

From: TCCcommunity guide@tcccommunity.net
Subject: Sandy's T'ai Chi Chih newsletter July 1, 2014
Date: July 1, 2014 at 2:10 AM
To: stephen2816@mac.com

A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

...During a 1971 trip to Albuquerque to visit a friend, Stone wandered into a bookstore. The owner asked what he did and Stone gave voice to the first thing that popped into his head: "I said I teach T'ai Chi Ch'uan," he recalled. That comment immediately generated so much interest from the owner and customers that classes were soon organized for Stone to lead.

One of his new students was a local book publisher who asked Stone to write about T'ai Chi Ch'uan. Because a definitive text on the subject had already been written by Huang, Stone was not keen on the idea. Huang, however, had shown Stone three movements that Stone modified and used as a warm-up. These were not part of the original 108 movements of T'ai Chi Ch'uan. The publisher then suggested Stone write about these instead.

"It was just a few movements, so there wasn't much to write about, but then, over the course of the next week, movements just started coming to me along with their names," Stone said. Those movements, "Bird Flaps its Wings," "Around the Platter," "Joyous Breath," and more, became the basis for T'ai Chi Chih, along with additional movements that continued to come to him over the next few years.

While certified teachers of the system earn money from leading classes, Stone said he has never financially benefited from T'ai Chi Chih, which translates as "Supreme Ultimate Knowledge." But there have been other benefits.

Stone's hand shake is firm, he is sure on his feet, quick of wit and humor, and he possesses 20-25 eyesight. He continues to write music and he supports himself primarily by dabbling in the stock market and selling his own paintings.

And even if it sounds a bit corny, or even pretentious, Stone is completely earnest when he says that the spread of T'ai Chi Chih is about "service to mankind."

Find the entire news article:
<http://www.abqjournal.com/go/375307go07-28-05.htm>

Chi Reflections

I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and beheld!

T'ai Chi Chih — A Service To Mankind

Dear Community,

Justin made the statement, "T'ai Chi Chih is a service to mankind", in a very matter-of-fact way in his writings, talks at conference, and conversations. It may, to some people, sound preachy, cultish, or even pompous or presumptuous. But to practitioners of T'ai Chi Chih who have chosen to become teachers, the prime reason is a desire to share this practice with others because of the good it does.

If someone has become a T'ai Chi Chih teacher with the idea that it will be a way for them to earn money, they are usually not successful. This is what makes TCC different from other disciplines. It is the underlying view that this is a gift of peace and well-being to be passed on. I know teachers who will teach a class when only 2 or 3 students show up because they feel if the 2 or 3 have an interest, they have a responsibility to share their knowledge and gift of T'ai Chi Chih.

The simplicity of the practice draws people to it. The potency of the practice keeps people learning. The simplicity and potency of the practice could be lost if allowed to stray from the set form. There is no need to bring other practices or moves into our classes. T'ai Chi Chih stands on its own.

I have witnessed not only the physical and emotional benefit received from the practice but social benefits as well. T'ai Chi Chih brings people together; connections and friendships are made. Through the practice people experience acceptance, in various ways, and a desire to be of service to one another. The peace and joy felt after practice truly lightens difficulties in life. At your next T'ai Chi Chih class ask your student what they think about the phrase, "T'ai Chi Chih is a service to mankind" or "humanity". (Justin has said it both ways) What you hear from your students may surprise you.

Sandy McAlister - in Hayward, California

A Message from the Conference Committee 40th Anniversary of T'ai Chi Chih Jul 24, 2014 - Jul 27, 2014 Grounded in Growth

With summer's distractions have you been sitting on a fence about attending Conference this year?! Here are some great reasons to attend:

Justin encouraged all teachers to attend Conference, writing that it is the most important thing for all TCC teachers to do every year.

This is time for yourself and a recommitment to the practice. We heard your suggestions from previous years Conferences and there will be more movement . We will Welcome our new Guide, Sandy McAlister. We will acknowledge the dedication of our Guide Emeritus, Sr. Antonia Cooper. Sr. Antonia Cooper will lead the Rededication Ceremony on

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: 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

Service was joy.
~Rabindranath Tagore

Hot and cold, light and darkness,
movement and repose ... opposites do not
bring confusion to the world; they bring
harmony. ~Rabindranath Tagore

Make your heart like a lake with a calm, still
surface and great depths of kindness. ~Lao
Tzu

If you can find no room in your heart for
others, you will always feel like a stranger
among strangers. ~Chang Tu

Saturday evening.
*There will be a combination Raffle/Talent night hosted by our very
own Neal Roy.*

*Did we mention more movement?
Special topics include "How T'ai Chi Chih teaches us T'ai Chi
Chih" and "How T'ai Chi Chih can help with sports injuries." T'ai
Chi Chih is an evidence based practice.
A special evening with a Justin Stone video with Carmen
Brocklehurst in celebration of 40 years of T'ai Chi Chih classes
being taught!*

Scholarships are still available!!!
*We are leaving a light for you in the window, if you wait until the
very last moment to decide to come..... But, please don't wait if
you don't have to!*

*There will be more free time in the schedule each day.
Kean University has a lovely campus, the dorms are modern, and
we are meeting in a state-of-the-art building with a view of NYC.
There is plenty to do in the tri-state area for you to extend your
time into a personal vacation before or after Conference. We will
have some guides available for you at Conference on area
attractions. Train transportation from Kean to NYC, NJ shore
points, and Philadelphia is convenient!
New Jersey is more than our Turnpike and you will find many
gems. We have resort areas, our beaches are famous and rebuilt,
and we are close to NY & PA.
Conference Registration forms, Information and Press Release
are attached to this newsletter for your convenience.*

*We warmly WELCOME YOU to the 2014 T'ai Chi Chih Teachers
Conference in NJ. Please let us know if you have any questions.*

*Looking forward to seeing you soon,
Daniel Pienciak, Siobhan Hutchinson, and the Teachers of NJ,
PA, & NY*

T'ai Chi Chih Events

*Jul 15, 2014 - Jul 19, 2014: T'ai Chi Chih Intensive, Portland, OR -
with Sandy McAlister.
Contact Steve Marsh: taichimarsh@hotmail.com 503-268-1865*

*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*

*Sept 25, 2014 - Sept 28, 2014: Sandy's Fall T'ai Chi Chih Retreat
Pecos Monastery, Pecos, NM
Contact: Ann Rutherford
ruthergary@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:
debbertelsen3@hotmail.com, 612-805-6366
or Susan Bitney:
smbitney@gmail.com, 612-353-4968*

*October 17, 2014-October 19, 2014: T'ai Chi Chih Retreat
Estes Park, CO with Pam Towne
Contact: Marie Dotts: mcdotts@hotmail.com, 970-412-9955*

*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 Mission Statement

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:
Facebook T'ai Chi Chih

The Vital Force newsletter:
Vital Force Newsletter

The Vital Force Archives:
[http://www.taichichih.org/vital-
force-archives/](http://www.taichichih.org/vital-force-archives/)

T'ai Chi Chih 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]

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

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Attachments:

[📎 2014 Directions to Kean University.pdf \(1169K\)](#)

[📎 2014 Vendor Application.pdf \(1113K\)](#)

[📎 2014 Post-Conference Seijaku Classes - Info and registration form.pdf \(95K\)](#)

[📎 2014 Conference Scholarship Application.pdf \(1120K\)](#)

[📎 2014 Conference Registration Form.pdf \(81K\)](#)

[📎 2014 Conference Information.pdf \(1156K\)](#)

[📎 PR Conference for local use.doc \(27K\)](#)

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

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