

A
Perpetual
Journal
of
T'ai Chi Chih!



THE VITAL FORCE

The T'ai Chi Chih Created by Justin Stone Is Spreading Around the World!

Volume 2, No. 4

Winter 1988

SOFTNESS AND 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.

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Donations accepted. If teachers would like extra copies of THE

VITAL FORCE for their students, please send \$1.00 for each copy desired. To subscribe to THE VITAL FORCE, send \$4.00 for one year (4 issues).

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LETTERS AND NOTES FROM TEACHERS

STEVE RIDLEY writes that he presented TCC to several hundred members of the Mile High Church of Religious Science in Denver this fall....

PAM TOWNE taught three eight-week classes this fall, plus a TCC workshop at the Huntington Beach Church of Religious Science Womens' Retreat. She also reports a "breakthrough in my teaching of TCC...in letting go of attachment to the 'form' and instead coming from a place of sharing first the 'essence' of TCC [softness, etc.], and later correcting the form."....

MARGARET WEBER has been teaching at the Ballena Village in Alameda, California, as well as at home, and included T'ai Chi Chih in a talk she recently gave in San Leandro on ways to balance the body's energy....

THEDA GILLESPIE reported on many successful classes this fall at Rancho Rio Caliente near Guadalajara, Mexico. She said they felt the earthquake that devastated Mexico City, but no damage was done at Rio Caliente. Theda also taught two TCC intensives in Oklahoma City in late November/early December, and is looking forward to some possible classes in Florida next spring....

LILLIAN SUSUMI wrote after teaching several very rewarding weekend intensive TCC classes in Seattle, Washington...She had some students who apparently had great aptitude for the movements and the flow of T'ai Chi Chih. She writes, "The students practically floated out the window every time they forgot to focus on their feet!"....

2 From the Editor

Happy New Year to all our readers--with thoughts of Peace and Prosperity for 1986.

Each issue of The Vital Force is exciting to compile, and, once again, both teachers and students have generously forwarded articles, letters, poetry, and testimonials which are direct results of their TCC teaching experience or personal practice. You are sure to enjoy reading them, and your students will also be interested in hearing them.

It is your enthusiastic support which is the vital essence behind The Vital Force; thanks for taking the time to share. Your news, art, and words provide a very special form of CHI, by way of inspiration and support for other teachers. After every issue, teachers often report that The Vital Force came at 'the perfect time' or contained 'just what I needed to read.'

We also wish to thank all those who have made financial contributions to The Vital Force during the past year; these have gone towards offsetting the costs of composition, duplication, and mailing of each issue. Your continued generosity is much appreciated.

Looking ahead to coming issues, we have had encouraging advance notice from several teachers who are working on some very interesting articles, and we look forward to featuring those in the coming year.

The March issue will feature a Teacher Forum of ideas for materials to hand out in class. Please send copies of the class handouts you regularly use, so that we can reproduce or summarize them as valuable ideas which other teachers may wish to use. Send copies soon--the deadline for March is February 28!

And returning to what's inside this issue--be certain to start planning now to attend the Teacher Conference this summer. Justin is planning to give special instruction in advanced yin-yang techniques as part of the conference, so you'll want to be on hand. And now is the time to prepare and encourage those students of yours who are considering trying for teacher accreditation.

Stay in touch, and here's to richly rewarding T'ai Chi in 1986.

Corinn Codye Scott, Editor

Make Plans for August Gathering

2ND ANNUAL T'AI CHI CHIH INTERNATIONAL TEACHERS CONFERENCE

The Coordinating Committee for the 1986 conference has chosen Vallombrosa Center in Menlo Park for this year's conference on August 15, 16 and 17, 1986. Thanks to Sandy McAlister for scouting the various retreat centers in the Bay Area.

