

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

THE VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

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Spiritual and Physical Purification

by Justin Stone

All organisms are in a constant state of purification--both spiritually and physically. Physically, the activity to throw off impurities brings on what we call "illness". To put chemicals in the body (pain-killers, sleeping pills, etc.) simply adds to the impurities to be thrown off and builds up the need for subsequent purification.

Spiritually, there is evolvment. Karma (the result of habit-energies ("Vashanas") and tendencies ("Samskaras") causes us to have experiences that will hasten evolution or purifying of the CHI (PRANA). When we do such practices as T'ai Chi Chih we are aiding this process.

The above is true, but only at one level. At the deepest, non-dualistic level it is not apparent.



The Cosmic Consciousness Pose

by Steve Ridley

The "Cosmic Consciousness Pose" is a standing meditation posture that can be used with benefit in conjunction with T'ai Chi Chih. This pose can be held prior to T'ai Chi Chih practice, though most prefer to follow their movement session with the pose, usually after performing the "Six Taoist Healing Sounds". "There should be no thinking while this meditative pose is held. If the pose is taken after all practice (of TCC) is finished, it should be held at least 5 minutes, or more." (Justin Stone, TCC-Joy Thru Movement, p. 119)

While maintaining this pose we should feel balanced and stable in alignment, resting lightly with a sense of openness and ease throughout the body, particularly within the spine. "When the spine is erect, the spirit goes through to the head-top. Suspending the head-top, the whole body becomes light." (From the Song of the 13 Postures, old Chinese) The Cosmic Consciousness Pose encourages Life-Force to be directed upward through the spinal channel, to the center of consciousness in the cerebrum and above, where it is said that enlightenment or illumination of awareness occurs. When we perform Justin's "Light at the Top of the Head"

movement, we are relating primarily with this same center, sometimes referred to as the "abode of the soul".

The title, "T'ai Chi Chih" represents the ultimate ideal of the practice: to know the Supreme Ultimate, or to directly realize cosmic consciousness. Though cosmic consciousness cannot be conceptually conveyed or understood, it can be referred to as the condition of unbridled awareness and absolute fulfillment that is superior to usual (human) perception and perspective. "In cosmic consciousness we discover our true Self to be infinite." (Sri Kriyananda, The Path, p. 425) The deepest purpose of T'ai Chi Chih practice is to awaken from the sense of all (self-imposed) limitation and restriction of awareness and function, to know our innate wholeness (Reality) - to consciously realize our relationship with the Supreme Ultimate.

Though I know of none who have awakened to the cosmic conscious state while assuming the Cosmic Consciousness Pose, many have reported surges of joy in the deep spine, a heightened sense of alertness and peaceful well-being, as well as feeling dynamically energized. Perhaps by learning to endure longer periods in this pose, to allow for deeper experiences, ultimate success will unfold. I sometimes tease new students by asserting that we will hold the Cosmic Consciousness Pose until liberation is realized! Of course this evokes laughter and helps disperse tension so that we are more able to relax into the pose. Relaxation is all important, because we want to allow Life-Force to circulate as freely as possible while maintaining the Cosmic Consciousness Pose.

I have found that it is useful to adopt an attitude of being supported in this still posture; much like the emphasis that is applied while performing the movements of T'ai Chi Chih, so that we feel as though we are suspended from above, rather than fighting gravity. It is helpful to take a couple of deep breaths while beginning the pose to contribute to deeper relaxation. Another important aspect of this pose is the internal focusing of the mind. By directing full attention to the "upper tan t'ien", the interior space between the eyebrows, the elevation of Life-Force will be assisted, thereby quickening the influence of the Cosmic Consciousness Pose.

(Cont. p. 2 - POSE)

POSE - from p. 1

I have found that after holding the pose for a suitable duration (5-15 minutes) it helps to compliment it with a grounding posture, such as the regular "resting pose" with palms facing down at the waist, heels together and full concentration (of feeling) in the soles of the feet, or "lower tan t'ien. This complimentary grounding posture makes it easier to reintegrate ourselves and to relate stably with the environment, after the release we experience through the Cosmic Consciousness Pose.

"It is good if, after a period of movement, we do a short meditation, such as the Cosmic Consciousness Pose, in order to be quiet and centered while the great yin and yang forces, which we have separated and circulated with our movements, come together again.

