

## The Physical and the Spiritual in T'ai Chi Chih

by Justin Stone

Most people who come for T'ai Chi Chih lessons do it for physical reasons, either because of ailments or because they feel it will help them in the areas of energy, hypertension, etc. Thus, they think of TCC practice as a form of therapy, which it undoubtedly is. However, they may later find that they have derived much deeper--Spiritual--benefits, which they did not expect.

How do these come about? How does TCC affect our Karma?

We are the products of our Habit Energies (Vashana in Sanskrit), and we in turn have built these Habit Energies. Thus it can be a vicious circle. When these Energies grow too strong they become Tendencies ("Samskara" in Sanskrit), and these may last through many lifetimes. These Tendencies are some of the reasons people have uncontrollable drinking problems--which they don't understand--explosive temper outbursts, fits of despondency, etc. It is hard to fight against such things when you don't know what you're fighting.

How does all this begin? When there is a release of energy, accompanied by the mental stimulus associated with it, a "Vritti" (Sanskrit) or shallow groove is formed on the brain. Repeated release of the same energy--as when one finds solace in drink and therefore imbibes each time a disappointment is encountered--develops the shallow groove into a deeper Habit Energy. This in turn takes over our lives. If you will introspect, you will find that most of our actions are habitual. We practise piano to develop these

(cont. p. 3 Habit Energies)

## October Teacher Training

Justin Stone, himself, will conduct the October 13-18 Teachers' Training Class at San Lorenzo, CA. This is an opportunity for teacher candidates to learn from the Originator of T'ai Chi Chih.

As always, accredited teachers are invited to audit sessions, and Justin promises to put them to work helping the teacher candidates. Auditing one or two sessions is a great way for the teachers to check their own form, to see if they have developed any bad habits. Also, they go home charged up by the group energy.

The tuition will remain the same, \$295 for the six days, and teachers will receive \$50 for each student-teacher sent to the Course. The \$150 deposit is due September 15, almost immediately. It is vital that these candidates be well-prepared as they are not coming to the Teachers' Course to learn T'ai Chi Chih, though the considerable review will undoubtedly help them to improve. A registration form for the October course is on page 7.

A later Course, taught by Justin, is now in the formative stages for Albuquerque, New Mexico.

## News!

Great news! So many of you are interested in attending the next Seijaku course that it will be rescheduled at a larger facility. NEW DATES and LOCATION to be announced later.

- .Learn and become certified to teach SEIJAKU (advanced T'ai Chi Chih).
- .Restore and renew through deep group meditation.

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## Responsibility to Students

Instructors must be mindful of the privilege and spiritual responsibility inherent in sharing T'ai Chi Chih. We are all students of this practice, but while assuming the role of "teacher", attentiveness and conscientiousness should be employed to the fullest extent. Again, our attunement with the essence of T'ai Chi Chih, which stems from our daily practice, can be beneficial to students.

The more we awaken to the essence of T'ai Chi Chih, the more responsible we are for those seeking instruction, because we are able to see what is needed, through intuitive understanding and inner stability. What we really impart when we instruct is our degree of conscious awareness.

From the overview, all individuals are specialized embodiments of the Supreme Ultimate. All relationships take place within this all pervading Consciousness and each individual is uniquely expressing a portion of this Consciousness: "Supreme Ultimate gave birth to One, One gave birth to Two, Two gave birth to Three, Three gave birth to all the myriad expressions." The more that we are able to know life in this way (One expressing as many), our sharing as instructors will be a potent influence for good, in the lives of those seeking health and spiritual freedom.

By endeavoring to live what we teach, our world will be made brighter and all beings will benefit. Let us decide to instruct in the highest way, by keeping our personal practice new and alive.

Steve Ridley  
1921 Jasmine Street  
Denver, CO 80220  
(303) 322-7717

## Teacher News

I am in the middle of an 8-week class session and also have three workshops lined up this month, including the one in New Mexico. (I've enclosed the brochure.) Last week I was a guest on a radio talk show at U. C. Irvine, even though I was being interviewed on networking and Special Connections we talked about TCC, too. It was great fun! Pam Towne was on the same show a few weeks before I was... small world, huh? I still haven't had the opportunity to meet Pam, but hopefully will soon.