Vallombrosa means "Shady Valley" and its facilities include an old mansion with meeting rooms and a modern chapel. The grounds and enlarged facilities were designed by a Japanese-American architect Shigenon Iyami. The landscaping integrates the huge old trees as well as utilizing Japanese shoji type screens between the rooms. It is a lovely setting for our conference. Vallombrosa is only 30 minutes from San Francisco airport by shuttle bus.

The conference will begin on Friday evening and continue through Sunday afternoon. Sunday's meeting will be open to interested TCC students and friends. Justin has offered to give instruction in advanced yin-yang techniques as a part of the conference activities.

Plan to attend--it will be a wonderful opportunity to exchange teaching experiences and practical business tips, as well as gain inspiration and share powerful group TCC and meditation.

Details will be forthcoming. Anyone who is interested in serving on the committee please contact Sandy McAlister, 24825 2nd Street, Hayward, CA 94541. (415) 582-2238 We can use your help!

News from Eastern North Dakota

T'ai Chi Chih on the Plains has been exciting!

A situation I have been encountering is people garbling the name of T'ai Chi!

One of my students from the tech school was walking with me down the hall. We were approached by the instructor of a computer class, who mentioned hearing that my companion student was taking a typing class and asked how he liked it. The student and I looked at one another and then began laughing. The computer instructor had heard T'ai Chi as typing!

Another time I was giving my nursing students a lecture on Stress Reduction, and mentioned how my clinical student group would do T'ai Chi after an intense group session (Chemical Dependency group work). A few moments later a hand came up from the front row requesting I clarify this "tongue-in-cheek" technique that we practice on the Chemical Dependency Unit. The nurses who had done T'ai Chi Chih and I heartily laughed as we recognize that the ears of people in Fargo, North Dakota are not familiar with T'ai Chi!

We are breaking ground and enjoying the process! My first class was interested in Blood Pressure comparison before and after doing TCC. Thus I've been taking Blood Pressures during the last two of 8 classes. The tests show significant drops in both diastolic and systolic readings. I plan to offer this service with my classes and combine my two roles as accredited TCC instructor and Registered Nurse.

In September I talked about Depression to a Parkinson's Disease support group. I demonstrated T'ai Chi Chih at the end of the discussion, after sharing the information Justin had given me about the woman who has had no progression with this illness since actively and consistently practicing TCC since 1974. One woman in the front row was amazed and exclaimed, "I could feel the energy from the Bass Drum when you were doing the demonstration!"

Overall, TCC on the Plains has been an exciting, challenging, and invigorating experience for me. I was truly honored to have the brief yet meaningful encounter with the instructors and Justin at Asiloma and am delighted to be representing TCC!

Loving Chi,

Christeen McLain-Curran
1012 16th St. W
Fargo, ND 58102

Attention teachers: Please distribute copies of this announcement to your students.

T'AI CHI CHIH
APRIL TEACHER ACCREDITATION COURSE

The next T'ai Chi Chih teacher training will be held April 1 - 6, 1986, in Santa Clara, California (near San Jose) at the Wilson Adult Community Center. The training will be conducted by Justin Stone, originator of T'ai Chi Chih. The course will begin Tuesday, April 1, and conclude on Sunday, April 6, with a schedule as follows:

Tues-Fri 7:00 - 10:00 p.m.
Sat-Sun 10:00 a.m. - 4:00 p.m.

The course will be open to 14 teacher candidates. All participants must know all 20 TCC movements, in order. It is a good idea to obtain special coaching from your teacher in preparation for the teacher training, including some 'assistant teaching' experience, if possible. Teacher 'coaches' will receive \$50 for each of their students who attend the training.

Cost of the accreditation course is \$275.00. A deposit of \$137.50 is required by February 15, 1986. The balance may be paid at the first meeting of the teacher training on April 1. Registrations will be held on a first-come, first-served basis. A confirmation will be sent upon receipt of your deposit (\$50 of which is non-refundable), along with directions and information on lodgings and transportation, and so on.

Fill in the registration form below and return it, along with your check or money order of \$137.50, to Satori Resources, 732 Hamlin Way, San Leandro, California 94578.