"The quiet meditation we enjoy immediately after T'ai Chi Chih practice is a way to retrace our steps to this One that is the Source." (Justin Stone, TCC-Joy Thru Movement, p. 127)

Justin has included the Cosmic Consciousness Pose in T'ai Chi Chih for good reason, and it will serve us well if we will persist in our involvement with it.

1921 Jasmine Street
Denver, CO 80220

Used with permission.

Breaking New Ground

by Christeen H. Curran

T'ai Chi Chih! is growing consistently in Fargo. One of the pointers that Steve Ridley shared with me after becoming certified to teach is to begin classes in T'ai Chi Chih right away and to continue to have classes. I'm grateful I heeded that advice. Initially I felt insecure with teaching but I have learned to effectively execute the directions given me at TCC Certification, as I began to relax sharing T'ai Chi Chih with others. Basically, flowing with the Chi and forgetting about ME has been the Key!

It has been exciting to see T'ai Chi Chih integrating into Fargo, North Dakota. The Geriatric Project that began at Villa Maria Nursing Home is in full flow-- I have contracted for 10 weeks of teaching, twice per week. The results are amazing! The day room that is filled with up to 60 residents, some on couches, some in wheelchairs, the rest standing becomes quiet. The Staff, residents, children from the daycare in the basement, family members, all participate. The community and communication that results is phenomenal. It is a healing experience for me to be within this energy field.

The facility liaison nurse and I had planned to do a research project. The results? As soon as we all do the TCC no one cares about blood pressure readings or respirations or other measurable variants. People are always yawning. Some even fall asleep during the movements, then awaken and pick right up again! It is joyful! Reports verbally have been, "My shoulder doesn't ache like it used to!", "I can do this!", "This could help a person relax." and "I'm less tense in my arms."

Staff has noted increased looseness in the upper torso area of several of the very rigid participants. Staff has also commented that there is no screaming from the patients during this time and it is the quietest the dayroom has ever been!

Another opportunity for teaching T'ai Chi Chih is incorporating it into day-long professional conventions. The North Dakota Nurses' Association Annual Convention was held in Fargo. Our topic was Wellness. T'ai Chi Chih was placed on the agenda. I led the nurses in 15-20 minutes of TCC each day and it was powerful! 250 nurses doing Bass Drum at once, resounded with quiet, gentle energy. The executive director of the State of North Dakota conveyed in her thanks that she felt TCC contributed to the healing and productivity accomplished at the Convention. Nurses loved the movements. I have had another full class since the convention and Jean Katus has gotten calls from nurses in her area of the State who wanted to learn T'ai Chi Chih!

I presented T'ai Chi Chih at Psychiatric Grand Rounds with positive results. Another full class, this time of professionals from all areas--social work, internal medicine, psychiatry, occupational therapy, nursing, pharmacy...and they love it!

T'ai Chi Chih is on the cutting edge. Our planet is ready for integration and channels are opening. I'm ever so grateful for Justin's receptivity and willingness to share what he has been gifted to receive. Thanks, Justin, for this movement that allows humanity to touch the core of self and in turn, each other. Happy Birthday every day Justin Stone!!

in the peace and quiet of the forest, the orchid easily releases its fragrance (the mind at rest is naturally enlightened)



蘭在幽林亦自香

T'ai Chi Chih in Business

by Carmen Brocklehurst

Many of us took the Teacher Training Class to be able to share T'ai Chi Chih because we could see that it is worthwhile and in many cases the greatest good that we can offer to anyone. For many of us that is where we stopped, except for teaching it in a class here and there or to a friend or two. Many of us are quiet individuals and therefore feel that when the time is right, individuals will seek us out to teach them. Well, the time is right, and those very individuals that we know will find us are looking for us Right Now. The problem is they don't know where to find us; many times they don't know that the name of what they are looking for is T'ai Chi Chih, and if they do, there is no teacher in their area. One way to help them find us is to make ourselves more accessible through classes, seminars and demonstrations at their own business site.

Many corporations are becoming keenly aware of the need for exercise and stress reduction classes, in order to cut down on absenteeism and medical health benefits costs. Recently I saw a report on the Mac-Neil/Lehrer Nightly Report that showed that the Johnson & Johnson Company's medical insurance payments had gone down 35% because of the health and fitness programs they offer their employees. Anytime you can help a company save money, they want to meet you and find out about your program. This brings us to contacting businesses.

