

From: **TCCcommunity** guide@tcccommunity.net
Subject: Sandy's May 1, 2014 T'ai Chi Chih Newsletter
Date: May 1, 2014 at 3:10 AM
To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih

Justin's Insights

TAKING THE 1ST STEP

... I have tried to keep TCC as pure as possible, even at the expense of my earning a living. It is important that we prevent deviations in the Teaching and the Practicing. You all know how Churches and Spiritual Organizations often degenerate into self-seeking political centers, with the benefits of the Practice involved almost completely forgotten. We must never forget that, as we receive rewards ourselves, it is our Way to serve. Each time one of you makes a Presentation, you are, in effect, promoting TCC, as well as yourself. When we are grateful for what we receive, we offer it to others. This natural to those who feel the great CHI force flowing thru them. Not only is this CHI the PRANA (Energy), it is the PRAJNA (Wisdom) as well. I know that I frequently have had precognitive experiences that have benefited me greatly, and others feel the growth of intuition in other ways. Make no mistake: T'ai Chi Chih practice will change you. It is a Sadhana (Spiritual Practice), but a pleasant and immediately rewarding one. Do not do T'ai Chi Chih carelessly. Have enough respect to remember that. Knowing the high caliber of those who have become teachers, I have no concern for your sincere endeavor.
VFJ - Summer 1984

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

Chi Reflections

Awareness

Once you have had a glimpse of awareness or Presence, you know it firsthand. It is no longer just a concept in your mind.

~Eckhart Tolle

Relating

Worthwhile relationships must evolve by continually undergoing renewal with the passage of time. They are vital life gifts to be nurtured and

Bowing in Gratitude

My Dear T'ai Chi Chih Community,

To bow with palms together at the end of a T'ai Chi Chih practice is a very personal act for me. It is a concrete way, a physical act I can do to express outwardly an inner feeling. It is a way to say "thank you". It is a way to reconfirm my intentions. It is a way to acknowledge how I feel, which is often grateful. It is recognition of a contented, peaceful fullness that is actually an emptiness of emotions.

That is what I share with my students if I choose to bow in class. I explain that bowing is not part of T'ai Chi Chih. Justin did not teach bowing as part of the T'ai Chi Chih form. At the end of a practice I might ask students to notice how they feel. Taking time to observe the impact the practice has had on our emotions and state of mind is valuable. And being able to acknowledge this only makes it more apparent. Taking a moment with eyes closed or not, a moment of inward reflection, and joining me in a bow or not, whatever they choose, it is all O.K.

I do not bow to others after the practice or say any words of greetings such as Namaste. A simple bow and silence, just for a moment, is enough. I do not always bow. I let the voice from within direct me. The bow is very personal and meaningful for me.

Justin was fond of telling teachers to "never do T'ai Chi Chih carelessly". To me that means not only physically doing the movements correctly but more so remaining present in the moment with awareness, NOT going on automatic. I feel the same about bowing. Each time I bow it is not the act of bowing I am doing but an expression of an inward awareness. So whether I stand in silence for a moment, or raise my arms and face upward, or spin in a circle, or bow, it matters not.

The bow is not a perfunctory act done as a closure to T'ai Chi Chih. Cosmic Consciousness Pose is the completion of T'ai Chi Chih. Does T'ai Chi Chih need something else to make it complete? Consider, the next time you choose to bow after T'ai Chi Chih practice, what it means to you, and bow with intent and awareness. Let it be a meaningful expression of the gift you have just received.

Sandy McAlister - in Hayward, California

T'ai Chi Chih Events

May 7, 2014 - May 11, 2014 : T'ai Chi Chih Intensive - Rochester, MN with Dan Pienciak

Contact: [Bonnie Sokolov](mailto:Bonnie.Sokolov@rochester.rr.com), 507-529-9515

May 18, 2014 - May 24, 2014 : T'ai Chi Chih Teacher Accreditation - Philadelphia, PA with Dan Pienciak

Contact: [April Leffler](mailto:April.Leffler@taichichih.org), 610-532-6753

Jun 6, 2014 - Jun 8, 2014 : T'ai Chi Chih Retreat - Eureka, MO with Pam Towne

Contact: [Gale Portman](mailto:Gale.Portman@taichichih.org), 314-805-2021

Jul 24, 2014 - Jul 27, 2014 : T'ai Chi Chih Teacher's Conference - Union, New Jersey 07083

<http://www.taichichih.org/events/79/tcc-teacher-conference-2014>

Contact: Dan Pienciak: wakeupdaniel@aol.com

Oct 6, 2014 - Oct 11, 2014 : T'ai Chi Chih Teacher Accreditation - Old Mission Renewal Center in Santa Barbara, CA Trainer: Pam Towne
Contact: Lisa Otero:

lisa.otero@post.harvard.edu, 805-766-1342 (cell)

Oct 11, 2014 - Oct 17, 2014 : T'ai Chi Chih Teacher Accreditation - Buffalo, MN
Trainer: Sandy McAlister
Contact: Deb Bertelsen:

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 Chih 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

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](#)

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](#)

T'ai Chi Chih on the web:
taichichih.org

And ...

TCCcommunity.net

T'ai Chi Chih on Facebook:

cultivated, to remain mutually enriching.

~Steven Ridley, "REFLECTIONS In Stillness - Contemplative Themes, Ideals and Observations" November 2011

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

debbertelsen3@hotmail.com, 612-805-6366
or Susan Bitney:
smbitney@gmail.com, 612-353-4968

Request

Dear T'ai Chi Chih Community,

In mid-May of 2014 I will be putting on the 2nd Annual T'ai Chi Chih Retreat and Banquet at Folsom State Prison. You may have seen the article I wrote last year about the first one, which appeared in the Vital Force. Sister Antonia was there and it was a beautiful experience for all. This year, I have twice as many men in my class (23), and as I am paying for this out-of-pocket, I am asking if anyone who is interested in doing so, could make a small contribution to the event. It is a great way for the men to feel supported by the greater Community, and would help me out a lot.

Outside donations have already made a huge difference to this class. At the 2013 Teacher's Conference Kim Grant gave me quite a few of Justin's small booklets and issues of "Blooming the Flower," and Michael O'Connor has shipped/donated 14 used textbooks and 5 of Justin's books on meditation - all greatly appreciated. Tara Stiles and Judy Tretheway have also donated books, old Vital Force Issues, and music. Any used textbooks are welcome, as it is my goal that each man in the class have his own textbook.

Thank you for your support. It is very much appreciated. If I receive any money in excess of the cost of the banquet, I will use it to purchase more textbooks for the class.

*Much Loving Chi - Julie Heryet
4753 Windward Way
El Dorado, CA 95623*

Your 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.

Other T'ai Chi Chih Events:

<http://www.taichichih.org/calendar-of-events>

T'ai Chi Chih on Facebook:
[Facebook T'ai Chi Chih](#)

The Vital Force newsletter:
[Vital Force Newsletter](#)

Guides' archived newsletters:
[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](#)

Body Content