

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



### Justin's Insights

Justin has often quoted the following by an unknown Chinese Monk: "When the mind is transparent and pure, as if reflected on the mirror-like surface of the water, there is nothing in the world that you would dislike. When it is serene as the light breeze in the sunshine, there will be no one whom you would like to forget." From *Spiritual Stories – Volume I* and Justin Stone Speaks on T'ai Chi Chih® March 1993

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

### Remembering Justin Stone

"I never planned to be a teacher, but the Universe provides us a path if we chose to follow. After learning and practicing T'ai Chi Chih I began wanting to be of service to others by sharing the peace and joy through movement I have found when doing T'ai Chi Chih. When I went to Teacher Training and met Justin I was moved and inspired by his

### Service Is Joy

*My Dear T'ai Chi Chih Community,*

*With the Teachers Conference information and registration forms being sent a few weeks ago, and now posted on the taichichih.org website,*

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

*I am reminded of all the work that goes into the planning and execution of a conference. What I have heard more often than not, from those deeply involved in the planning over the years, is not how much they gave, but how much they received.*

*Before every Conference there are always many, many hours involved, problems to be solved, deep breaths to be taken, but what everyone remembers afterwards is what they receive; feeling the joy at Conference and knowing they set the stage for that unfolding; making new friendships through working together; knowing there was a job to be done and they stepped forward to offer a hand (not having any idea what they were getting into); and experiencing the joy of giving to a Community that means so much to them.*

*I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy.  
~Rabindranath Tagore*

*Last month's newsletter introduced you to the non-profit T'ai Chi Chih International Foundation. The Foundation was developed to:*

- *Serve the Community by supporting the annual Teacher's Conference*
- *Provide scholarship funds for teacher accreditation and continuing education*
- *And as a service to humanity, promote the knowledge and practice of T'ai Chi Chih worldwide.*

### 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.

desire that T'ai Chi Chih not become a business, that it a gift to humanity. I honor this wish through my volunteer teaching of T'ai Chi Chih, and I am thankful we have been blessed to have had Justin as our Guide and Leader for so many years. May we all continue to honor his gift to humanity through our practices of T'ai Chi Chih."

~May Swanson

"My discovery of T'ai Chi Chih came in answer to a prayer to be of service. I feel so fortunate for the opportunity to carry on a part of Justin's legacy, the class inside Folsom Prison. His visit there is still remembered fondly, and the class has helped the men beyond measure. So here, I convey their immense gratitude as well as my own. Thank you Justin, for helping to heal humanity."

~Julie Heryet

*Note: See "Folsom State Prison Retreat" request under Sandy's article.*

Source:

[www.taichichih.org/blog](http://www.taichichih.org/blog)

## Chi Reflections

To understand the currents of a river, he who wishes to know the truth must enter the water.

*Are there people of experience and talents within the T'ai Chi Chih community that will step forward and be of service to this new Foundation? Hopefully so. Could you help us in any of the areas where the Foundation has needs?*

- A brochure created to spread the word and explain what it does
- A letterhead designed and forms to acknowledge donations
- Possibly a website, not only to inform about the Foundation, but about other aspects of T'ai Chi Chih such as, the Vital Force Journal, Good Karma Publishing, the Albuquerque Center, and the taichichih.org website
- Filing tax reports and other legal forms - a CPA and accountant would be very helpful
- Pro bono legal work - by an attorney
- Fundraising - a necessary part of any foundation to keep it thriving.

*There may be other "areas of need" that will surface along the way as the Foundation gets going. If you have had experience working with 501(c)3 foundations, please let us know. Share your heart, talent, and experience to help T'ai Chi Chih grow.*

*Sandy McAlister - in Hayward, California*

*To volunteer contact Sandy McAlister:*

*mcalister19@comcast.net*

*To make a tax-deductible donation to the Foundation, make checks payable to "TCC International Foundation" and mail to:*

*T'ai Chi Chih International Foundation*

*P.O. Box 517, Midland Park, NJ 07432*

## T'ai Chi Chih Events

*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](mailto:wakeupdaniel@aol.com)*

*Oct 11, 2014 - Oct 17, 2014 : T'ai Chi Chih Teacher Accreditation - Buffalo, MN Trainer: To be determined*

*Contact: Deb Bertelsen:*

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](#)

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

And ...

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

T'ai Chi Chih on Facebook:

~Nisargadatta Maharaj

I am open to the guidance of synchronicity, and do not let expectations hinder my path.

~Dalai Lama

Spring comes with flowers, autumn with the moon, summer with the breeze, winter with snow. When idle concerns don't fill your thoughts, that's your best season.

~Wumen

RIGIDITY

The most rigid structures, the most impervious to change, will collapse first.

~ Eckhart Tolle

Emerging--  
establishing--returning  
Each strives

Amidst rising and  
rooting  
Without distinguishing

One life gives  
Perpetual birth and  
death

Impermanence is  
The beauty  
Of passing clouds

Forever is  
The joy  
Of that witnessing ONE.  
~Steve Ridley

Originally published in  
1996 in T'ai Chi Chih  
Poetry & Observations of  
Nature from Perspectives...  
in Motion - Good Karma  
Publishing.

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## Folsom State Prison Retreat

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>

## 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,

[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](http://TCCcommunity.net)

and spirit.

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

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