Warmest regards,

Tais

Tais Hoffman  
112 E. San Gabriel #4  
San Clemente, CA 92672

## Symptoms of Inner Peace

by Saskia Davis

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace, and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experience.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in judging self.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others, as well as the uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk.

## Sorry, but...

Volunteer contributions to the Vital Force have not kept pace with increased costs of printing, mailing and over 400 persons on the mailing list. It will be necessary, therefore, to begin an annual subscription of \$10.00 for the quarterly issues. If anyone wishes back issues, they will be \$2.50 each. Please subscribe before the Winter issue goes into publication.

The new address of Satori Resources as of Sept. 1 will be:

Satori Resources  
P.O. Box 15657  
San Luis Obispo, CA 93406

"The man makes the art;  
the art does not make the man."

--Mark Harrell

## Habit Energies (cont.)

Habit Energies so our playing becomes "muscle memory". We learn languages this way. Some actions become so habitual, such as shaving in the morning, that we often don't remember whether we performed them or not.

So we are a product of these Vashanas, which we ourselves built! We are, in a sense, our own creators! We build our own Karma.

I have often spoken of the "Reciprocal Character of Mind and Chi" ("Prana" in Sanskrit). The character of the Chi greatly influences our State of Mind, and our State of Mind greatly influences 'our' Chi. How can we break into that circle to change influences for a more desirable effect? We do T'ai Chi Chih, circulating and balancing the Chi. As the Yin-Yang elements are brought into better balance, this not only balances the Chi but it also influences how we think. Ultimately we are what we think; this creates our Karma.

The state of someone's Chi creates "vibes", as we all know. Sometimes we meet someone and get "bad vibes" when that person's Chi is out of balance. We can't explain it--and we often ignore it--but we are reacting to that individual's energy field. Such reactions are usually reliable.

By changing the quality of the Chi (thru TCC practice) we are actually performing the deepest Yoga, going back to the cause and erasing it so the affect will be improved or will disappear. This is, in a sense, "de-hypnotization".

In this respect TCC has the same deep purpose as Yoga and Zen, but it is a much easier practice. Few are capable of following either Zen or Yogic life to its deepest levels, particularly in our busy society. But we can practice TCC and have the deepest Spiritual effect on ourselves.



chrysanthemums have a spirit  
of their own

菊  
有  
精  
神



## Justin Writing New Book

Satori Resources plans to bring out Justin Stone's new book "20th Century Psalms" in 1988, the first book in which Justin airs his own ideas and opinions, the fruit of a lifetime.

## Send Fall Orders to New Address

Satori Resources and Corinn Codye are pleased to announce relocation to San Luis Obispo, California. Effective September 1, 1987, our new address will be:

Satori Resources  
P.O. Box 15657  
San Luis Obispo, CA 93406  
Phone: 805-546-8450

## Teacher Letter

I'd like to share with the Vital Force my recent, beautiful experience at a retreat sponsored by the Dominicans at Santa Sabina Center, Dominican College Campus, San Rafael, CA. My fellow Tahoe teacher graduates will remember that I was affiliated with a Dominican nun presenting TCC at her Journal and Dream Workshops. While working with her at Santa Sabina last October, I was invited to present TCC at this week-long retreat.

The subject of the retreat was "Contemplative Ways of Being" and T'ai Chi Chih was one of the "Ways" being offered. Our schedule included TCC practice twice a day, enough time to introduce the whole form. There were lay-people as well as nuns. One dear nun was 83 years old and never missed a practice!!!

I developed a stylized version of the TCC movements put to the "Our Father". Sister Diane told me she'd been resistant, at first, to learning something that sounded so different from her regular practices, but found upon reflection and practice that she could adapt her devotion and some of the movements to what she has called..."Our Father-T'ai Chi Chih".

