

A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

Rewards of T'ai Chi Chih Practice

When the Chi circulates and is in balance, we can approach Oneness (Unity). Is it possible to attain Oneness? Yes! The very nature of Reality is Joy! Hakuin, the great Zen Master said, "After this Enlightenment, observing the things of the world was like seeing the back of my own hand!" The rewards of T'ai Chi Chih practice can be great. A TCC teacher who does not practice regularly however, is a fraud-one who can make the Outside appearance but manifests none of the Inside. Each teacher who radiates, inspires his or her pupils. One with all Life, healing Joy!

Spring 1985

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

Chi Reflections

Be Where You Are

As you walk and eat and travel, be where you are. Otherwise you will miss most of your life.

~Buddha

See Unity

Wise people know that what is here, is also there; that what was, will also be. They see unity, not division.

~The Upanishads

You Are...

You are in the moment, You are in the infinite.

~Swami Prajnanpad

For An Instant

Experience On A Rooftop

On a rooftop looking out over the city of Yangon, my T'ai Chi Chih practice unfolds as night flows into day. Sounds of animals, humans, and machines waking up take turns fading in and out, while off in the distance the chanting voice of a monk joins my practice. At some point I realized the chanting is absent. My hearing grasps for that familiar and soothing sound, but the monk has moved on with his day.

As I let go of grasping for the familiar in this strange city, I briefly feel my singularity of being, which quickly melts into an awareness of not one but the many, which then flows into an all encompassing oneness.

To feel - through my T'ai Chi Chih practice - the boundless humanity, energy of all that is in front of me and behind me, now and before. As if all that was, is and will be, were present in this moment. No time, space, or individuality.

T'ai Chi Chih practiced in a rooted and focused way helps shed limits and boundaries.

A wish for 2014
May our community prosper
in the New Year and may each of us find renewed
meaning and boundless joy in our T'ai Chi Chih practice.

Sandy McAlister in Yangon, Myanmar

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 Plenciak](mailto:Dan.Plenciak)

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 SiobhanHutchinson 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

T'ai Chi Chih Materials

Justin Stones materials may be purchased from local T'ai Chi Chih Teachers or through Good Karma Publishing.
www.gkoub.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 and Carmen
www.gkoub.com

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

Sandy McAlister's Seated T'ai Chi Chih DVD:
[Seated DVD](#)

Pam Towne's DVD:

[Serenity in the Midst of Activity DVD](#)

For an instant, I am absent, myself and my problems, my anxieties, my troubles: nothing but this wonder exists.

~Krishnamurti

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

***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 Mantoking, NJ. An info flyer & registration form are attached. If you have questions, please contact me through e-mail at slobhan@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>

Lessons with Pam via Skype:

[Prepare for teacher accreditation, or fine-tune your practice](#)

Teacher Resources:
[Teacher Resources](#)

T'ai Chi Chih on the web:

taichichih.org

And ...

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](#)

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]

© 2013 TCCcommunity

TCCcommunity, P.O. Box 361, Tupelo, MS 38802

[Unsubscribe](#) | [Privacy policy](#)