

The
Perpetual
Journal
of
Justin Stone's
T'ai Chi Chih

THE VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

Volume 3, No. 4

ISSN 0886-6953

Winter 1986

This issue of THE VITAL FORCE is dedicated to

JUSTIN F. STONE

for his 70th Birthday

Justin received an album of poems, cards, drawings, art, and photographs from teachers. Many of the poems appear in this special issue.

THE VITAL FORCE would like to thank Justin for sharing the gift of his life with all of us -- T'ai Chi Chih!

The Chinese say the 70th year is the beginning of the second childhood. In celebration of Justin's birthday we should remember the words of 20th century Western philosopher - Tom Robbins -


"It's never too late
to have a
happy childhood!"

THE VITAL FORCE thanks Barbara Roberts for originating the idea of the birthday greetings in this special edition.

Dear Justin,

The Chinese symbol for JOY (le) which also means "music" is perfect for the man who introduced body discipline, love of knowledge and the joy of movement to me. I bet you didn't ever know you did all that.

樂

I consulted the I Ching to ask why you and T'ai Chi Chih were introduced into my life and would you continue to influence people. The hexagram (which I threw twice) is #50.  Cosmic Order!

Have a happy, joyous 70th. You are loved by many.

Jean Sproehle



T'ai Chi Chih
Moving in quietness
I am still.

Centered in beingness
I am Life.

Carolyn Shaw
with Profound Thanks to
Justin--Happy Birthday!



Chih

Energy and Wisdom

Empty space seems to be a vast continuum of Energy, and that energy is Wisdom. Energy appears in many forms, including "matter," and it's always there for us to use in re-charging ourselves--hence, T'ai Chi Chih. When we do, our intuition seems to be greatly sharpened, and this is understandable as "Energy" and "Wisdom" are just different words.

Tantra promises that every cell in the body can be brought to a point singing with Joy. Those of us who practise TCC are doing just that. To become jaded and just think of it as 'another discipline' is to miss the point. Here are the means; it is up to you to use them.

Justin

News from Teachers

In spring and part of the summer of 1986, I continued the TCC classes at the Oakland-Piedmont Jewish Community Center. Mainly a wonderful group of seniors (mature adults, they call themselves) came. Although a core came for every class and asked for more in the Fall, only one or two practiced the TCC on their own. In October, when a new series begins there, special consideration will be given to this issue. (I loved the suggestion given at the August Conference to practice ONE MINUTE, at least every day.) I also had two eight week sessions in Concord at the Botsford Chiropractic Center, to one of which my chiropractor came. Following a presentation on TCC that I gave for members of a Stroke Club at the Oakland Easter Seal Rehabilitation Center, four people wanted to learn TCC; and one offered to hold classes in her apartment. It seemed to help at least three of them with relaxation, coordination and balance. One man, however, became more fatigued and frustrated after the first few lessons. I think he tried too hard.

PLANS FOR FALL:

Ongoing daily practice 6:00 - 7:00 a.m. in my patio or living room. If in or near Oakland, come join me.

Botsford Chiropractic Center

7:00-8:00 p.m. Thursday Oct. 2 - Nov. 20

Oakland-Piedmont Jewish Community Center

1:00-3:00 p.m. Friday Oct. 3 - Dec. 19 (-11/28)

These classes will have T'ai Chi Chih and Folk Dance.

I want to thank everyone who has contributed to THE VITAL FORCE. You have given inspiration and many ideas that I have used.

Adele Wenig
2510 Delmer Street
Oakland, CA 94602
(415) 530-2326

TCC can be...

Each T'ai Chi Chih movement can be:

- a gem that appreciates in value as we continually refine our performance
- a vehicle that transports our awareness from the mundane to the Mystical
- a bridge that provides passage through dualistic confines to Wholeness
- a spiritual window and mirror that reveals our clarity of Being
- a physical mantra that dissolves suffering through internal transformation
- a sacred prayer by which we consciously commune in Joy, Wisdom, and Serenity
- a lifelong teacher that coaxes gratitude by restoring Integrity and Power.

