

From: TCCcommunity guide@tcccommunity.net
Subject: Sandy's T'ai Chi Chih newsletter March 2014 [Test Email]
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Bcc:

A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

SOFTNESS & CONTINUITY

We stress "Softness and Continuity" in T'ai Chi Chih, and the importance of the former can be seen in the following examples: The teeth are hard and the tongue is soft, but it is the tongue that outlasts the teeth. Water is soft and stones are hard, but it is the water that wears away the stones. Oak is sturdy and stands staunchly against the storm, while bamboo is pliant and bends with the wind. When the storm is over, the inflexible oak has cracked and comes crashing down, but the bamboo snaps back, unhurt. One cannot strive for "softness"; the very effort of trying to be soft creates tension. It is the absence of any pressure, moving 'slow motion in a dream', that allows softness to prevail. The best way to forget worries and ease tensions is to shunt the ego-center aside, so that no-one is doing T'ai Chi Chih, but TCC is doing itself. In this sense, TCC becomes a meditation. Winter 1985

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

Chi Reflections

Limitlessness

My Dear T'ai Chi Chih Community,

You are my Community, students and teachers alike. For the past 31 years you have been part of me and I have been part of you, for we all share this gift of T'ai ChiChih, and you are very dear to my heart.

In 1974 Justin began this journey that we are now all part of. He said, "T'ai Chi Chih is a service to mankind". He did not want T'ai Chi Chih to become commercial or a business or organized. Still, he did feel teachers should be able to make a living teaching T'ai Chi Chih and often said, "the workman is worthy of his hire".

When Sr. Antonia Cooper was appointed Guide of T'ai Chi Chih one of her given responsibilities was to bring T'ai Chi Chih into the future. Literally, that is a never ending task and one that has been passed on to me, which at some point I will pass on – never ending indeed!

As our Community grows, our needs change. Technology is allowing us to reach more people with clips of Justin on YouTube, make his books available in electronic form, etc. Good Karma Publishing and The Vital Force Journal are taking advantage of technology to disseminate information about T'ai Chi Chih in ways we were not able to do 10 years ago.

The Vital Force Journal, the Albuquerque Center, and Good Karma Publishing are vital pieces of the T'ai Chi Chih Community which help us stay connected, provide a place for us to come together, and spread the works of Justin Stone. But there have been missing pieces. Over the past several years there have been requests from teachers who would like to donate to a scholarship fund to help students with the cost of becoming a teacher. Also, there have been inquiries from people who would like to include T'ai Chi Chih in their wills. And as our Community of teachers has grown, so has the financial burden of securing facility contracts for our annual Teachers Conference - and that liability burden has been a great weight on the shoulders of those hosting.

Seeing these needs, Sr. Antonia followed Justin's directive and became the Guiding force behind the formation of the T'ai Chi Chih International Foundation. The Foundation is dedicated to serving the T'ai Chi Chih Community in many ways.

- The T'ai Chi Chih International Foundation has received a 501 (c) 3 status, making all donations tax deductible.
- The Foundation's stated purpose in the by-laws is educational in nature with the focus to promote the knowledge and practice of T'ai Chi Chih worldwide.
- The Foundation will assist dedicated students toward becoming teachers by providing a scholarship fund to be used for Intensives and Accreditations.
- Teachers are also eligible for scholarships when attending Intensives to deepen their T'ai Chi Chih form.
- The Foundation will now sponsor our annual Teachers Conferences.

It is important for you to know that NO ONE will receive a salary for their work with the Foundation. As with most projects devoted to T'ai Chi Chih, the time given by those involved is donated. Sr. Antonia, Pam Towne, myself, Dorene Krause as Treasurer, Siobhan Hutchinson

T'ai Chi Chih 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:

Prepare for teacher accreditation, or fine-tune your practice

RIGIDITY

*The most rigid structures,
the most impervious to
change, will collapse first.
~ Eckhart Tolle*

THE SAME THING

*Kindness in words creates
confidence.*

*Kindness in thinking creates
profoundness.*

*Kindness in giving creates
love."
~Lao Tzu*

Chi Reflections

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

Mission Statement

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Fan Towne, myself, Dorene Krause as Treasurer, Siobhan Hutchinson as Secretary, and Linda Jones CPA (a teacher candidate) gave countless hours to birth this Foundation.

But, it will take many more volunteers from the Community to make the Foundation work and serve us to its fullest capacity. If you have skills that would be useful to the Foundation don't be modest. Please share. This Foundation is established for the benefit of the T'ai Chi Chih Community and as a part of that Community, you are encouraged to become involved.

As our T'ai Chi Chih practice is a support to us, may we support the Foundation which, in turn, will support the growth of T'ai Chi Chih. What a beautiful circle of giving and sharing.

Sandy McAlister - in Hayward, California.

2014 Teachers Conference Information:

Dear T'ai Chi Chih Teachers

After many delays the contract with Kean University is finalized. Our conference will be held at this wonderful venue, located in Union, NJ - very close to Newark Liberty Int'l Airport (with convenient transportation to New York City from the University) July 24-27, 2014!

[It is NOT advisable however to fly into LaGuardia or Kennedy airports (NYC) - traffic hassles, distance and much added expenses would cancel out any possible savings in flight costs!].

Our dorm building has been completely renovated recently (choice of single or double rooms), and the building where our conference sessions will take place is "state of the art"! Meals will be cafeteria style (similar to St. John's, MN last year) with a variety of choices at each meal.

A Seijaku Accreditation AND a Seijaku Intro/Review Class will be held following our conference, July 27-29. Details on cost and instructors/host(s) will be forthcoming soon.

In two weeks you will receive an email from www.tcccommunity.net with the details and registration form attached. They will also be posted on the www.taichichih.org website by the end of March.

NOTE: There will be an early-bird reduced registration fee deadline of April 10 so do not delay in registering. We look forward to being with you in New Jersey this July, and enjoying the Flow and Groundedness of T'ai Chi Chih, continuing to GROW together.....

Sincerely,
Dan Pienciak and Siobhan Hutchinson, your Conference Co-Hosts

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>

Practice

Teacher Resources:
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

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]