For more information, Call Corinn Codye Scott (415) 895-8614.

REGISTRATION FORM

Please enroll me in the April 1986 TCC Teacher Accreditation Course. Enclosed is my deposit in the amount of \$137.50.

Name _____

Name of teacher: _____

Address _____

_____ Zip _____

Make checks payable to:
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San Leandro, CA 94578

Phone (415) 895-8614

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CORPORATE T'AI CHI CHIH-
TO EVERYTHING THERE IS A SEASON

Persistence and patience seem to be the key words when dealing with corporations. It has taken me several seasons to get "in" to a corporation. I began my efforts in Fall of 1984 by talking to someone who knew an administrator at her corporation. At last I secured several demonstration dates in April. These were attended by 35 or so employees. By July 1985 I began teaching eight classes a week at that company. It seems to be who you know that enables you to get your T'ai Chi slipper in the door. Once in the door a demonstration in the waiting room for the receptionist sometimes gets you in to the personnel manager...sometimes it doesn't.

The feedback I've gotten from my students at corporate/business classes include how much better they feel and how relaxed they are. They certainly miss the class when we do not meet as a group. During my presentaion and the actual class I talk very little, teaching the form and movements for the stress reduction aspects. This allows students to have their own experiences. I simply let the T'ai Chi raise their awareness from within.

As of Fall 1985, there are only a few people attending my classes at the corporation. The situation is a bit tenuous due to management changes at this corporation. I am reminded of the Buddhist saying that one must go "slowly, slowly, slowly until you can go fast". That truly is the way T'ai Chi Chih is spreading in the corporate world. However, I hold in my mind a vision of the workers here being outdoors doing T'ai Chi Chih together in peace and tranquility in the midst of their busy work day...perhaps next Spring!

I will be making more corporate efforts in the New Year. If any teacher can refer me to contacts who might help me in the City, East Bay or even South Bay, please let me know.

Lucy Hocking
3122 Fernside Blvd.
Alameda, CA 94501
(415) 521-2958

P.S. As to the importance of T'ai Chi Chih in a corporate setting, working all day without a break can add to dis-ease, as it did in my case. I came to T'ai Chi Chih after surgery for an operable form of Cancer, and I attribute my healing to T'ai Chi Chih and my work with Attitudinal Healing. I am committed to teaching and living T'ai Chi Chih for the rest of my life. I once again thank God and Justin for bringing T'ai Chi Chih to our consciousness.

**T'AI CHI CHIH INSTRUCTORS,
STUDENTS, AND OTHERS**

If you would like a beautiful yin-yang style pendant, handcrafted in sterling silver, coral and turquoise, they are available in two sizes: Small (approx. 21 mm, or 13/16 inch diameter) with a 16 inch double-rope sterling chain, \$35. Large, (approx. 24 mm, or 15/16 inch diameter) with an 18 inch double-rope sterling chain, \$40.

Postage, handling and tax are included.

Sincerely,

Bill Bozman
12420 Apache Pl. N.E.
Albuquerque, NM 87112

(student of Carmen Brocklehurst)

Letter to the Editor

Your editor's note in the September '85 Vital Force, "Meditation in Motion", carries a bit of a mixed message for those newer to TCC practice, when compared to my preceding statement regarding extreme approaches to TCC practice. Let me explain what has been my experience:

First, the article points to the meditative calm that can be derived from TCC. Second, I tried to point out that TCC is to be kept from extremes, as it teaches balance and the moderate, "middle way" approach to health and enlightenment.

I have no doubt that 1,000 rapid movements is very invigorating, yet one could obtain similar results by running in place briskly for five minutes followed by the Cosmic Consciousness Pose. This rapid motion excites Chi in the system, giving a kind of surface buzz, while slower, more deliberate TCC movements vibrate Chi on deeper levels, bringing a balance that extends far beyond the practice period. Also, (and this is where I'm afraid some may feel confused by your note), my short article was based upon the meditative aspect of TCC practice which leads to serenity within. Rapid movement and extreme approaches are not part of TCC.