After a weekend retreat where I taught T'ai Chi Chih as part of the program, I spoke to one of the participants, who is the head of 15 companies in various parts of the country. My inquiry was prompted by his comment on how much he was enjoying the T'ai Chi. I said, "Since you think it is so good, you will have to share it with your company presidents." As it turned out a group meeting of his presidents would be taking place the following week. On returning to his headquarters and checking with his executive officers he called and asked me if I was free to teach at their meeting in Arizona, at the beautiful Biltmore Hotel. After making the financial arrangements I took a plane to Phoenix two days later. My part of the program was to introduce them to T'ai Chi Chih and its benefits in a 12-minute presentation, then to teach it for the next three days for one hour each day at the end of the business meetings.

T'ai Chi Chih was not mandatory but everyone was encouraged to attend. The president even bought books for each executive. I also had video tapes and the audio tapes available.

All expenses and my fee were paid by the company. I was invited to attend all their socials so that the people would have a chance to ask me any questions they might have about T'ai Chi Chih. They were very receptive and many of them were honest in saying that they had never heard of T'ai Chi Chih, but that they liked it and would even consider trying to find a course at home.

After the conference, the holding company sent a questionnaire to each president. Three of them enjoyed it enough to consider having it for their company employees, and the rest enjoyed it for themselves.

This is just one example of how to start with corporations. I would be interested in hearing about the work any of the rest of you have been doing along the same lines. I'm sure everyone reading Vital Force would also.

As I have begun to open my mind to this way of sharing, many ideas and helpful information have been coming my way. My vision of T'ai Chi Chih is really unlimited. If business corporations are not your way, consider hospitals, health spas, retreats, conferences, conventions, State employee meetings, business luncheons, churches and universities. The list is as long as the possibilities of your imagination.

The real show of our love for T'ai Chi Chih is how open we are to sharing it. As you can see it can be a very enjoyable process.

Enjoy & Share the Chi!

9500 Prospect N. E.
Albuquerque, NM 87112
(505)299-0562



Note from Justin

Only those teachers who practice daily themselves should teach T'ai Chi Chih. To do otherwise is dishonest and will not be successful. Integrity is the very nature of T'ai Chi Chih.

Only those who have learned Seijaku from me and who practice it regularly should teach it. Seijaku is not for the mildly interested or merely curious.

SUMMER SOLSTICE ISSUE DEADLINE - MAY 1, 1987

TCC in Health Field

I am a Recreational Therapist at Washoe Medical Center hospital in Reno, Nevada. Recently, I taught three Occupational Therapists the whole form of TCC; and now we are working together as a multi-disciplinary team. TCC is proving to be very beneficial in our work with chronic pain patients.

As health care therapists we work with two different groups: people who will have pain for the rest of their lives and people who have disabilities they can learn to live with, who may or may not have constant pain. We are teaching TCC as a method for coping with chronic pain. It has been necessary to revise certain movements to accomodate individual patients. The movements still look the same, we just modify the movement depending upon the patient's movement ability. For instance, some patients can stand and some can't stand. Several patients may only have the use of one leg or arm, and often they need to use chairs to assist with their balance. Sometimes their movement is restricted due to braces as in the case of rehabilitation patients (people with permanent or temporary disabilities due to spinal cord injuries, head injuries, stroke or multiple sclerosis). The essence of the whole form and individual movements does not change. I just know what seems appropriate, but beyond specific modifications the form is the same.

As the Recreational Therapist, I was able to teach TCC as in-service to the Occupational Therapist (OT) department. I taught the form in nine one-hour sessions. Then it took one week to teach the modifications. Now we are working with the patients and also meeting on our own once a week for refinement.

Part of my success was due to a previous OT who introduced T'ai Chi Ch'uan. So T'ai Chi was already "in the door". However due to the innate simplicity of the T'ai Chi Chih, I have already established a team of OT's who work directly with patients. My boss has approved of TCC as beneficial movement for chronic pain patients.

