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**Subject:** Sandy's September 2016 Tai Chi Chih Newsletter  
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## **Sandy's Message:**

### **A Good Time Was Had By All - Highlights From Conference**

*Seven teachers accredited in the past year, attending their first conference, were welcomed into the circle of teachers at our beginning practice. Then teachers attending their first conference joined them. This gave us an opportunity to make note of who the newbies were and to be mindful of including them during our time*

together.

**Conference Presentations** were well planned and are already up on the [taichichih.org](http://taichichih.org) site [Click here to view the 2016 Conference presentations listed below.](#)

- **\_April Leffler:** Teaching TCC in Colleges\_
- **\_Julie Heryet:** Teaching TCC in Prisons\_
- **\_Sr. Antonia Cooper:** When All Else Fails (During her talk the AV equipment failed and her slides could not be shown. It presented a perfect opportunity to walk the talk and demonstrate our conference theme of **Letting Go**. See her slides at the link above.)\_
- **\_Lisa Otero:** Growing Your Local Community Using Facebook\_
- **\_Sheila Leonard:** Happy Hands, Happy Feet\_
- **\_Daniel Pienciak:** Ongoing Classes\_

*The Community Support Panel included: T'ai Chi Chih International Foundation, Good Karma Publishing, TCCcommunity.net website, taichichih.org website, and the Vital Force Journal. Each representative explained their part in supporting the TCC community of teachers and the spreading of TCC.*

*Justin developed Sejjaku as an advanced form of T'ai Chi Chih. For the past several years, and again at this year's conference, we set aside time dedicated to learning more about this practice facilitated by Pam Towne, the Sejjaku Accrediting teacher.*

*Saturday afternoon a dozen area students joined us for a group practice and asked insightful questions.*

*Oh my! What frivolity bubbled in the room during a lively auction of items donated by teachers. The auction was conducted by Sky Young-Wick and no one would have guessed she was an introvert. One person got so carried away they out-bid their self (maybe it's a Habit with her! – being so generous – always giving and serving – Hmm, who was that person?).*

*We had many opportunities to practice our conference theme: Letting Go. When the Folsom Prison DVD did not arrive for the Saturday night viewing we sat around and had an impromptu talent show of sorts. Pamela Draper sang for us Karaoke style. A few people told TCC stories and a few told jokes. It was great fun to be together in an unstructured way.*

*Sunday morning the group that will be hosting conference next year lead the practice. I was so pleased that two of the people leading had only been teachers for one month (not easy to do at you first conference). **Colorado teachers will host next year with Marie Dotts taking the lead as Conference Coordinator.** As soon*

as they have a place and date it will be posted on Facebook and the websites. Start thinking Colorado next summer. Beauty abounds. Close to Grand Canyon and Four Corners area.

During conference I had discussions with many teachers about the future of our conferences. It became clear that we need a few more years to prepare before we adopt the idea of a Community Conference that includes students and teachers.

We shared, we came out of our comfort zone, we spoke from the heart, we supported the process, we expressed ideas, we came together with one goal, sharing T'ai Chi Chih and wanting to have it passed on to others who may benefit from this valuable practice. We may have various ideas of how to achieve that, but our ultimate goal is the same - as Carmen is fond of saying "Share the Chi".

Sandy McAlister  
Hayward, CA

## Justin's Insights

### RANDOM NOTES

I like Paul Reps' idea of sitting quietly for five minutes (better make it ten) each day and just allowing yourself to "receive". No thinking, no technique, no mantra repetition, no watching the breath, but just sitting quietly in a chair. In Japan this would be known as "Shikan Taza", or just sitting. The great artisans of the past often did this before starting on some work, such as making a tea bowl or a samurai sword. In fact, today, many dress in formal style, hat on head, while doing creative work — I have seen them. It is my feeling that ten minutes of quiet and "receiving", plus T'ai Chi Chih practice, may be enough. It is so easy to relax and do nothing, though sitting with the back straight, it may become difficult. We have our worries to agonize over, and, besides, we get fidgety. Therefore it might be good to do it after a little TCC movement. You may receive more than you bargained for.

(From *Let good Fortune Jump on You* Good Karma Publishing and printed in the VFJ March 1992) Reprinted with the permission of The Vital Force.

## Chi Reflections

### Share this solitude with me

Once in a while  
I just let time wear on  
leaning against a  
solitary pine  
standing speechless,  
as does the whole universe!  
Ah. who can share

*this solitude with me?*

~Ryokan

### **Rest in the Now**

*Great redwoods do the Jing  
a thousand years,  
Marvelous silent strength.*

...

*Still the mind!  
Rest in the ever Present moment  
and know long life.*

~Ed Altman

### **Calm**

*It is all about finding the calm in the chaos.*

~Donna Karan

### **Serenity**

*Outside noisy, inside empty.*

~Chinese proverb

## **Events led by the T'ai Chi Chih Guide and Teacher Trainers**

### **2016 Events**

**Sept 16-18 NJ Shore Seijaku/Meditation ("Turiya")** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Oct. 4-7 Santa Barbara, CA TCC Retreat** with Pam

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Oct. 8 Wheatley UK Student & Teacher Workshop** with Sandy McAlister

**Oct. 9 Wheatley UK Teacher Preparation Workshop** with Sandy McAlister

Contact: Tina Wells [tinawells1@ntlworld.com](mailto:tinawells1@ntlworld.com)

**Oct 9-13 Aston, PA INTENSIVE** with Daniel

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Oct. 16-19 Aston, PA Prajna Retreat** with Sandy

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

**Oct. 21-24 Near Orlando, FL TCC Silent Retreat** with Pam

Contact: Anita Vestal [vestala7@gmail.com](mailto:vestala7@gmail.com) or Susan Quinn [rsusanquinn@gmail.com](mailto:rsusanquinn@gmail.com)

**Nov 4 - 6 NJ Shore TCC Retreat** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Nov. 17-19 Albuquerque, NM Seijaku Accreditation** with Pam

Contact: Robert Montes de Oca [r\\_montes7769@msn.com](mailto:r_montes7769@msn.com)

## 2017 Events

**Mar 2-5 Littleton, CO TCC Retreat** with Pam Towne

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Mar 23-26 Santa Barbara Teachers Retreat** with Sandy McAlister

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Mar. 28-31 Santa Barbara TCC Retreat** with Sandy McAlister

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**May 11-14 Prescott, AZ TCC Retreat** with Pam Towne

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

### ***A TCC Retreat offers a wonderful way to:***

- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Provides a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

*By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne*

## **More T'ai Chi Chih Events**

[Click here](#) for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers. 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.

## **Links to Resources & Materials**

**Justin Stone's DVDs/Videos, Books, CDs/Audios:** [click here](#)

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

**Pam Towne's Serenity in the Midst of Activity DVD:** [click here](#)

**Skype Lessons with Pam:** [click here](#)

**Seijaku Booklet:**

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

*Make checks payable to:* T'ai Chi Chih International Foundation

*Send checks to:* Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

**Web Resources:**

**T'ai Chi Chih's website:** [click here](#)

**Facebook:** [click here](#)

**Pinterest Justin's Quotes:** [click here](#)

**Pinterest:** [click here](#)

**Instagram:** [click here](#)

**Twitter:** [click here](#)

**Flickr:** [click here](#)

**Youtube:** [click here](#)

**T'ai Chi Chih Community:** [click here](#)

**T'ai Chi Chih International Foundation:**

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih

International Foundation, PO Box 517, Midland Park, NJ, 07432

**T'ai Chi Chih Association:** [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

T'ai Chi Chih Guides' Archived newsletters: [click here](#)

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## 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.



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