From the warm, loving comments at the end of the retreat I happily report that the ladies enjoyed our TCC daily practice and several bought "Joy Thru Movement" to take home to their respective Convents and classrooms.

It was a great pleasure and honor to share the T'ai Chi Chih with these loving people. I'm off again this week on a 3-day Catholic workshop offering TCC as a "Way".

Sincerely,

April van der Hoogt

**Cross Cultural Parallels**

Compiled by Christeen M. Curran; Source: T'ai Chi Chih! Joy Thru Movement, by Justin F. Stone

Tao Philosophy of Yin Yang Principles (Chinese)

<u>Yang</u>	<u>Yin</u>
Masculine	Feminine
Patriarchal	Matriarchal
Male	Female
Extroverted	Introverted
Sun	Moon
Heat	Cold
Expansion	Contraction
The Creative--Father of all Things	The Receptive--The Great Mother
Positive	Negative
Substantial	Insubstantial
Opening	Closing
Dynamic	Static
"Heart Fire"--Yang of the heart corres- ponding to the Yang of the Sun	Yin of the Kidney corres- ponding to the Yin of the Moon. Water & most fluid is Yin



Richard Brier has a new address.

181 Miller Avenue #3  
Mill Valley, CA 94941

**Poetry**

I wanted to share something I was inspired to write on the 4th of July. As often as possible, I go down to the harbor to practice my TCC. I've found a very beautiful secluded spot on the deck of an abandoned restaurant. It overlooks the entire harbor...the view is magnificent. So, on the morning of the fourth, I went down to my 'spot' bright and early, shortly after sunrise to practice my TCC and was inspired to write the following:

Gently rippling water...  
Distant sounds and stirrings...  
The dawning of a new day.

Circulating the Chi  
Amidst the peace and serenity.

Subtle interplay of energies  
A new sense of being emerges.

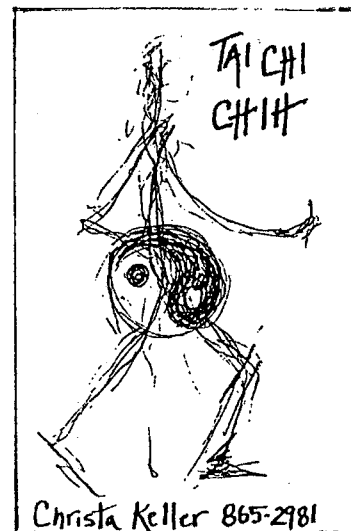
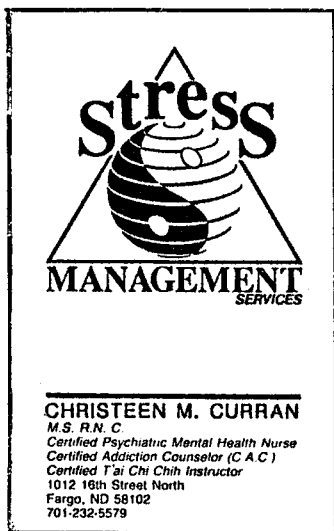
My awareness expands  
To encompass it all.

I AM ONE WITH MY UNIVERSE.

I have found that TCC practice is enhanced by finding 'my own spot' (as quoted by Carlos Castenada) and I continue to experience something new with each practice session. TCC has become such an integral part of my life that I can't imagine life without it!

Tais Hoffman

**Creative Business Cards**



### Re Seijaku Course in March

It is possible that the March Seijaku Course (for teachers) may be the last, at least for quite some time. Those who want to know the extremely powerful Seijaku--certainly not a necessity--should keep this in mind. I am told that enrollment must be limited as accommodations will not be very plentiful. I, personally, felt that last year's Seijaku Course, with its deep meditation excursions, marked the high point of my teaching career.

*Justin*

### Welcome to New Teachers

In late June, 12 new T'ai Chi Chih teachers received accreditation during a 6-day course led by T'ai Chi Chih master Steve Ridley.