It is very exciting teaching TCC within the health care field. This field is constantly looking for new techniques and methods for working with chronic pain patients. People don't turn away from TCC, they grab it because it works! I see TCC as something that should happen within the whole field of both Recreational and Occupational Therapies. The three OTs I have working with me now all want to become accredited TCC instructors! Who knows--perhaps we will create a National Organization

of Occupational Therapists who teach this modified T'ai Chi Chih to others who work in the health care field!

I would like to work with other TCC instructors who have experience in the health care field, to standardize this slightly modified form. I am open to suggestions and your experiences. Please feel free to write or call.

Sincerely,

Robyn McCulloch
P.O. Box 2273
Truckee, CA 95734
(916) 587-3999

Time and T'ai Chi Chih

by Jean Katus

Do you find yourself having too many things to do in a limited amount of time? Do you seem to "run short" of time? Given the very busy lifestyles that most westerners lead, it is not surprising that we seem always to be cramped for time.

Many people in this part of the world do not know how to relax, to just "be," to allow the body and mind to be still. We tend to fill every moment with something--whether productive or not. The work ethic is so strong that we lose sight of the fact that, through true relaxation, quietness, and stillness, we can actually be more effective in our work and in our play. We can be more total human beings.

T'ai Chi Chih, as we all know, is one of the easiest ways to truly allow the mind and body to relax naturally. It is absolutely necessary that we give ourselves that opportunity every day, not only for its own sake but also for the other benefits we receive. As Justin has said, "The purpose of meditation is to meditate." One of those side benefits is the effectiveness that comes into our lives as a result of allowing T'ai Chi Chih to happen.

By giving ourselves totally to T'ai Chi Chih, we have the calmness, serenity, unhurried manner to re-enter our daily activities in a more productive way. We cease worrying about whether there is enough time for things that need to be done. We know that there is, indeed, enough time. By balancing the relaxation of T'ai Chi Chih with the activity that we each face every day, our "busy"-ness can take on a new aspect and not seem quite so hurried. Time doesn't have to overwhelm us: by giving ourselves a little extra time every day with T'ai Chi Chih, we actually make our "other" time more effective and productive.

P.O. Box 438
Fort Yates, ND 58538

Canyonlands Seijaku

December 10, 1986

Canyonlands. Utah

It started snowing lightly as we began to do Pulling in the Energy. The snowflakes fell gently on my fingertips, a nice sensation. Later, Chris said he imagined that the energy being pulled in from those snowflakes came from the farthest Himalayas.

We were located in a natural amphitheater which was towering above us as tall spires of crimson and rust. An occasional snowshower would pass by and dust the land with a gentle covering of white, adding a new dimension to the colors.

After hiking three miles of rugged canyon trail, we felt that this was a great place to do Seijaku. We were right of course, it was a powerful place. The scene before our eyes encompassed miles of majestic canyonland beauty, the eroded landscape a glorious demonstration of the power of Mother Nature's creative energy at work.

This was the second day of our Seijaku retreat in this quiet desert of Southern Utah. Our routine was established--we would rise early and do Seijaku at our separate spots, then breakfast followed by a long 6-10 mile desert trek. At an appropriate place along the trail we would do Seijaku together and then hike back to camp. The first day found us doing our Seijaku on the cliffs overlooking the confluence of the Green and Colorado rivers, a truly magical location. After dinner and a blazing fire, we would separate and do the last Seijaku of the day followed by deep meditation and then finally sleep.

The final day was our day of solitude and silence. We spent the day alone, maintaining silence during meals and hiking separate trails. It was a nice quiet time to be inside oneself, and a beautiful communion with nature, which Seijaku intensified dramatically.

This retreat has been a most rewarding experience both physically and spiritually. Seijaku is becoming more powerful each time I do it. The energy derived from each session is building exponentially. I noticed that after hiking 4 or 5 miles of primitive trails through rugged canyon routes, Seijaku provides immense amounts of energy so that the return hike was easier than the outward one. Also apparent was the warming effect of Seijaku which negated the effects of the cold weather being experienced. I'm talking cold! Last night it was 16 degrees and today it may get to 30. Chris maintains that the spirit doesn't feel cold and while doing his Seijaku, he is spirit and is outside his body. This perhaps explains it.

I am returning home from this adventure with renewed energy and vigor, total peace and calmness inside, and new directions and dimensions to pursue. After this intense communion with the beauty and quiet magic of the high desert combined with the spiritual teachings of Seijaku, I truly feel filled with the Force. Seijaku is a powerful tool for spiritual awakening and I am thankful that I know it.