I'm relating these things from my experimentation early on, and am not asserting personal rules for TCC practice that are based on concept.

The Vital Force provides a needed service and inspiration for us TCC'ers; best wishes for continued success.

Steve Ridley

Valorie Taylor
Tai Chi Chih Consultant Cellist
"Viti"
(408) 248-0508

The "GREAT CIRCLE MEDITATION"

- A PROFOUND SUPPLEMENT

Steve Ridley

The "Great Circle Meditation" can be a wonderful complement to T'ai Chi Chih. Following our movement routine, we can sit quietly for a few minutes to internally direct the vital-force by utilizing this simple procedure. Justin led the "Great Circle Meditation" during the TCC Teachers' Conference and many experienced deep peacefulness. A tangible serenity was generated which pervaded the atmosphere of the room, though we had only been practicing for a short time!

Many of you are already familiar with this meditation method and are experiencing the benefits regularly. If it is new to you it can easily be learned from the description in the TCC text, pages 130-133, or in Justin's book Meditation for Healing, chapter 5.

The "Great Circle Meditation" helps to bring about an inner stillness, by decarbonizing the blood and equalizing the flow of vital-force in the system. This quiets the action of the heart and lungs while reducing restless thought activity. After performing several "orbits" with deep, relaxed concentration, it is best to take time to fully savor the after effects momentum of your action. In other words, be still and inwardly poised following the specific technique in order to reap the results. You may feel subtle currents of joy playing within the spine, an increased sense of awareness and contentment, or any number of sensations and perceptions. ("Carried to the extreme, it could be a way to enlightenment." - Justin Stone.)



Flowing with Change

"The seasons go on--trees shed their leaves in Autumn and there are new leaves in Springtime." Justin wrote these words to me in response to my telling him of my father's recent death. The words put me in mind of the underpinnings of T'ai Chi Chih and one of the reasons I find the practice and teaching of it so profound: my growing ability to adapt to change.

Death is probably the most dramatic change we need to deal with, and it is sometimes difficult to see it as a part of life, another aspect of being born into this universe. Yet, it is all around us all the time: in all of nature, the turning of the seasons, the passage of time, though we may not be made to face it until a person close to us leaves this physical plane. At such a time, one has no choice but to realize one's own impermanence, to become more acutely aware of the continuous change and flow that perpetually takes place.

For me, T'ai Chi Chih practice and the background on which it is based has become even more meaningful when I can know that my present sorrow is natural and that the other side of that sadness is joy, that I am blessed in knowing a discipline that can help me harmonize the two sides. My life, even during any kind of trying times, can be balanced more fully because T'ai Chi Chih came into it. Once again, I am grateful to Justin for creating T'ai Chi Chih and to T'ai Chi Chih itself for allowing me a clearer picture of the patterns of the universe than I previously saw.

Jean Katus
P.O. Box 438
Fort Yates, ND 58538
(701) 854-7435

T'AI CHI CHIH ETHICS

I am sure as TCC teachers we have all tried to be as conscientious as possible of the integrity and value of keeping TCC pure.

When advertising our classes we keep the name T'ai Chi Chih by Justin Stone. When teaching the 20 movements, we let our students know where and why, if we have incorporated any extra movements. When teaching the philosophy, we try to stay as close as possible to the simplicity of harmony, balance and Joy.

It seems very important that we, as teachers, stay connected to these values. Sometimes other motives get in the way. T'ai Chi Chih is Healing Thru Joy!! Upon keeping it pure, TCC students will come to you. That is part of the flow!
Thank you.

Cathleen Rickard



This is a postcard which Bruce has made for me to send to my students for the Holiday Season. Thought you'd like to see it.

