

THE VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

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Higher Consciousness

People often speak of "higher consciousness." A man is coming from another state to videotape me in a research project to find those in "higher consciousness." The truth is, there is no such thing. There is only Consciousness--and, at the deepest level, it is not individual. Sometimes this consciousness is obscured, and then there seems to be "lower" consciousness. It is usually obscured by habit-energies and tendencies; ultimately, this all proceeded from thought and thought-patterns.

The sun remains the same, always, but we speak of "weak sunshine today," or talk of the strong sun in the autumn season. When clouds obscure the sun, we see it as "weak sunshine," but the sun has not changed. Similarly, consciousness remains unchanged but, when obscured by what Orientals call "the dusts," it appears "low." Just as the life essence remains unchanged as there is constant transmutation, so consciousness is not affected by the obscuring elements. One Zen Master spoke of keeping the mirror clean, wiping away the dusts so that the basic nature of the mirror--which reflects unchangingly--will not be affected. Consciousness is like the mirror. It is necessary to remember that consciousness can only exist where there is duality. The polarity of subject-object relationship makes consciousness possible. When we enter deep meditation, where there is only subject and no subject-object relationship, the world disappears. With the reappearance of thought, consciousness and the subject-object relationship reappear, along with self, other, and God.

Justin

Advanced T'ai Chi Chih! - SEIJAKU

Justin shared some important news at the August teacher conference: he has been working on an Advanced T'ai Chi Chih, and he taught a few of the preliminaries to the Advanced T'ai Chi Chih to those who attended the Vallombrosa conference.

"For many years, when asked about an advanced form of T'ai Chi Chih, I always replied that there was none," opened Justin. "But recently I have developed some techniques that tremendously step up the flow of the Chi." Justin calls the advanced form "Seijaku," (familiar to teachers as the Japanese term meaning Serenity in the Midst of Activity), and likens its effects in T'ai Chi Chih practice to the difference in energy between a 60-watt light bulb and a 500-watt bulb. Seijaku is a significant development in TCC and almost everyone who experienced the sampling which Justin taught at the conference will attest to the dramatic increase in the flow of the Chi that can be experienced through just the simple preliminaries.

Justin plans to teach the Advanced T'ai Chi Chih at a 3-day Seijaku course in the late November at Vallombrosa, open to 25 to 30 of those who were present at the teacher conference in August. After the training, those teachers will be accredited to teach Advanced TCC. Both former and new TCC students will predictably be interested in learning the powerful Seijaku.

Other active T'ai Chi Chih instructors (those who both teach and maintain their own practice regularly) will have the opportunity to become accredited to teach Advanced T'ai Chi Chih sometime during 1987, at a similar 3-day Seijaku course.

Corinn

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From the Editor

Reflecting on the very intensive T'ai Chi Chih teacher conference in mid-August, a tremendous amount of energy, information, and instruction was exchanged, much more than one would normally expect from a 8 a.m. Friday through 3 p.m. Sunday schedule.

The overriding tone was T'ai Chi Chih (of course) and learning--and learn we did; from Justin, the extremely useful and significant Seijaku preliminaries, through which he thoroughly whetted our appetites for the training in Advanced T'ai Chi Chih (which takes place in November); from the teachers, a number of professionally-presented, invaluable talks regarding such topics as Teaching Continuing T'ai Chi Chih classes (Steve Ridley), Working with Seniors and Handicapped (Valerie Lawson), Approaching Corporations (Carmen Brocklehurst) and Weekend Intensive Courses (Lillian Susumi), to name only a few. And we learned from each other, as teachers took turns presenting the T'ai Chi Chih movements as though teaching a group of beginners--a very revealing and informative session, as teachers shared their special ways of making the movements fall home for their students.

I was pleased to see so many teachers from so many places both near and far. We were tightly scheduled the entire time and I regretted not being able to visit with each teacher at leisure, knowing that the opportunity to speak in person would not arise again for some time; nonetheless, I wouldn't have wanted any fewer of the presentations, or less time with Justin, or fewer T'ai Chi Chih-Seijaku practices.

The wonderful conference notebooks provided by the organizing committee are not only a valuable reference regarding the content of the various presentations, but the handouts will also form the basis of many possible Vital Force articles.

My personal thanks to all who attended the conference. We look forward to another conference in two years. (There was some talk of regional conferences next year.)

Two weeks later, I find even the small part of Seijaku practice that we were taught has become a way to bring actual T'ai Chi Chih practice into a myriad different parts of the day, without interrupting other activities.

