

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

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



### Justin's Insights

#### Impermanence

Most suffering comes from failure to accept impermanence.

Relationships change, health changes, and we grow older. Yet we tend to cling, as though pleasant circumstances can extend indefinitely. When things are too YIN, we are happy to see them change to YANG, but we never anticipate the positive becoming the negative. So we live our lives in a "pleasure-pain" continuum, trying to preserve and resurrect what is pleasant and seeking to avoid its inevitable opposite, the painful.

"The only thing permanent is change," says the I CHING. The leaves will fall in autumn; there will be new leaves on the tree in springtime. But, is the tree itself permanent?

Enduring, yes, but infinite, no. What we do and think will influence the future; flowing with the TAO in its ceaseless progression is wise. In the words of Professor Huang, "The Sage wants spring to follow winter."

VFJ - Summer, 1986

#### THE VITAL FORCE

##### ARCHIVES:

<http://www.taichichih.org/free-archived-past-issues>

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### Chi Reflections

#### YIN YANG

Not too loose (Yin),  
Not too tight (Yang).  
~Zen saying

#### YIN & YANG'S MOTHER

T'ai Chi  
comes from

### Teaching Tips for Side to Side Weight Shift

*When teaching the side to side weight shift I try to impress upon students what they are about to learn is nothing new, that they already know how to do it, having learned the front and back weight shift. There are a few differences but I want them to focus on the similarities not the differences. I want them to focus on the yinping and yangping and correct weight shift.*

#### The similarities:

- *Weight sinks/shifts into the right leg/foot, freeing the left to move either forward or to the side with the heel touching down lightly without any weight on it. The right knee is bent and the left is straight.*
- *The weight begins to shift as the left knee gradually bends and the right leg gradually straightens until a full weight shift is achieved and the right leg is very straight.*
- *The body stays at one level throughout the weight shift. The shoulders stay in alignment with the hips, not leaning or leading but following the direction of the tan t'ien movement.*

#### The differences:

- *The tan t'ien winds up, turns towards the leg receiving the weight and actually facilitates bringing the weight fully into the leg.*
- *During the side to side weight shift the tan t'ien is unwinding and at the end of the weight shift has opened or turned slightly past center.*
- *The feet stay flat on the ground throughout the weight shift.*

*It is important to feel the side to side weight shift as a long yinping and yangping movement with some turning of the waist and hips.*

*Since the first movement with a side to side weight shift is Carry the Ball to the Side, I often teach the movement without the three steps to the side in the beginning. I want students to get practice feeling a long lateral movement to the side and a full weight shift. They are just beginning to sink into the feeling of the movement by the third repetition so I do not want them to stop and then start again. I ask them to practice through the next week 9 repetitions to the left, concluding, and then 9 to the right. At the next class they learn the movement as it is meant to be done with the three steps to the side.*

*During a class practice we sometimes do Carry the Ball to the Side, staying in place, doing 9 repetitions to the left, a conclusion, and then 9 repetitions to the right. Then we do the movement again with the three steps to each side. This provides an opportunity for lots of practice with the side to side weight shift. I do this occasionally with all my class, beginning and continuing.*

*The importance of a full yinping and yangping weight shift cannot be stressed enough. Whether it is front and back or side to side it is an important component in the practice of T'ai Chi Chih in order to move and balance the Chi.*

### T'ai Chi Chih Events lead by Sandy McAlister, Pam Towne, and Daniel Pienciak

Sept. 11 - Sept. 14, 2014 : Prajna Retreat - Aston PA with Sandy McAlister  
Contact: April Leffier:  
lirpaleff@rcn.com, 610-532-6753

Sept. 25 - Sept. 28, 2014 : T'ai Chi Chih Retreat - Pecos Benedictine Monastery, Pecos, NM with Sandy McAlister  
Contact: Ann Rutherford:  
rutherfordg@aol.com, 505-292-5114

### 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.

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  
[www.gkpub.com](http://www.gkpub.com)

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

And ...

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Wu Chi  
and is the mother of Yin  
and Yang.

In motion it separates:  
in stillness they fuse.

It is not excessive or  
deficient:  
accordingly when it bends,  
it then straightens.

Remember, when moving,  
there is no place that  
doesn't move.

When still,  
there is no place that isn't  
still.

~The Essence of T'AI CHI  
CH'UAN by Lo/Inn &  
Amacker/Foe

## 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 on  
Justin Stone's 95th  
birthday

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

## Other T'ai Chi Chih Events

<http://http://www.taichichih.org/events>

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.

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