Steve Ridley
11-7-86

Report on Teacher Accreditation Course

September 1986

Steve Ridley, TCC master, accredited 15 new instructors in Lake Tahoe, California this past September. Half of the group stayed together in a dormitory-cabin, which made for an intense TCC week. Brenda Woodard created a fantastic stir-fry dinner for the entire group which was followed up by some lovely Hawaiian dances performed by Rosemary Shoong. When Rosemary ran out of music--Robyn McCulloch sang the Hawaiian ballads. Paul LaBar played guitar, too. TCC always seems to gather together very talented, artistic, and expressive people.

I'm sure the other teachers would agree that the week was very full and inspiring. Steve's connected form is fabulous and a real energizer.

Special thanks to Rosemary for decorating the studio with paper lanterns and beautiful photography (soon to be Windham Hill record covers!). Thanks to Jean, Lucy, Liz, Pam, and Brenda from both myself and Steve for all of your Chi-full assistance. Thanks Corinn and Justin for Satori support. Thank you Steve for a Joyous experience!

Congratulations!

Teen

Dear Justin,

Eternal thanks for your life and for T'ai Chi Chih, through which, for me, many of life's questions have been replaced with certainty and joy.

Happy Birthday with Love,

Corinn

Dear Justin,

Happy Birthday! I cannot thank you enough for sharing T'ai Chi Chih with the universe.

Words are not enough. All my Love and Joy be with You.

Chris Worcester



Dear Justin,

I share my experience with my students, yet it occurs to me that I have never shared this with you in words. It feels appropriate to do so now on the occasion of your 70th birthday.

For me T'ai Chi Chih has provided the way home. For many years I searched through the "World of 10,000 things" for Ultimate Reality. I looked diligently through religions, education, psychic phenomena, metaphysics and transformational trainings. I developed an intellectual knowledge of Reality and how the Universe works.

It took TCC to bring me down out of my head! The simple, regular practice of TCC is cultivating within me an expanding and growing experiential knowledge of who I Am.

Justin, I love and respect you. I deeply honor your commitment to share T'ai Chi with the world. Thank you for originating the simple, yet so effective form we know as T'ai Chi Chih! Thank you for sharing the beauty of T'ai Chi with me.

Happy Birthday! Love,

Pam Towne



Justin Stone is unique to this Planet. He lives a different rhythm than most. If the world had more people living at his frequency, it would be a world of more giving, more creative energy, more balance, more awareness.

Happy Birthday, Justin!
Seventy is a magnificent magical number.

Lovingly,

Cathleen



To Justin,

Happy Everyday as you become 70 years young. You have given me the great gift of T'ai Chi Chih. My gift to you is to give T'ai Chi Chih to many others.

Adele Wenig

For Justin,

Jewel of Knowledge
Understanding, teaching--
Sincere
Thanks for all your giving
In willingness, from the heart.
Now have a wonderful birthday!

Warmly,

Jean Katus



Dear Justin:

To an eternity of joy!

Happy Birthday

Justin

Love,

Liz Salada



stuff, inside-outside
Just stuff
Self...
watching stuff-parade
why add stuff to SELF?

Steve Ridley
10-21-86



We meet
in space
not bound by time
bow
begin

Moving softly -
gently --
light the touch
the Master smiles
ease, joy
continue friend

Voice speaks
soft
Thunder loud
awake - renewed

Light moves Light
and Love
radiance round

Happy Birthday Justin, Nov. 1986


Love, Carmen

Flow Slow Motion

"Teachers should remember that the most important thing with beginning students is to see that they move correctly. Once they learn how to flow slow motion in a dream, there is no problem in teaching them the movements. I hope teachers keep this in mind and concentrate, in the beginning, on getting the students to flow with softness and continuity."

Justin



Chi whizz, Justin,
it's your birthday. 
Have a happy one!

Virginia Skilson



JOY

SILLY JOY

NO NEED FOR

A REASON

For the Birthday Boy!!!
Thanks and Love

Teen

Regional Conferences

Dear Friends,

As most of you know it was decided to have a teachers' conference every other year, the next being in '88. The survey taken at the last conference gave California as the place where most preferred to have the next conference. This makes it rather hard on people who have to come from so far away for each conference. It has been suggested that local or regional conferences be held the years between the international ones. This should help those who are unable to travel far to the international conference to still keep in touch and participate with other teachers.