Love and Chi,
Amira Bramson



T'AI CHI CHIH
 TEACHERS CONFERENCE
 ASILOMAR - 1985

Mental T'ai Chi Chih

Steve Ridley

During my teacher training in Los Angeles, January 1977, Justin remarked that one could eventually perform the movements of T'ai Chi Chih mentally only, and experience the same generation, circulation and balancing of vital-force. At the time I didn't really give much consideration to his comment, as I was working hard to properly execute the movements physically, though I had practiced for over a year prior to the course.

After one of our more intensive sessions in which I had been trying to grasp philosophical concepts new to me, I retired to my motel room feeling somewhat psychically fatigued and in need of rest. I laid back on the bed and immediately fell asleep. Next, I was leading the group through T'ai Chi Chih, unaware that I was experiencing a vivid dream. My movements were flawless, effortless and completely natural for the first time. Suddenly I awoke! I lay motionless on the bed feeling strong surges of healing vital-force throughout my body, circulating dynamically like warm fluid bliss. I had only been dreaming, yet was experiencing actual results, more powerful than any I had realized in over a year of regular physical practice. Now Justin's comment carried validity!

I had not been trying to perform T'ai Chi Chih mentally, but because of our lengthy practice periods during class, I was saturated with it and the momentum carried over into dreamland. Following this unexpected boon, my respect and feelings of reverence for Justin and T'ai Chi Chih elevated automatically, to say the least!

February Talks by Justin Stone

Justin will speak on two informal occasions in February in the Bay Area. The first talk will be on Thursday, Feb. 21 at 7:30 p.m. at the First Unitarian Church of San Francisco (1187 Franklin St., at Geary). For information, call Lucy Hocking at (415) 521-2958.

On Friday, Feb. 22, Justin will speak at the Ashland Community Center (1530 - 167th Avenue) in San Leandro. On the following morning, (Saturday, Feb. 23), Justin will lead a workshop for students in TCC and meditation at the Ashland Community Center. Donation - \$2.00. For information, call Valerie Lawson at (415) 865-1486.

You and your students are invited to attend!



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Teacher Letter

Dear fellow T'ai Chi Chih teachers:

The Asilomar weekend was indeed a "healing" weekend. I was in the hospital recovering from a motorcycle accident but I was with you all in the Spirit. I tried to send you flowers as a "thank you" to Justin for originating T'ai Chi Chih. But as it was I was unable to get the location of the retreat, and even though I had all my copies of The Vital Force with me in the hospital, I could not find an address, so I sent you a red rose and a white rose in Spirit.

I am grateful for The Vital Force. It is an excellent publication. I enjoy it immensely and I really do carry all my copies along with my T'ai Chi Chih books in my little blue bag. They are wonderful for reference as well as inspiration. Keep up the good work.

The card you (Corinn) sent me was so perfectly timed as I received it shortly after the accident and it really perked me up. I know now that the accident and the "healing" was the real test for me. Boy, do I have a testimony for the power of T'ai Chi Chih!

The accident happened about a week after I got back from being certified in Denver. We were driving over to the neighbors to check on his land as he had asked us to watch it while he was out of town. We hit a mushy/rutty spot in the gravel road and the "bike" went one way, my partner Dana went another, and I flew 25 feet and landed on my shoulder--crushing it, breaking the collar bone and 7 ribs in multiple places (about 19 breaks in all), also collapsing my left lung. Visualizing T'ai Chi Chi and praying got me to the hospital as I was having great difficulty breathing. While in the hospital I did a lot of one-handed and mental T'ai Chi. As soon as they took the tubes out of everywhere (my insides shut down too, due to shock, I guess, so I had IV's, oxygen, etc.) and as soon as I was able to get out of bed, I did one-handed ICC. It was wonderful! The doctor had originally told me I'd be in there for 2 or 3 weeks. I made such a remarkable recovery that I was out in 6 days. In 12 days the x-rays showed a dramatic healing that amazed the doctor and I am very happy to report that the arm that he told me I may not be able to have much use of again is able to do "Working the Pulley" perfectly!