I have used the techniques throughout business meetings, while waiting in traffic or standing in lines, while talking on the phone, during showering, and any other time that the thought occurs to me. The flow is strong and immediate, and the phrase "T'ai Chi as a way of Life" has taken on an additional significance for me as a result.

Sincerely in T'ai Chi Chih,

Corinn Codye Scott

The Tao of Teaching

Teaching is a complex thing. It is both demanding and rewarding. It challenges us to present material in a way that makes sense to all our students. It also provides us with an opportunity to instill confidence and encourage excellence.

Like it or not, as teachers we do have an impact on our students. I tell them that I am also a student (that I learn from them and from teaching) and that since change is the only constant they will even see variations in my practice of TCC. Even so, they still tend to see me as an authority figure: one who has had more experience and practice and one to whom they come for information and guidance. Since TCC is such a powerful tool for personal growth and development and since as a teacher I represent TCC, I owe it to them to be aware of how I influence them. Therefore, I am careful about my attitude and especially about how I address them. I emphasize the positive. I point out how well students are doing, commenting on what they are doing right, before giving constructive criticism. Rather than saying, "You're still off balance," I say, "Try it with your foot here, it may feel a little better."

This positive focus is fundamental to good teaching, as well as to living the TCC way. My aim is to maintain each student's sense of integrity and dignity as well as to be professional in my consideration of their well-being. I emphasize this attitude of encouragement so that the students will feel safe in being a beginner, in making mistakes, and in asking any questions they may have. I want them to feel what I know is true: that each of us is entitled to self-respect because within each of us is an aspect of the Great Ultimate Truth. When we honor this inner guiding light we know what is right for us, what we need to let go of or to cultivate in order to fulfill our greatest potential in accordance with the perfect flow of the Tao.

This is why TCC is such an invaluable tool. It leads us to clarity and wisdom, as well as to serenity and joy. If everyone in the world could honor this wisdom and love within themselves and in others, we would have peace on earth.

Cass Redmon
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Teacher Conference Evaluated

All who attended the Vallombrosa conference recognized and appreciated the excellent planning, organizing and carrying out of the conference by Sandra McAlister and her supporting committee members Liz Salada, Valerie Lawson-Smith, Lois Mahaney, Lucy Hocking, and Corinn Scott.

Those who attended will find interesting the results of the evaluation survey. The conference was attended by over 45 teachers, 38 of whom returned evaluation forms.

The following were viewed as strong points of the conference:

- 22-Fellowship (sharing information and teaching experiences)
- 11-Workshops/presentations
- 10-New Seijaku movements
- 10-Group TCC
- 10-Presentations of movements by teachers

Other points mentioned were the Vallombrosa grounds and food, the good planning of the conference, and being with Justin.

The following were offered as suggestions to improve the conference:

- 9-More free time or breaks
- 9-TCC outdoors or more TCC sessions

There were many individual suggestions ranging from requests for better chairs to requests to hear from more teachers (and everything imaginable in between).

The most helpful workshops/presentations:

- 16-All (also, many were glad that all workshops were presented to the entire group)
- 9-Teaching seniors
- 8-Corporations
- 7-Music
- 6-Visual aids
- 4-Life-threatening illnesses
- 3-Intermediate classes
- 3-Weekend intensives

Suggested topics/emphases for 1988:

- 8-Taxes, insurance and record-keeping/business aspects
- 6-Working with children/high schools
- 5-Integrating TCC with related practices/body works
- 3-Teachers sharing teaching techniques for various movements
- 3-Address corrections and routine business posted in lobby
- 3-Learn connecting movements

There were many other individual suggestions, and several volunteers to present next time. [Some of the topics can and will be addressed in the Vital Force, too.]

Almost everyone felt he or she gained new insights/knowledge about his or her own practice during the weekend. Many were enthusiastic about the new movements and their powerful potential, the teaching imagery shared by the various teachers, and the respect/enthusiasm felt for each others' accomplishments.

Preferred months for the 1988 conference:

- 17-August
- 13-Spring or Fall
- 3-July
- 2- June

Suggested locations for the 1988 conference:

- 13-Vallombrosa
- 8-Colorado
- 6-California
- 4-New Mexico
- 3-Bay Area
- 2-Asilomar
- 1-North Dakota

Accreditation Courses

Lake Tahoe, California

By the time this issue of The Vital Force is received, approximately 15 new T'ai Chi Chih teachers will be accredited at a teacher training hosted by Christeen Sproehnle in Olympic Valley, near Lake Tahoe, California. The course will have been mastered by Steve Ridley, and teacher candidates will have had the opportunity to work with many excellent active T'ai Chi Chih teachers including Liz Salada, Valerie Lawson-Smith, Richard Brier, Cathleen Rickard, Teen Sproehnle, and others.