Next summer is not far away and space to have groups meet, many times are booked way in advance. Planning should be done immediately for a location. I urge teachers who are interested to take it upon yourselves to contact others in your area and begin planning now. If I can help in any way with the experience and information our committee received from the last conference, don't hesitate to contact me.

The fellowship, love and openness that was shared at the conference at Vallombrosa this past summer, is something not to be missed. I urge everyone to join in and support a gathering of some kind in your area this coming summer of '87.

Please keep us all informed through the Vital Force as to where and when. Many of us would love a reason to travel.

Wishing you all Joyous Holidays,

Sandy McAlister
(415) 582-2238

For Justin:

"Out of the mud blooms the lotus."
That seems to state where my life was before TCC--muddy, cluttered, unfocused. But TCC, just as the lotus rises out of the mud, took me above the mundane and gave new direction to my life. As I approach my 70th year, it is not with apprehension but with Joy!

Thank you, Justin, for providing a way to inner peace and harmony.

Fondly,

Lois Mahaney



To Justin:

Early morning T'ai Chi Chih
Beneath the old spruce,
Feeling reverence for life

Fresh delicate rain mist,
Happy sparrows singing spring,
Joy, joy, joy ...

Within

The Cosmic Consciousness Pose,
Love rings through every cell

Remembering Master Stone.

Steve Ridley

Birthday Greetings!

Dear Justin,

It is 10 years now since I started learning TCC movements.

Practicing almost every day,
"Yinning and yanging" brings chi
to my body and spirit,
to everything my senses perceive,
to all beyond that,
and to all my students.

How can we thank you for life itself?

We thank you anyway.

Willy Juncosa

Gratitude is Energy is Joy!

Gratitude is Energy is Joy
helps Body, Mind, and Spirit alloy
while Vital Force renders avoirdupois
as T'ai Chi Chih enlightens hoi polloi.

Happiest Seventieth
Justin!

-- VITI



Inevitable Misinterpretation

The following article appeared in the September issue of The Tahoe World newspaper. I would like to make a few suggestions on getting articles about yourself and your classes published.

First, skim through old papers and see which writers grab your attention, who is exciting and interesting to read? The local Parks & Recreation Department will give you the names of writers they have used for their programs and sports events. If the sports writer is unavailable (they are usually the busiest) then ask for names of "human interest", "local-neighbor," or special events and interviews section writers.

Next, call your chosen writer and get a one hour appointment. I bring a folder of useable paragraphs, separate spelling list, photos, and a schedule of upcoming classes. Avoid using your home phone number if your recreation department will handle registration.

I suggest giving your writer 1½ months lead time before your next class--a ½ month to write the article and 1 month for the paper. A publication date of two weeks before class is ideal.

No matter what you say or give your writer there will be some misrepresentations of T'ai Chi Chih, as you can read below. Overall, the PR is helpful and exciting.

Good luck!

Teen

T'ai Chi Chih: An Oriental Art Form In Motion

By Robert Frohlich

There are many misconceptions in the world, but none seem to be as great as our ideas about the martial arts. Being bad is being in; Rambo, Norris, Schwarzsamster. Even the other evening when viewing Pale Rider, a western that takes place in the 1870s, Clint Eastwood, Dirty Harry himself, picks up a hickory stick and starts practicing kendo on the faces of half a dozen mangy and mean cowboys.

Actually, at least I suppose, most forms of the martial arts should be a blending of mind and body, of which great skill and wisdom can be achieved. It, therefore, always struck me as a bit perplexing that the majority of students just wanted to jump in there and start dishing out a little pain in the form of kicks, grunts, and punches. What's with the mayhem and what happened to the rich blend of mind and body?

Well, actually, it's not that far away. In fact, starting in October, it's going to be taught in Tahoe City. It's called T'ai Chi Chih. Christine Sproehle, a graduate of Truckee High and

University of California-Santa Barbara, is the instructress.