(see HEALING p. 8)

Letters from Students

[Received by Lucy Hocking]

This is my unsolicited letter of testimonial as to my personal experience with your T'ai Chi Chih classes. The first class, and several classes beyond the first one, I arrived late but found I was able to join in and follow the lovely, graceful movements. By the end of the class my mood had lightened and elevated from being grouchy and tired and resistant as I was at the beginning of the class to feeling really happy, relaxed and pleasant.

The next day, and frequently since then, I found myself uncharacteristically lighthearted and happy at work. I have twenty-some clerks assisting me in managing over one million county and superior court records and assisting litigants and attorneys and other employees of the Superior Court and City and County of San Francisco in working with these records. It's a big job with lots of potential for stress, antagonism and anxiety - and this potential is often realized generously.

In order to manage all this, it often seems necessary for me to clam up, tense up, close down. Unfortunately, it's not been easy to remember not to do so ...until I discovered your wonderful classes in T'ai Chi Chih. Practicing T'ai Chi Chih seems to just naturally allow me to loosen up and let go and be myself again. I just feel so nice and clear-headed and okay with myself. Of course it's great to find that things that ordinarily drive me up the wall don't faze me when I'm keeping up with my T'ai Chi Chih. Thanks so much, Lucy. I just wish that you could set up a permanent class in the neighborhood so I could have a guaranteed class for the rest of my career. And my 78-year old mother shares my feelings. She and I find T'ai Chi Chih helps our arthritic joints and loosens them.

Sincerely,

Judy E. Freeman
1390 Market, #1823
San Francisco, CA 94102
(Student of Lucy Hocking)

HEALING (cont. from p. 7)

I am into my second set of classes since the accident. The first was a class of 9 students at the Bemidji State College (an 8 hour intensive). I am presently 4 weeks into a Community Ed program with 15 students. I feel very fortunate to have had this experience. The combined forces of healing used on me have left me with an attitude of appreciation for life, people and "chi". I am actively setting up classes in Minneapolis and the surrounding areas to share ICC as I really feel that it is a beautiful gift that Justin Stone has shared with all of us, and I want to share it with others.

Peace, love and joy to you.

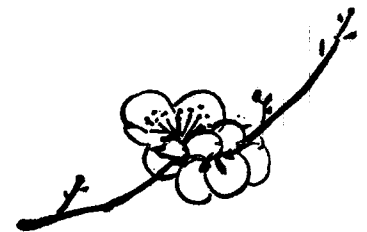
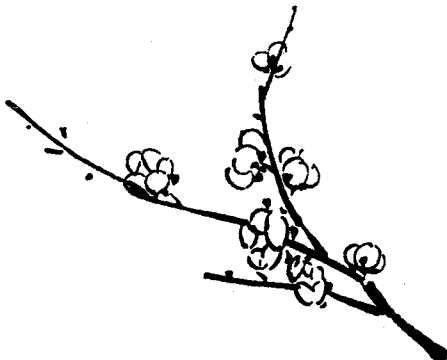
Jeanne Carlson-Linscott
Box 219-A RR-2
Bemidji, MN 56001

冬
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幽
興
長

winter has come, bringing a quiet
of endless fascination

POETRY for PONDERING

Steve Ridley




9/30/85


Slowness, internalized,
Methodical rhythmic softening
Coaxes Peace and Joy
Rocking Motion reveals.....
Free as rain!

10/7/85

Formless T'ai Chi
Indwells form

Ancient teachers revealed
That form is least important
Following competency of form
Softness and continuity are applied
Then by consistent practice
Vital force is felt and directed
More and more effortlessly
The world inherits Joy!


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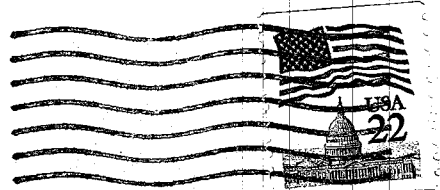
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