

The
Vital Force

Journal of the
Tai Chi Chih[®] Community

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"Tai Chi Chih is a Service to Humanity. It is a Form of Love." — Justin Stone, Originator

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Cover: First morning of the New Jersey Intensive at Villa Maria on March 3, 2006. Photo by Dan Pienciak.



Editor Kathy Grassel • **Membership and Accounting** Victor Berg • **Submissions:** Send your letters, stories, articles, poetry, and photos to Victor Berg at vicberg@comcast.net or via snail mail to *The Vital Force*, P.O. Box 23068, Albuquerque, NM 87192-1068. **Membership:** Send your membership subscription requests and renewals, remittances, and changes of address to *The Vital Force*, P.O. Box 23068, Albuquerque, NM 87192-1068, or email vfjmembership@yahoo.com. Memberships: \$30/year, \$40 for international. Members receive four issues of *The Vital Force*. The annual teacher directory will be printed and also posted to the website. If you fail to receive your issue, or if your issue is damaged, e-mail Robert de Montes for a new copy. *The Vital Force* is a 50(c)3 not-for-profit organization serving T'ai Chi Chih practitioners worldwide. T'ai Chi Chih © is a federally registered trademark owned by Good Karma Publishing, Inc. Copyright 2006 *The Vital Force, Journal of the T'ai Chi Chih Community*. All rights reserved.

By Justin Stone

Approach to T'ai Chi Chih

By Justin Stone



As I have mentioned before, the attitude with which one approaches TCC lessons is all important. With faith in the results—and there have certainly been enough proofs of it—one only has to perfect his and her performance and to practice faithfully every day. A student does not learn to do it correctly in order to please the teacher. The yin and yang is all important for the effect it has. The softness is absolutely necessary, and correct performance requires the understanding that TCC is not an exercise but a form that is done primarily below the waist. The “effort of no effort” must be understood. As a student progresses in the lessons, he or she begins to sink into the essence of TCC, which is not like any exercise. Leave the muscles out of it.

It is not emphasized to beginning students, but TCC has a very strong spiritual influence. It is not a treatment for a specific illness. The circulation and balancing of the all-important Life Force, the Chi, influences the metabolism and helps the whole system. Overweight people who practice regularly tend to easily drop pounds. Many letters I receive speak of this weight loss. Eat moderately and practice regularly, a simple formula. When one teacher, who had had brain surgery, began practicing immediately after the operation, it resulted in her soon going back to work, a result that her doctors said they had never seen before. She certainly had the right attitude.

TCC is definitely a different way of life. Most of those who write me say, “T'ai Chi Chih has changed my life.” When someone asks me if this is good for some ailment, I answer, “Why don't you try it and find out?”



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Good Karma News

You Asked For It: Seijaku on DVD

Good Karma Publishing is pleased to announce the arrival of a Seijaku DVD on June 15th. Until recently, sales of the Seijaku video have not warranted the high expenses involved with transferring this instructional aid to DVD (especially to the excellent standards we have come to expect because of the TCC DVD). But because of a nice resurgence in interest in Seijaku (thanks to Pam and others), and because you've asked nicely, and because DVD players are a fixture in 86 percent of American households, we figured it was time. The price will remain the same as the video — \$59.95 (with no discount to teachers). If you have purchased a Seijaku video within the last year, GKP will gladly offer you the new DVD (made from the same filming as the video) for "cost." Just give us a jingle. — Kim Grant

You Didn't Know to Ask for It ...

But it will be ready and waiting for you at the Conference. What is it? Gateways to Eastern Philosophy and Religion. Back in February 1990, Carmen

Brocklehurst had the foresight to convince Justin Stone to come to Albuquerque from California to give a series of four lectures on Oriental Philosophy. (Doug Shilson videotaped them.) These videos have long been available for rent, for a very nominal fee, from GKP. Over the last year or so, though, Albuquerque teachers Amy Tyksinski and Ann Rutherford have tirelessly transcribed, annotated, and edited Justin's lectures for print. In doing so, they have worked very closely with Justin. GKP is pleased to announce that the book will be available for the first time at the Conference. — Kim Grant

GATEWAY TO
Eastern
Philosophy
Religion



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Gateway to Eastern Philosophy and Religion

Reviewed by Ann Rutherford

GATEWAY TO Eastern Philosophy Religion



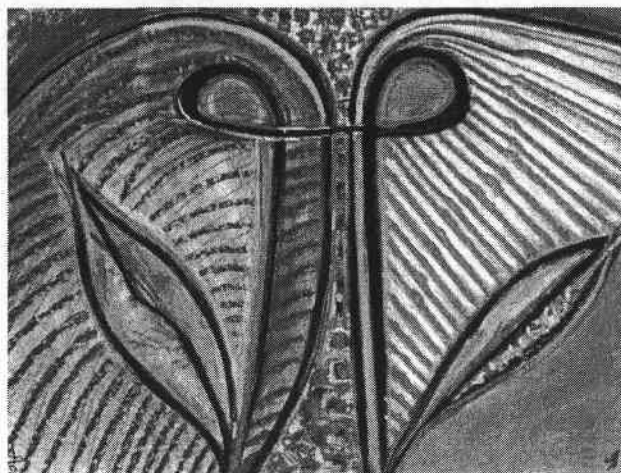
Justin often says, "I tell everyone that they should practice T'ai Chi Chih, but I don't recommend meditation for everyone." Whereas everyone benefits from the circulation and balancing of the Life Force, not everyone came into this life seeking Truth.

When Justin prepared and delivered the Oriental Philosophy Lecture Series to his audience in Albuquerque in 1990, he knew the material would only appeal to serious seekers. Many people would consider his insights, such as, "The world of matter is only another form of consciousness," as mere babble, or speculation on things that can never be proven. But for those who are discovering who and what they are through T'ai Chi Chih practice and/or meditation, his summary of Eastern Philosophy is a reflection of their own quest. When I rented

the video lecture series from Good Karma Publishing many years ago, I immediately became overwhelmed by the depth of the knowledge densely compacted into the lectures. I knew I could not possibly aurally digest the thousands of years of Eastern Philosophy which Justin had so painstakingly interpreted and summarized. He seemed to predict this difficulty at the time when he told his audience, "I hope some day someone transcribes this material." We are delighted to announce that finally the lectures have been transcribed. They retain the original flavor of Justin's informal talks, while providing the reader with the advantages of a text. Not only can the reader digest the material at her or his own pace, but s/he can also use it as a framework for deeper study into any of the particular subjects introduced: Indian, Chinese, Tibetan, and Japanese Buddhism; The Six Darshanas of India; Yogic Teachings; Shinto; New Japanese Religions; Poet Monks; and Kashmir Shaivism. Furthermore, the book contains an extensive bibliography, brought from Justin's own library.

Part of Justin's hesitancy in having his lecture series transcribed is his wish not to be remembered as a scholar. Whereas his other books are almost all experiential in nature, this book is an academic endeavor pulling together what he'd mostly studied in books and matching the material with his own experience. But his sharing of his personal experiences and insights on Eastern philosophy and religion is exactly why this book is so fascinating. Taking us on a whirlwind tour through Japan and India, we get a deeper sense of his life's passion: the quest for Truth. Since many of the words he uses are Sanskrit, the classical language of India, the book also includes a substantial glossary.

Justin acknowledges the time and effort it took to create his lecture series when he told his audience, "If someone steals my car or clothes, they can be replaced. If someone took these lecture papers, and the papers from which the came, there'd be no way for me to replace them." The book will be available for sale at the 2006 T'ai Chi Chih Teachers Conference in Minnesota.



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