Recently, Sproehle, who received her accreditation as a T'ai Chi Chih instructor over two years ago, hosted a national instructor seminar at Squaw Valley. Students and teachers including the only two T'ai Chi Masters in the country, Justin Stone and Steve Ridley, visited the Tahoe area from as far away as New York and Colorado.

"T'ai Chi is a moving meditation," says Sproehle simply. "That's probably a main reason for its growth. Westerners are movers; sitting meditation, something like Transcendental Meditation has fallen away because it's difficult to quiet the mind by just sitting. When there is movement it's a bit easier to focus on the movements themselves."

Based on the ancient principles of T'ai Chi Ch'ün, a Chinese yoga of 108 movements over a thousand years old, that influenced the disciplines of karate and aikido, T'ai Chi Chih was developed by Justin Stone and first taught in 1974.

"T'ai Chi Chih consists of 20

simple, repetitive, nonstrenuous movements which involve no physical contact," explains Sproehle, "but rather emphasize a soft, flowing continuity of motion. It can be performed by anyone, regardless of age or physical condition. The substantial benefits of the movements are surprisingly easy to realize with regular practice. It really has a balancing effect on physical health and helps improve breathing, circulation, and flexibility. Besides, being a meditation, it is considered a path towards spiritual enlightenment."

Spiritual enlightenment aside, many devotees have stated that they like T'ai Chi Chih because no beliefs are needed and words play no part in successful practice. Sproehle says that many students begin to feel the flow of chi (breath energy, vital force) within the first class session. All 20 movements of T'ai Chi Chih can be taught in 10 lessons.

"It's non-martial, but works on weight control and balance," explains Sproehle, "I lost 12

pounds when I first picked it up and it has really helped my skiing." Sproehle, raced for Truckee High School, is a former Far West A card holder, has taught skiing, and won the overall Town League Championship. "T'ai Chi helps you gain a center balance, something intrinsic in skiing," she says.

T'ai Chi Chih classes will begin Oct. 1 with a demonstration at the Tahoe City Community Center which is next to the fire station in downtown Tahoe City. The first class will begin on Monday, Oct. 6. For more information, call the Tahoe City Community Center or call 583-4196.

"T'ai Chi is the most popular form of exercise in China," concludes Sproehle. "You can be in a wheelchair and still do it. I just had a 75-year-old woman in a class of mine. Its movements create a system towards physical, mental, emotional, and spiritual well-being. If anything, it will keep you from kicking the cat."

AN OPEN LETTER TO JUSTIN---from Joy

Dear Justin,

I send warmest wishes for your 70th birthday, and want to extend to you my heartfelt thanks for the gift of T'ai Chi Chih. After taking the teachers' course from Steve last summer, TCC has helped me to "come alive at sixty-five!" and has given me a wonderful way to make that transition



TAI CHI CHIH! ●

from an active career into semi-retirement. So, the golden thread from your beautiful gift has woven a network including students practicing T'ai Chi Chih in Bullhead City, in Arizona's magnificent sunrises and sunsets.

Thank you, Justin, and many happy returns!

Joy Carle Barbour
P.O. Box 927
Bullhead City, AZ 86430



Justin's Birthday:

"Greetings from home base."

- Rick Cramer
Albuquerque

Birthday Song for Justin

Elizabeth Loker
1986

When the rays
of the setting sun
touch the
western horizon
fiercely
burning patterns
of new galaxies
over darkened waters
gentle
melodies arise
dust of butterflies
eating flickering light
echo
of fresh flowers
"just in" time dance
the setting sun

Brenda Woodard's 3-way fold brochure.

Front Cover

Express life with total well-being and joy through the practice of T'AI CHI CHIH!

T'AI CHI CHIH is a series of 20 simple movements that are slow, gentle, repetitive, and non-martial. They can be done by anyone, regardless of age or physical condition. They emphasize self-awareness and circulate and balance the body's internal energy flow. The Chinese call this energy the Chi — The Vital Force. As a moving meditation, T'AI CHI CHIH is a powerful centering activity. It is not only an excellent preparation for sports and vigorous physical and mental activities, it is effective as a prelude to meditation and prayer.

No special clothing or equipment is required. Classes are usually arranged in units of 6 or 8 weeks, meeting once a week for 1 to 1½ hours.