Bay Area, California

Plans are being made for a teacher training next spring to be held in the Bay Area, possibly again in Santa Clara. Contact Corinn Scott at Satori Resources for further information. (415) 895-8614

Denver, Colorado

For the small but growing network of teachers east of the Rocky Mountains, The Vital Force anticipates news of annual opportunities to send students for teacher accreditation under Steve Ridley in Denver or another mutually accessible location.

From a Teacher

My loving thanks to Justin, Steve and Lia Ridley and Corinn for their on-going commitment. I wanted to thank the Committee of Lois, Sandy, Valerie, Liz and all the others who came to the 2nd International T'ai Chi Chih Teachers' Conference. I personally found much strength in the gathering. Everyone's support was much appreciated. Justin's gift of the preliminary movements/techniques of SEIJAKU have helped me more than words can express. After hearing of my dear friend's death/transition the day before, there was no coincidence that my talk on the use of T'ai Chi Chih as a method for facing life threatening/ chronic illness and the transition we call Death followed her passing. I made a copy of the tape recording of my talk. If anyone would like to have a copy, please call me. (415) 521-2958.

I spoke from my personal experiences and would like to include in this issue of the Vital Force some research and quotations from Ram Dass, Stephen Levine, and others in the field of Death and Dying, which is, of course, all about Life and Living.

Stephen Levine:

"What we have come together to do, all of us, is to stop postponing death. To come into the very presence of death. To confront death so profoundly we take it within us and therefore go beyond it. As long as we are postponing death, we're postponing life." One dies as one lives...once that starts to fall into place the essence of a dying retreat (or a T'ai Chi Chih retreat for that matter) becomes the essence of a living retreat, and then the question is how you use the moment-to-moment experiences of your life as a way to become conscious.

Ram Dass:

"There is a way of shifting consciousness so that you look around you and see that what we are is a collection of souls. And you can look further than that and see that we are all one in the form of many. Now if you have seen that plane of reality how does it affect this plane? You literally die into service. You die in separateness. Neither grief nor joy banishes death. It does enable us to live within the reality of impermanence. BUT IMPERMANENCE IS THE VERY NATURE OF EXISTENCE. [The last issue of the Vital Force began with a comment by Justin on Impermanence.] With awareness/realization we can identify with the whole of which we are a part...and in this reality we can see ourselves as part of creation in the constant process of becoming. With this awareness comes TRUE ACCEPTANCE and within this acceptance we get off the wheel of ego-centric mind states, we convert our experience of loss or of dying from one of tragedy to one of grace [Chi]."

During T'ai Chi Chih we can quiet our minds and open ourselves to another awareness, a state of being in which we are not identified with our desires or our body separateness. Once we have experienced this transcending of our ego boundary, our experience of life and of self and of other is transformed. This experience awakens us to two interrelated possibilities: That higher consciousness can arise at the moment of death and that it can be cultivated throughout life. It is my belief and experience that through our teaching T'ai Chi Chih to others we create an atmosphere where grace can enter, where this transformation and higher consciousness occur. We automatically become instruments (Lord, Make me an Instrument of Thy Peace) for the surcease of suffering. This is a powerful and compassionate form of social action.

As Justin often says, "First comes the Thought, then the flow of the Chi, and then the Manifestation." Herein is the power that each of us brings as instruments of Peace. We each have the responsibility --that is, the ability--to further Peace (both inner and outer) with the help of Justin, T'ai Chi Chih, and now, SEIJAKU.

I encourage all teachers to send in their deposit to Justin and join me, and others, November 28, 29, 30th at Vallombrosa. No greater gift exists than this one of Life/Vital Force.

Lucy Hocking
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(415) 521-2958



Lifesaving T'ai Chi for Whales

For many years scientists and a concerned public have been distressed by the seemingly senseless "suicides" of pilot whales and other members of the dolphin-whale family of mammals. If a whale became beached, for whatever reason, an almost certain death resulted. With no body cooling system other than the warmth-robbing touch of the surrounding ocean waters, the beached whale soon overheated and died. Humans have tried to return beached whales to deep water, only to be disappointed as the whales throw themselves again and again upon the beach.

Only recently has some insight been gained into how to prevent these deaths. Researchers have discovered that the return to the beach is not a suicide attempt, but a loss of the whale's sense of balance, caused by lying on one side on the beach, after which the whale loses the ability to right itself.