Thanks Justin.....Many thanks.....

Kirby
P.O. Box 2344
Olympic Valley, CA 95730

Becoming - Being

Steve Ridley

Inside the time-space realms
There is a sacred PLACE of no-place
Individual life-endowed Complexities
Revolve through roles, supported by rules

Above and within this...
A placeless PLACE endures, unrestricted
The dissolving of heartaches, dream-scapes,
inherited ways

Is effortless
Following arduous effort!
What dissolves?

Reflecting on FREEDOM
Of, and from...

Being through doing,
Doing within Being, without doing

Order woven through Change,
To dream becoming, knowing it
Never was the REALITY

Beholding all as ONE,
Extending Peace to all

J O Y ... L A S T I N G G G g g g . . .

(Used with permission.)



Reflections on Power

by Jean Katus

We are told in The T'ai Chi Ch'uan Classics: "From skillful practice one gradually comprehends the internal force; from the comprehension of the internal force, the steps extend to wisdom. Certainly, do not use the strength for some time. You cannot suddenly understand it." These words bring to mind what tends to happen when one has practiced T'ai Chi Chih for some time--a realization of coming into one's own power, an understanding that we all have within us the capacity to comfort, to truly empathize with others' suffering, to heal (ourselves, others, and, in a larger sense, the entire Planet). It is possible when one is naturally sought out as being able to provide such needed services, to sense that that Power is outward, something that we have brought about ourselves, instead of viewing it as it really is-- a Power that is channeled THROUGH us and made available to ourselves and to others around us who may need it.

True power is soft, as pliable as the bamboo, flexible like a string of pearls, not hard and dominating in the ways we might ordinarily think of it. One who relates to others by intimidating and instilling fear in them only thinks he or she has power. Others cannot be controlled for an indefinite length of time, for such control will be overthrown. Real power comes from within, from the "internal force" that has been developed through such practice. The stimulation and circulation of that internal force leads to insight in knowing how to use the strength that comes as a result, to use it in positive, constructive ways.

We are all familiar with misuse of power. We see it around us in the form of greed, control, the grasping of responsibility from those who should have it, the desire for one person to aggrandize him or herself at the expense of others; in short, ego-involvement carried to ridiculous degrees. True power does not look like this. As T'ai Chi Chih teachers, whose main focus is always that of integrity, we need to be especially mindful that we don't jump into the fray of false power and use the gift that T'ai Chi Chih daily gives to us in ways that are unethical or irresponsible. Power must always be used for the good of others (and ourselves)--to comfort, to empathize, to heal. Without this ethical base, our "power" is nothing; it is meaningless and dangerous.

I find it useful to consider these thoughts about power from time to time. They are, of course, not new. Justin, Steve, and others have continually emphasized the importance of integrity in T'ai Chi Chih, especially when we consider the wide and varied influence many T'ai Chi Chih teachers have. I know that power has come to me as a result of a great deal of T'ai Chi Chih practice and it needs

to be seen in its proper perspective. I need to gently remind myself that it is not MY power but rather the strength of the universal energy which is transmitted THROUGH me. It helps me from getting too "big-headed" about my so-called accomplishments and keeps me humble. It provides a balance for what others may notice on the outside with what is really coming from the inside.



The Smiths in Japan

From a letter dated January 8, 1987--

"Life is pretty basic for us right now--training, working, eating (Steve's cooking is better than ever--the quality of meat, fish and vegetables is excellent here--superior) sleeping."

Valerie Lawson-Smith and Steve, after a very trying but interesting time getting situated in Japan, are now in Tsuchiura, north of Tokyo. Steve is studying Aikido 5 mornings a week and taking a variety of jobs primarily teaching English. Valerie plans to start some private TCC classes, has a part time job in a private high school, hired as a sports trainer but used mostly as "an ambassador of American culture. Internationalize is the buzz word here, now!"

Steve and Val are not tourists but are working residents--and at this writing hope to have legal working status which requires a sponsor for a work visa. They live in an urbanized area; their apartment on the 5th floor overlooks a river. The harshness of the urban atmosphere was softened by a snowfall as of the letter date.