Some of the benefits of T'AI CHI CHIH practice are:

- STRESS REDUCTION
- INCREASED ENERGY AND ENDURANCE
- IMPROVED CIRCULATION
- BLOOD PRESSURE CONTROL
- WEIGHT CONTROL
- INCREASED CREATIVITY
- HEIGHTENED AWARENESS
- MENTAL, PHYSICAL AND EMOTIONAL WELL-BEING
- SERENITY ("IN THE MIDST OF ACTIVITY")

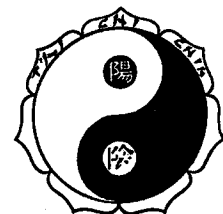
The benefits received are diverse and individual. Each person receives what he or she needs most.

T'AI CHI CHIH was originated in 1974 by Justin Stone as a fully effective alternative to the ancient T'ai Chi Ch'uan form of movement. T'AI CHI CHIH is much easier to learn with benefits often being received in weeks.

Brenda Woodard has studied T'AI CHI CHIH with Justin Stone and is an accredited instructor. Brenda has a background as a Registered Nurse and long-time interest in promoting wellness and stress reduction. Brenda is currently teaching classes at Kaiser Hospital and is available for group presentations.

For more information call:
415/368-3088

T'AI CHI CHIH



JOY
THROUGH
MOVEMENT

SPIRITUAL CONCEPTS DRAWING A DIFFERENT BREED OF ADHERENT - Representatives of some of the nation's largest corporations, including IBM, AT&T and General Motors, met in New Mexico in July to discuss how metaphysics, the occult and Hindu mysticism might help executives compete in the world marketplace. In San Francisco, a politically conservative research center foresees an eventual alliance of conservatives, leftists of the 1960's and Americans with interests ranging from Eastern mysticism and the occult to holistic medicine. These are strands in a thread of alternative thought that scholars say is working its way increasingly into the nation's cultural, religious, social, economic and political life. Leaders contend they are ushering in what they call a New Age of understanding and intellectual ferment as significant as the Renaissance. But critics of these groups argue that many are nothing more than cults and that others subject unwitting participants to mind control.

(Submitted by Carmen Brocklehurst, Albuquerque, NM)

"T'AI CHI CHIH on the Run"

I am a 52 year old distance runner. I have been running for five years in races from 5K to full marathons, making very slow improvement. Like most runners I know, the first mile is "What am I doing here." Then the last mile is "Why not better?" Since practicing T'ai Chi Chih, the last mile has improved to the point of pure enjoyment! "I'm in control and don't it feel fine." Thank you, Justin F. Stone.

Nick Walter, on the path
Pacific Grove, CA

[Nick is a very cheerful guy and a great salesman for T'ai Chi Chih. I consider him to be "the model student" (he practices!). Cheers to Nick! -- Cathleen Lucido-Rickard]

NEWS FROM TEACHERS

Bonnie McKenzie is presently teaching a class of over 60 people at West Valley College in Saratoga, California. Wow! Thanks to Mark Harrell for co-instructing.

Carolyn Shaw of Albuquerque, New Mexico writes that she has been teaching TCC workshops for the New Mexico Association for Counseling and Development and for the New Mexico State Counselors Association during their yearly conferences. She has taught workshops in Las Cruces, Los Alamos, Gallup, and Santa Fe. They have been enthusiastically received. Carolyn also continues to offer regular courses in Albuquerque.

Carolyn Shaw
1537 Wellesley Dr. N.E.
Albuquerque, New Mexico 87106

THE VITAL FORCE is offering you a subscription for your students. You may choose to offer this to them (show them some back issues), or to enter their subscription as part of your class fee or even as a gift to your "ongoing" students.

THE VITAL FORCE is primarily a forum for teachers to share their experiences, techniques, ideas and artistic expressions. We have had several poems, experiences and drawings by students. We are extending our readership by offering this subscription to everyone who practices T'ai Chi Chih.

Joy!
THE VITAL FORCE

THE VITAL FORCE

Please send me one year for only \$7.00.

I prefer the next issue for only \$2.00.

My payment of _____ is enclosed.