During an experiment to save the life of a pilot whale, its rescuers found that 15 minutes spent gently rocking the whale from side to side in shallow water restored balance to the whale and enabled it to return to its deep water home.

The gentle rocking exemplifies the most basic of T'ai Chi principles, primeval yinning and yanging, ever-sustaining of life and unifying of All, be it animal, plant, human or beyond, in its embrace.

[documented in a PBS television program]

Corinn Codye Scott

Medical Research Using Ch'i Kung

The Spring 1986 "Alternative Healing" newsletter reported the results of an experiment performed at the Long Island Jewish Medical Center in New York.

In the experiment, a Ch'i Kung Master performed exercises near laboratory specimens of bacteria, flu viruses, and cancer cells.

The results reported were a 60-80% reduction in bacteria, a 50% reduction in flue viruses, and a 30% reduction in cervical cancer cells.

[As reported in T'ai Chi newsletter, Wayfarer Publications, August 1986.]

Poetry

between the lines.

the subtleties
the pauses
the silence
open spaces...filled with
nothing
the expansiveness of space
the rest in the pauses
the balance of life.

nuances,
quiet feelings
great ideas yet unborn
exist in the silence
of the quiet moments

Out of the void
Comes All.

so precious

life so precious
and all the moments we live
pass
and quickly change.
It is so easy to complain
"life is mundane"
and take everything for granted.
and before you know it
it's over
and you look back
and it's over
and those precious moments
were wasted....thinking
small thoughts
life is so precious
it only takes
special moments
and being awake
to make a life full.
a life so precious

Rosemary Shoong © 1986

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News about Teachers

CHRISTEEN CURRAN (Fargo, ND) recently contracted to teach 20 hours of T'ai Chi Chih to geriatrics, their families and staff at a health care center (Holistic Base Nursing Home) beginning after the August TCC Teacher Conference in California.

1012 16th St. North
Fargo, ND 58102
(701) 232-5579

MARY KIM CANDELL (Orinda, CA) taught her first class at home to friends and family, which led to a second class taught at home. Mary Kim has contracted to begin teaching TCC as of Fall '86 through the Orinda Community Center.

10 Gavilan
Orinda, CA 94573
(415) 254-5433

JEAN WILLIAMS (Oklahoma City, OK) has been busy presenting T'ai Chi Chih to a women's business group, a 100-member singles group, and the Baptist Medical Center in Oklahoma City. The Medical Center invited her to teach through an office of the U.S. Council on Aging (U.S. Department of Human Services). Her students will include patients from the cardiac rehabilitation center and the physical therapy center as well as hospital staffmembers.

Jean says she's starting five new classes in September. "Some of my students are sharing rides from as far as 75 miles away--that's how badly people want T'ai Chi Chih around here," she reports.

You might think that all these speaking and teaching opportunities arose from a large promotional effort, but Jean found herself being sought out by all of the groups mentioned above. "All I did," says Jean, "was place a very small ad in a local newspaper."

1224 N. Warren Avenue
Oklahoma City, OK 73107
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Poetry

Awakening to enter
The solitude of early morning meditation

My awareness flows
Through increasingly subtle recesses of inner strata
As peacefulness engulfs my worldliness
With soothing welcome

In this haven I rejoice
Secure and stable
Amidst the uncertainties of life in the world.

Steve Ridley

Letter from a Teacher

I thoroughly enjoyed teachers' training this spring and would like to thank everyone for the loving, supportive atmosphere that was generated. I also want to thank Steve for being the kind, loving, and inspiring teacher he is.

At training, Justin stressed getting out and teaching right away. Being the obedient person I am (occasionally), I began teaching a small group in my home the week I returned from California. They were the perfect group to start with as they were very serious about learning and practicing TCC. My second group has not flowed quite as smoothly. I gave a presentation to about 30 people at Mile Hi Church last week which resulted in my starting my third group this week. I have been following Steve's method of having 1½ hour classes meeting once a week for six weeks. This works well for me also.

My flyers finally arrived (but not the business cards) just in time for my presentation. I borrowed extensively from the flyers generously shared at teachers' training and a little from those in the Vital Force. Thank you all for sharing.

Pat Hill
1420 Kingsbury Ct.
Golden, CO 80401

New Books from Satori

Satori Resources announces the re-publication of two important books, Justin Stone's Meditation for Healing and Krishnamurti's Life in Freedom.

Meditation for Healing is, in Justin's own view, perhaps his most valuable work, as it presents a variety of traditional and modern forms of meditation in the context of the particular healing results associated with each form. Instruction is given in clear language, making the book a useful self-teaching tool, and background and commentary are presented in Justin's familiar anecdotal style.

