

(No Subject)

A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

Change

The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for evolving, such as Tai Chi Chih and Meditation, when they ask for it, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.

September 1991

Justin's quotes reprinted with permission of Good Karma Publishing.

Chi Reflections

Limitlessness

When we inhale, the air comes into the inner world. When we exhale, the air goes out to the outer world. The inner world is limitless, and the outer world is also limitless.

Share Your Gift

With crisp Autumn days comes a freshness that feels of vitality and the promise of things to come. The holidays are approaching and everything around us begins to buzz with movement, connections, excitement, anticipation. It is a time of sharing - food, companionship, our time and talents, ourselves, and love.

As practitioners of T'ai Chi Chih we have received a gift. It came to us wrapped in love. Think of it as a box filled with 20 individual tools designed not only for us to use, but for us to share.

We carry these tools inside us wherever we go and we can share them at any time. We may not want to share outwardly - like standing in the middle of a mall or store doing T'ai Chi Chih - but when a calming presence is needed we can slightly sink in the knees, slightly tuck the tailbone, relax the arms at our sides and breathe deeply, imagining ourselves in the Rest Pose preparing for practice.

Let that sense of being grounded, of being at peace inside flow outward. Be the peace in the discord, be the calm in the storm. We do not have to do the movements to share the essence.

With gratitude for my original teacher, Valerie Smith, who shared her gift of T'ai Chi Chih with me 30 years ago, starting me on this path to unimagined destinations.

With much appreciation, I have been very warmly welcomed at my newest destination as Guide of the T'ai Chi Chih Community.

My wish is for each of us, teacher and student, to deepen our practice so the sharing of it becomes second nature. And as we share the gift of T'ai Chi Chih, may we be filled with peace and joy in our giving.

T'ai Chi Chih Materials

Justin Stones 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.

Purchase the Android application at:

[Android app](#)

Purchase the application for iPhone, iPad and iPod Touch at:

[Apple app](#)

Additional excellent references may be found on DVD: Interviews with Justin Stone

*We say "inner world" or "outer world" but actually, there is just one whole world.
~Shunryu Suzuki*

*Every breath is a gift and a joy, golden in its nature.
~Honshin*

*Close your eyes, calm your breathing, and focus your attention on the center of consciousness.
Thus you will master the senses, the emotions, and the intellect -
And thereby free yourself from desire and anger.
~The Bhagavad Gita*

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Sandy McAlister

T'ai Chi Chih Events:

Start planning now to attend our 2014 Teacher Conference July 24 thru 27 in Union, New Jersey 07083 Contact: [Dan Pienciak](mailto:Dan.Pienciak@gmail.com)

**T'ai Chi Chih® Intensive - January 15-19
St. Joseph's by the Sea Spiritual Center
On the Beach at Mantoloking, New Jersey**

***ENHANCING THE INTRINSIC ENERGY FLOW*
Led by Teacher Trainer, Pam Towne**

**Designed for teachers, teacher candidates and serious students.
The focus of the Intensive will be on How to Move for the greatest flow of Chi, Flowing from the Center, Yinning & Yanging correctly, and Moving with Softness. The heart of the Intensive will be refining & deepening your T'ai Chi Chih practice.**

You are invited to attend this empowering 4 day TCC experience. Intensives are especially important for those who want to become TCC teachers as part of their preparation for accreditation, but also extremely valuable for those who want to deepen their understanding & practice of TCC without going to Teacher Training.

Intensive info can be found on the TCC Community Calendar at <http://www.taichichih.org/calendar-of-events/> or by contacting Siobhan Hutchinson through e-mail at siobhan@nextstepstrategiesllc.com or phone at 609-752-1048.

You will want to attend an Intensive...

If you are a TCC Teacher:
to deepen your own practice & appreciation of TCC
to refine how you move for a greater flow of Chi
to learn how to better prepare candidates for Teacher Accreditation
to learn new teaching techniques for your classes
to connect with other teachers & the larger TCC Community

If you are a Teacher Candidate:
to better understand the depths of TCC practice (there's more than meets the eye)
to discover what needs to be changed in how you move before you attend Teacher Accreditation, then have several months to integrate those changes
to experience doing several hours of TCC each day with a group of delightful people

If you are a Serious Student who has been practicing TCC at least 1 year:
to immerse yourself in TCC for 4 days without having to attend an Accreditation course
to have an in-depth experience of TCC
to understand the principles of How to Move the TCC way
to explore your TCC practice like never before!

The cost for this empowering 4 day course is still an incredibly low \$200 + room & board. The January Intensive is being held at the beautiful & peaceful St. Joseph's by the Sea Spiritual Center on the beach in Mantoloking, NJ. An info flyer & registration form are attached. If you have questions, please contact me through e-mail at siobhan@nextstepstrategiesllc.com or phone at 609-752-1048.

Attending T'ai Chi Chih events is an excellent opportunity for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.

Other T'ai Chi Chih Events:
<http://www.taichichih.org/calendar-of-events>

and Carmen
www.gkpub.com

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

Sandy McAlister's Seated T'ai Chi Chih DVD:
[Seated DVD](http://www.gkpub.com)

Teacher Resources:
[Teacher Resources](http://www.taichichih.org/teacher-resources)

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

And at:
[TCCcommunity.net](http://www.tcccommunity.net)

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

The Vital Force newsletter:
[Vital Force Newsletter](http://www.vitalforce.com)

Guides' archived newsletters:
[Guides' Newsletters](http://www.taichichih.org/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:
[TCCcommunity.net](http://www.tcccommunity.net)]

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.

Finalized Nov. 20, 2012
Justin Stone's 95th
birthday

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.

Presented to the Community August 4th at the 2013 Teachers Conference

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