Val and Steve would like to hear from friends in the states. Their address is:

Kasumigaura Green Heights
2 - 9 - 29 Minato - Machi #509
Tsuchiura - Shi 〒 300
Japan or

you can address your letters to
Valerie and Steve Smith
P.O. Box 181
Alameda CA 94501-0581
and they will be forwarded.



SUMMER SOLSTICE ISSUE DEADLINE - MAY 1, 1987

Revised TTC Video

Richard Bock's Aura Productions and Satori Resources are proud to present the newly revised T'ai Chi Chih video tape.

Justin Stone's instructional video tape has been supplemented with the complete uninterrupted form presented by Corinn Codye-Scott. The whole form is done with 9 repetitions on each side, including the Taffy movements. Corinn gives reminders and key cues as well. It is a session similiar to a class review with the teacher. The extension is 38 minutes. The total playing time is 81 minutes. The price remains at \$39.95.

Richard Bock invites anyone to send him your old tapes and he will send the newly revised video. The cost is \$10.00 per tape.

Aura Productions
Richard Bock
7911 Willoughby Avenue
Los Angeles, CA 90046
(213) 656-9373

Choices & Connections

THE RESOURCE NETWORK CATALOG

Human Potential Resources, Inc. of Boulder, CO has recently published a comprehensive guide to unique opportunities for personal, professional and community development. Its 497 pages are packed with educational, inspirational, and motivational articles, features and displays for goods and services by top-ranking professionals in the human potential field.

Choices & Connections is indexed into 56 categories, alphabetically and geographically, and contains hundreds of mail-order products.

Satori Resources is listed in the 1987 edition and an article by Justin Stone was published in the Movement and Dance category. We would like to see T'ai Chi Chih instructors listed globally as well as see more articles published on TCC and Seijaku. Teen Sproehnle is presently working on building up the Healing and Wellness, Movement and Dance, and Motivational Speakers categories.

If you would like to order a 1987 Choices & Connections catalog (\$14.95 + 2.50 shipping) or if you are interested in displaying your ad in the 1988 edition call Teen at 1-800-992-9190. The display rates are on a sliding scale, with a 35% discount to March displays. The earlier you display, the earlier your display appears in your category and the better price. Final deadline is June 1987.

Lectures by Justin in SF Bay Area

Thursday, April 9, 1987

* 7:30 - 9:00 p.m.

1st Unitarian Church
1187 Franklin (corner of Geary)
San Francisco, CA

*Teacher-led T'ai Chi Chih Practice
6:30 p.m. preceeding lecture

For more information contact:
Lucy Hocking 415/521-2958

Friday, April 10, 1987

* 7:30 p.m.

East West Bookstore's Friday
Night Forum \$5.00
1170 El Camino
Menlo Park, CA

*Limited seating -
Doors open at 7:00 p.m.

For more information contact:
East West Bookstore 415/325-5709

Sunday, April 12, 1987

* 10:00 - 12:00 noon

Ashland Community Center
1530 - 167th Avenue
San Leandro, CA

*Registration begins 9:30 a.m.
Justin will lecture and lead practice.
Donation of \$5.00 requested

For more information contact:
Sandy McAlister 415/582-2238



Reflections on Seijaku

Jean Katus writes: I don't know if you're collecting anecdotes on Seijaku experience, but if so, I'll pass on a bit of what I've noticed with it. The extra Chi generated is, of course, very apparent. What I've become very aware of, though, is the way I now relate to "softness"--much more completely--probably because of the contrasts Seijaku presents. Both forms definitely complement one another!"

P.O. Box 438
Fort Yates, ND 58538

Stillness in Nature

Coming closer and closer to The Moment
The Eternal Now

Clearing the Channels · the
Open Receiver ·

True Forgiving · For
Pure Joy

All Loving

Making the choice

Time Stands Still

Glowing · Camp Fire Coals

Mirror the Tan T'ien

Inner Heat

Seijaku at Dawn ·

Warming the Soul

Appeasing the Appetite

Hiking the Canyons

Totally Incredible

Crisp · Clear · December

Seijaku · Mind, Body, Spirit

The Afternoon Appetizer

· Surrender · Peace

Dancing Body

The Singing Spirit

Listening

Inward

Lost Trails, Deep Washes

Thick Brush, Slick Rock

Cactus, Crows

Juniper, Pinyon

Left or Right

The maze, needles

Beauteous

Moonlit Seijaku

Pulling in the Energy

Yin, Yang

Yin, Yang

Expansion, Contraction

Circles, Spirals

Love, Starlight

Off, to Nei Kung

Trancing in the Now

Love, Peace and Joy

Chris Worcester

P.O. Box 860

Truckee, CA 95734

Seijaku in Canyonlands, Utah

December 6-11, 1986

Seijaku

by Corinn Codye Scott

Heal the unhealable

Move the immoveable

Know the unknowable

Love the unloveable.