Name (please print)

Address

City

State

Zip

For Mr. Stone,

This is the only poem I have ever written and the words just flowed to paper as I wrote it in 1978. They came to me after a life changing experience in the Kalalau Valley on the Na Pali coast of Kauai, The Valley of "light."

With Birthday Regards,

Kirby

A new way of life
A new way to live
following the sun
learning to give...

Warm in the Rays
facing the sea
feeling the feeling
it is to feel free.

So onward I rush
Upward I fly
Caught in the magic
of a natural High!

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 7 - 12, 1987, in Santa Clara, California (near San Jose) at the Wilson Adult Community Center. The training will be conducted by Steve Ridley. The course will begin Tuesday, April 7, and conclude on Sunday, April 12, with a schedule as follows:

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

The course will be open to 15 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 \$295.00. A deposit of \$150.00 is required by February 15, 1987. The balance may be paid at the first meeting of the teacher training on April 7. Registrations will be held on a first-come, first-served basis. A confirmation will be sent upon receipt of your deposit (\$50.00 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 \$150.00, to Satori Resources, 732 Hamlin Way, San Leandro, CA 94578.

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

REGISTRATION FORM

Please enroll me in the April 1987 TCC Teacher Accreditation Course. Enclosed is my deposit in the amount of \$150.00.

Name _____

Name of teacher: _____

Address _____

Zip _____

Make checks payable to:

SATORI RESOURCES
732 Hamlin Way
San Leandro, CA 94578

Phone (415) 895-8614

Materials for Students from **Satori Resources**

- NEW!** • **Tai Chi Chih Joy Thru Movement.** Videotape by Justin F. Stone. Instruction and practice of the movements of Tai Chi Chih, shown by Justin. \$39.95
- **Tai Chi Chih Joy Thru Movement,** by Justin F. Stone. Complete instruction in all 20 movements, with photographs, history of Tai Chi Chih, principles of yin and yang and guidelines for practice. Includes the Great Circle Meditation. 136 pages. \$9.95
- NEW!** • "Justin Stone Speaks on Tai Chi Chih." Audio Cassette. Justin explores deeper aspects of Tai Chi Chih in a warm, informal talk. \$7.95.
- NEW!** • **Meditation for Healing,** by Justin F. Stone. Detailed instruction in various meditations, their individual healing effects, dangers, antidotes, and philosophic/historic backgrounds. 192 pages. \$9.95.
- **The Vital Force.** Current and back issues are available (quarterly beginning Summer 1984). Each issue is filled with inspiration, articles, letters from teachers and students, promotional tips, flyer and business ideas, and loads of good will. \$1.00 each.

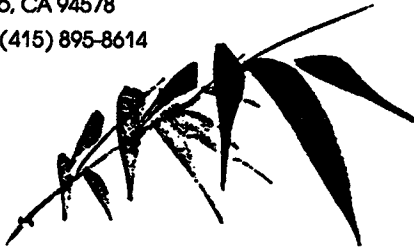
Also available:

- NEW!** • **Life In Freedom.** Very early Krishnamurti. A collection of Krishnamurti's talks from 1928. 96 pages. \$8.95
- Music Cassettes:*
- "Emblissening: Music for Tai Chi," by internationally-known harpist Joel Andrews. Serene music, "channeled for healing." Once heard, your students will repeatedly ask for this tape. 45-minute cassette tape. \$9.95
- NEW!** • "Centennial," by composer-artist John Stewart. An all-instrumental offering of lightly meditative, joyous music with a distinctly American flavor. Enjoy this superb accompaniment to Tai Chi Chih practice. 40-minute cassette tape. \$9.95.

Ordering Information

Order from Satori Resources
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For phone orders, call: (415) 895-8614

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and bookstores)



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THE VITAL FORCE is published quarterly on a non-profit basis by Satori Resources
732 Hamlin Way
San Leandro, CA 94578
(415) 895-8614

Corinn Codye Scott, Editor
Christeen Niama Rae Sproehle,
Lois Mahaney, Assistant Editors
Valerie Lawson, Elizabeth
Ruczynski-Salada, Duplication
and Mailing.

Donations accepted. If teachers would like extra copies of THE VITAL FORCE for their students,

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