Among others, some of the meditations taught that directly relate to the Cultivation of the flow of Chi in the body include a brief introduction to T'ai Chi Chih and T'ai Chi Ch'uan, the complete Nei Kung, several Reverse Breathing Meditations (one of which is known to T'ai Chi Chih teachers as The Great Circle Meditation), and a recounting of Justin's experience with the Tibetan Domo Heat. Other meditation forms introduced in the book include breath-counting, mantra repetition, chanting, zen practice, and others.

Many teachers have been waiting over a year for the re-publication of this text. Satori wishes to gratefully acknowledge those who made advance orders and other contributions toward the publishing costs.

Serious T'ai Chi Chih students will find Meditation for Healing an important guide and reference in continued and expanded study, and teachers will value it as a basis from which to teach on-going students additional Chi Kung meditations in a group context.

Meditation for Healing is priced at \$9.95 retail. Accredited teachers can purchase it with the customary 40% discount (subject to the three-item minimum order).

Life in Freedom by J. Krishnamurti is a collection of talks given very early in Krishnamurti's career. The book was originally published in 1928 but has been unavailable for many decades. Any student of Krishnamurti will find it interesting to compare his later, more well known metaphysical thought with these early and quite different (though definitely enlightened) essays.

Life in Freedom is priced at \$8.95 retail (40% discount to teachers, subject to the three-item minimum order).

Corinn Codye Scott

"Tub" Chi

I have found a modification of T'ai Chi Chih that helps me a lot when I am busy trying to get ready to go out. One night I had to forfeit my T'ai Chi practice in the late afternoon because I had to be somewhere and needed to bathe and so many things were piled up. I managed to get in the tub, stewing in my mind because I wasn't outside "flowing" with T'ai Chi Chih. After a few minutes I put my feet on the end of the tub and started doing some of the hand motions and just sort of pressing with my feet on whichever side I was doing it. By the time I was through with my bath, not only was I clean but feeling a lot more energized and calm too! I have been doing this quite regularly and found "Around the Platter," "Push Pull," "Pulling in the Energy" and "Carry the Ball" to be some good ones. With "Carry the Ball" it felt good to really feel the energy as it passed over various organs. Anyway, TUB CHI has been added to my resources.

Jane Klingensmith
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Poetry

Know the strength of man,
But keep a woman's care!
Be the stream of the universe!
Being the stream of the universe,
Ever true and unswerving,
Become as a little child once more.

Know the white,
But keep the black!
Be an example to the world!
Being an example to the world,
Ever true and unswerving,
Return to the infinite.

Know honor,
Yet keep humility.
Be the valley of the universe!
Being the valley of the universe,
Ever true and resourceful,
Return to the state of the uncarved block.

When the block is carved, it becomes useful.
When the sage uses it, he becomes the ruler.
Thus, "A great tailor cuts little."

Lao Tsu
Tao Te Ching

Satori "Lightens" Shipping Charge

With the large number of T'ai Chi Chih videos being sold by teachers, many of the packages being shipped by Satori Resources are lighter than our former all-book consignments. As a result, our UPS and postal bills are slightly lighter as well.

In accordance with this lightness, we are reducing our shipping and handling charge from 10% to 8%. The minimum charge of \$2.00 per order remains in effect.

C. Scott

Sincerest Thanks

The Vital Force gratefully acknowledge recent donations and letters of support from the following individuals:

Barbara F. Roberts (Albuquerque, NM)
 Jean Katus (Ft. Yates, ND)
 Amira Bramson (Santa Cruz, CA)
 Jerry Harbick (Campbell, CA)
 Adele Wenig (Oakland, CA)
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 Jean Sproehnle (Olympic Valley, CA)
 Barbara Joseph (Berkeley, CA)
 Lois Mahaney (San Lorenzo, CA)
 N. & K. Walters (Pacific Grove, CA)



Those of us who attended the 2nd International T'ai Chi Chih Teachers' Conference at Vallombrosa in August received an updated teachers' directory. Thanks go to Liz Ruczynski-Salada for a great job. Not only do we have an alphabetical listing, but now there is a geographical listing as well. How convenient!



He is not a man(or woman) that cannot call one hour of each day his own.

-Mosche I öb von Sasow

(Editor's parentheses)



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 Joy Thru Movement

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T'AI CHI CHIH

Christeen Kiama Rae Sproehnle
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chrysanthemums blooming in profusion brighten the darkest parts of the house

繁菊照深居