Christeen M. Curran writes...

"I'm utterly amazed at how TCC is taking off here. I have three people going to be Certified in June in Denver. And more are wanting it! The Nursing Home that I do T'ai Chi Chih at wants one of their staff to become certified to teach TCC at all their homes, as they have a chain. That would be wonderful! To have someone traveling around working with the Geriatrics. Wow! Of course, Jean or I would love to do it, but as our culture is, the home probably is assessing cost effectiveness somewhere in there!

1012 16th St. North
Fargo, ND 58102

Student Comment

Katy Buss, student of Jean Katus shares "The 'tricks' you taught me have gotten me over so many hard spots involved with moving, resettling, new job, etc., that I'd be afraid to stop practice now!...I love yoga and do not underestimate it, but it has been my experience that T'ai Chi Chih works better on the WHOLE of a being."

Teacher Training Sessions

Upcoming Teacher Training for Certification will be:

FULL San Lorenzo, CA April 7-12 Contact Corinn
415/895-8614

Denver, CO June 22-27 Contact Steve
303/322-7717

Sunnyvale, CA October 1987 Contact Corinn
415/895-8614

Carmel Valley Retreat

CALIFORNIA SUMMER RETREAT
JUNE 19-21, 1987

A weekend of T'ai Chi Chih making the most of the beautiful landscapes of Carmel Valley, Point Lobos & Big Sur.

Interested teachers contact Pamela Cady
by April 15 at: Box 5361

Carmel, CA 93921
(408) 659-5286

Plan for informal dress, sharing, and lots of T'ai Chi Chih. Bring sleeping bag, towels, bathing suit, cooler & goodies to contribute to a marathon potluck!

Ideas for coordinating this get-together are welcome.

T'AI CHI CHIH TEACHER ACCREDITATION COURSE

-DENVER-

JUNE 22 - 27, 1987

Instructor: Steve Ridley

Location: United Methodist Church
2180 S. University Blvd.
Room 202

Tuition: \$295.00

Teacher Candidates must be well prepared. They are expected to perform all of the TCC movements (including the 6 Healing Sounds) easily, and to know the suggested sequence of movements and their names. Teacher candidates should also be somewhat familiar with the principles and philosophical considerations that TCC is based on. All participants must enter into the training process fully, conscientiously and with cooperative respect for everyone involved.

The course content will primarily consist of: perfecting TCC movements, studying material in the Teacher Manual, practice in leading the TCC movements, and making an individual oral presentation on TCC. Other useful skills and teaching strategies will be shared, so that all participants will feel well prepared to begin teaching confidently and effectively.

Payment of tuition may be accomplished in two parts: \$150.00 is due by May 15 and the balance of \$145.00 may be paid at the first meeting on June 22. Instructors will receive \$50.00 for each well trained teacher candidate they send to the course. All visiting TCC instructors are welcome to attend the course for review purposes and to assist in the training process, without payment.

Please enroll me in the June 22 - 27, 1987 T'ai Chi Chih Teacher Accreditation Course in Denver, Colorado. Enclosed is my deposit of \$150.00.

Name _____
Address _____
_____ zip _____
Phone (hm) _____ (wk) _____

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Make checks payable to Steve Ridley.

T'AI CHI CHIH



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CLASSES START
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And when the movements disappear
 And there is just you
 You'll be in touch
 not with the movement of your form in space
 but of the movement of the atoms and molecules
 of which you are made and that surround you.

