awareness of the moment. There is no need to conceptualize what is happening or the need to do anything. If the body is relaxed, the breath will flow deeply and fully. Many practitioners use the stillness as a time to deeply ground the energy.

In the stillness, between movements, I prefer to remain in the position which I feel allows openness internally for an unencumbered flow of chi and a deeper grounding: The hips are slightly tucked, the body is upright, the palms are

facing the floor, and the knees are bent. How bent is a matter of comfort.

The time between each of the 19 movements of T'ai Chi Chih is an opportunity to practice focused awareness. We will all experience that stillness differently. Some may feel after just a few seconds that they are ready to continue with moving. Others may feel that their body needs a bit longer for the chi to fully integrate and/or to ground thoroughly. The key is to feel and listen to your body through attentive awareness.

Enjoy the stillness between movements.

Sandy McAlister in Hayward, California

Aug. 6 – 9, 2015 International Teachers Conference Information & Update

Conference Events & Things to Share

Next Thursday -- We will gather in “Peace and Harmony” to exchange ideas, share resources, and explore ways to expand the practice of T'ai Chi Chih throughout the world. The host team extends an open invitation for your full participation in this year's program.

Friday -- Within the larger context of this year's central theme of “Peace and Harmony”, the second day will be devoted to ‘Going Within’/’Exploring Inner Peace’. Opportunities to reflect on how your personal T'ai Chi Chih practice has inspired your life will be the focus of the day with rich presentations, movement, discussions, and deep sharing of stories and talents. We will explore Justin's teachings through facilitated book discussions and we encourage you to read or re-read one of the following featured titles: Heightened Awareness, Climb the Joyous Mountain, Meditations for Healing or Abandoned Hope, in preparation for a heartfelt exchange that will continue beyond the conference.

Saturday -- Has been designed to weave our individual stories into a narrative that accords with the principles of T'ai Chi Chih and expand this practice by "Bringing Forth Peace"/"Creating Harmony" in the world. Interactive opportunities have been created throughout the day for all participants to share their experiences, resources, teaching strategies and ideas for ways to connect

and present T'ai Chi Chih from our local communities into the greater global community.

Sunday -- We'll wrap up, hear about upcoming workshops, Intensives, and Teacher Trainings, and say our goodbys.

~ **Please bring one small rock from your home** territory that is 2'-3" in diameter with a smooth surface on two sides.

~ **Please bring items for our Saturday Night Raffle. Proceeds will go to our Conference scholarship fund.**

~ **Please notify Steven Stevens steven9757@bellsouth.net if interested in talent presentation.**

~ **Please share copies of any resource information you use**, i.e. sample brochures, business cards, class proposals, handouts, etc. to be viewed at a teachers resource table throughout conference. If possible, please submit in advance to: taichichih4life@gmail.com Subject:Resources

~ **There will be book discussions on:** Heightened Awareness, Climb the Joyous Mountain, Abandon Hope, and Meditations for Healing. Bring your personal copies.

~ **Conference attendees can pre-order Good Karma materials at a 30% discount** by calling 888-540-7459 or by sending an email to: sales@gkpub.com.

There will be two Optional Meet-Up sessions:

#1. Promoting your TCC classes and growing your local TCC community on Facebook

Prerequisites & Requirements:

Already have a personal FB page and are comfortable using Facebook.

If you want to DESIGN your own local community TCC page, *bring a laptop*.

If you just want to learn about being part of the TCC online Facebook community, *bring a tablet or smartphone*.

#2. Strategies for promoting and conducting classes in a variety of

settings.

So facilitators can adequately prepare, please sign-up in advance for these sessions by sending your name and session choice to:
taichichih4life@gmail.com Subject: Optional meet-ups

Please join us in body, mind and spirit!