--author unknown

雪
先
花

snowflakes fall in winter before
 flower petals (bloom and fall)
 in spring



Tai Chi Chih

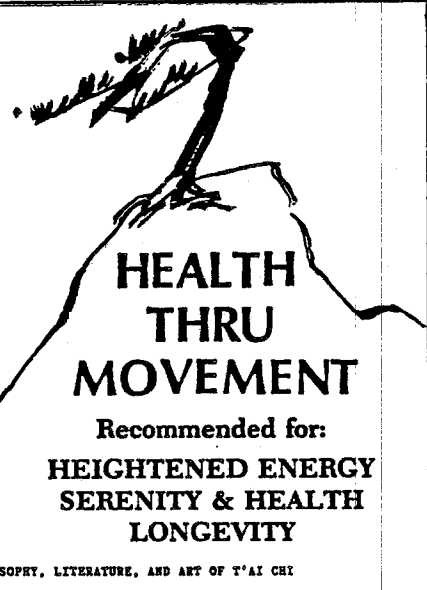
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TIME: TUESDAYS 9:35 - 11:25 a.m. & FRIDAYS 1:35 - 3:25 p.m.
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 3033 Alvarado, San Leandro

Instructor: Tehudit Goldfarb, Ph.D.
 Course: Philosophy 136; 2 units
 Sponsor: Quest Program, Chabot College

Five Tenets of Success

by Mark S. Harrell

COURTESY begins with you. You have to learn respect and care for your own body and mind before working towards better relations with other people. Proper care can be as simple as good personal hygiene, and as complicated as making a drastic career move. In all cases, you should strive to achieve happiness and sustain your mental and physical health, then work on giving others the same respect and consideration.

INTEGRITY in simplest terms, means HONESTY: Honesty with yourself and honesty with those around you. However, to be totally honest with yourself, you first have to know yourself. This is the other, deeper aspect of integrity: Knowing yourself and using that knowledge to make more objective decisions about your life, about those people who affect your life, and about those on whose lives you have an effect.

PERSEVERANCE is also known as "Stick-to-itiveness" or tenacity. For most people, it is one of the hardest tenets to maintain on a day-to-day basis. Successful perseverance has three phases: Making conscious decision on whether or not to accept a given task (remember integrity? It comes into play at this point); creating a plan of action that will help you achieve the goals you've set for the task, should you accept it; and finally, making the commitment to carry through with the task to the end, regardless of what sacrifices have to be made. The first phase is often the most difficult one to deal with, because sometimes you will have to say no to an opportunity. The third phase, on the other hand, is the one you can practice most often; and if you make a habit of firmly sticking to your commitments, you have the opportunity to achieve the greatest potential in each area of your life.

SELF-CONTROL affects all aspects of your daily existence. If you learn to maintain a steady level (be it physical or mental) in all of your activities, others will perceive you as a more reliable, solid person. This means controlling your good moods as well as your bad ones; trying to minimize your excesses, whether they are in exercise, work or play. Maintain consistency in all of your actions at home, school and work. In that manner you will best represent yourself, your business and T'ai Chi Chih.

INDOMITABLE SPIRIT or unconquerable spirit ties together the other four tenets and refers to the most fundamental part of you as a person: Your soul or basic self. When you see an athlete nearing exhaustion, then reaching down deep inside and somehow pulling out the strength to win, you see

indomitable spirit at work. When you see one person stand firm against a crowd because of an unshakable belief, you see indomitable spirit. That spirit is the refusal to allow defeat; it is the strength to stand up for what you believe, no matter what the odds against you. In order to achieve this, all five tenets must be exercised, regularly and with great intensity.

Before reaching out to teach others, be sure your own life is in order. For example, the old Chinese saying: "What is truly within, will always be manifested without". From my personal experience I've found that the best teachers are those who truly believe in and practice what they teach. It is my consummate belief that the diligent application of these basic five tenets will bring about great insight and personal success!

1904 La Corona Ct.
Los Gatos, CA 95030
(Used with permission.)



seeking spring

探春

I would like to share this energy poem written by one of my TCC students.....Teen

We are each a channel
For the virtues of the universe;
Love, Peace, Harmony, and Vision
Flow through us.

Open the 'souls' of your feet
Feel the energy surge from the Earth
And gather within you
Like roots into a tree.

Let the passions of the cosmos
Fill your heart, and radiate
Into every muscle and nerve
Like the blood that nourishes.

This strength then emanates forth
From your smile, fingertips, eyes.
It weaves its way through the stars
Creating the net of existence.

Leslie Oldershaw
Lake Tahoe, CA