~ Your host team

[[Click here for a 3 minute video showing YMCA BLUE RIDGE ASSEMBLY](#)]

Justin's Insights

Rest in the Essence

Spiritually-minded people follow many paths toward the goal of a one-pointed mind resting in Emptiness (the Fullness of Emptiness). Their problem is that they divide life into two parts: five hours of mundane thought and financial struggle, five minutes of spiritual practice. In other words, they see life as a struggle to make a living, to raise the children, and to let the habit energies drag them around. Then a brief oasis is reached and there is time to briefly contemplate enlightenment (whatever that is).

Such division is not the way. Properly seen, every incident in life points to the unseen Essence. Right in the midst of the turmoil one must rest in the Essence, making the effortless effort while shouting, crying, and feeling bitter and joyous in alternate periods.

In our freedom there are rules we follow, and in our anguish we are still aware of the empty deserves state. To not know, and to know we don't know — that is the real knowing. As my Zen teacher said: "When you once have a day of laughter, then you are on your way." It does not come from sporadic effort.
Spiritual Odyssey - Selected Writings of Justin F. Stone
Reprinted with permission of Good Karma Publishing.

Chi Reflections

The Mother of Yin and Yang

*T'ai Chi
comes from Wu Chi
and is the mother of Yin and Yang.*

*In motion it separates:
in stillness they fuse.*

*It is not excessive or deficient:
accordingly when it bends,
it then straightens.*

*Remember, when moving,
there is no place that doesn't move.*

*When still,
there is no place that isn't still.*

~The Essence of T'AI CHI CH'UAN by Lo/Inn & Amacker/Foe

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

Aug. 6–9 Black Mountain, NC T'ai Chi Chih Teacher Conference

[Click here](#)

Aug. 9–11 Black Mountain, NC Two Seijaku Courses (After Conference)

[Click here](#)

Seijaku Introductory Course with Dan

Contact: Daniel Pienciak wakeupdaniel@aol.com

Seijaku Teacher Accreditation with Pam

Contact: Daniel Pienciak wakeupdaniel@aol.com

Sept. 10-13 San Antonio, Texas TCC Intensive with Pam

Contact: Alice Holden alicemholden@gmail.com

Oct. 16-18 Tupelo Mississippi's Deep South Workshop with Sandy

Contact: Ron Richardson ron_richardson@comcast.net

Oct. 23-24 Kansas City Workshop with Sandy

Contact: Lorraine Lepine lorlepine@gmail.com

Oct. 27-30 Santa Barbara TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

Oct. 25-29 Philadelphia Intensive with Sandy

Contact: April Leffler lirpaleff@rcn.com

Oct. 29-Nov.1 Philadelphia Prajna Retreat with Sandy

Contact: April Leffler lirpaleff@rcn.com

Nov. 16-21 Albuquerque Teacher Accreditation with Daniel

Contact Co-Hosts: Mary White mwhite327@comcast.net and Joyce Veerkamp
kujo1955@gmail.com

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Feb. 24-28 Colorado Intensive with Sandy

Contact: Marie Dotts mcdotts@hotmail.com

March 10-13 Santa Barbara Teacher's Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

March 15-18 Santa Barbara Teacher and Student Retreat with Sandy

Contact: Pam Towne pamtowne@gmail.com

Apr. 10-13 Aston, PA Teacher Symposium with Sandy

Contact: April Leffler lirpaleff@rcn.com

May 4-7 Prescott, AZ TCC Retreat with Pam

Contact: Pam Towne pamtowne@gmail.com

May 29-June 4 Aston, PA Teacher Accreditation with Pam

Contact: TBA

June 19-25 Colorado Teacher Accreditation Daniel

Contact: Marie Dotts mcdotts@hotmail.com

Oct 9-13 Aston, PA Intensive with Daniel

Contact: TBA

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

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

T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

Get the Android application: [click here](#)

Get the Apple app: [click here](#)

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](#)

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 newsletter: [click here](#)

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:[c](#)

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 in 5 years:

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 in 5 years:

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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