On behalf of Justin Stone and all T'ai Chi Chih teachers, the Vital Force extends hearty congratulations and a warmest welcome to the following newest group of graduates:

- Robert and Katy Buss, El Paso, TX
- Patrick Curran, Fargo, ND
- Bryan James, Denver, CO
- Sher Jaksha, Rio Rancho, NM
- Esther Kieffer, Cedar Falls, IA
- Elaine Lawrie, Golden, CO
- Mark Louris, Richfield, MN
- Kathryn McClain, Winthrop, MN
- Bill Nielsen, Bemidji, MN
- Meredith Robbins, Denver, CO
- Brenda Wallace, Albuquerque, NM

So many new teachers in the midwest are important, since there have previously been so few, and interest in T'ai Chi Chih recently has grown very quickly in that region. You will serve a definite and growing need. We rejoice with you that you had the chance to work with some of the best T'ai Chi Chih instructors during your course, under Steve's gentle and mindful guidance. The combination of dedication, enthusiasm, openness, experience, wisdom and serenity provided by all those who attend teacher training creates a wonderful matrix from which to begin teaching. Your journey with T'ai Chi Chih is just beginning; through teaching T'ai Chi Chih you will be taught much joy.

You are invited to share your experiences, and those of your students, with all T'ai Chi Chih teachers, by writing to the Vital Force regularly.

### T'ai Chi Chih Calendar

- October 13-18, 1987 Teacher Training Course with Justin Stone. San Lorenzo, CA  
\$150 deposit due 9-15-87  
Contact: Corinn Codye  
805-546-8450
- November 15, 1987 Winter Vital Force deadline
- March 1988 Seijaku Course with Justin Stone  
Location and dates to be announced.  
Contact: Corinn Codye  
805/546-8450  
or Sandy McAlister  
415/582-2238
- April 1988 Teacher Training Course with Justin Stone. Albuquerque, NM  
\$150 deposit due 3-1-88  
Contact: Carmen Brocklehurst  
505-299-0562  
or Rick Cramer  
505/262-0066
- August 12-14, 1988 International Teachers Conference  
Vallombrosa, CA  
Details in upcoming Vital Force

### Ariana's Flyer

**T'AI CHI CHIH —  
MOVEMENTS FOR LIFE!**  
with Ariana Candell

*Combining the richness of Tai Chi movements with imagery, meditation, bodily wisdom and our connection with the Earth.  
(No experience is necessary)*

**JOIN US for a day of rejuvenation & revelation in the beautiful Sonoma Hills at WESTEREEKE RANCH**

**WED. JULY 8th or WED JULY 22nd 9:30-4:30**

- Experience how movements can beneficially affect your mood, approaches to life & interactions with people.
- Let yourself be enlightened in the surroundings, and nurtured in a supportive atmosphere.
- Learn a meditative form which can bring you peace of mind, stress reduction, and better health in general.

ARIANA is an Accredited Tai Chi Chih Instructor and a Master's Candidate in Yoga, and is a graduate of the Personal Course at J.F. Kennedy University.

*EMBODY YOUR DREAMS*  
*RELAX IN A PEACEFUL SETTING*  
*NURTURE YOURSELF*

## Notes from Teachers

Norma Schaumann of Lake Tahoe, CA will be teaching a relaxation and visualizations for childbirth course for Prenatal couples. Norma will be teaching T'ai Chi Chih, acupressure and massage. June 24-25 at her Life Center. (916)581-1711



Christeen McCurran shares these joyous events. "My husband is real happy to be certified as is my Mom. Mom is teaching her first class in Europe! She and her sisters are visiting our heritage in Norway and they will be her first students! Patrick will be teaching his first class in September to the Veterans Hospital personnel. He is already using the TCC on the Addiction Treatment Unit that he coordinates."

Pam Towne writes: The Denver TTC Course is wonderful. I really needed this week of renewal and intense Chi! There are 12 beautiful teacher candidates, and six teachers in addition to Steve: Teen, Tom (who was in the Tahoe training last September), Jean Katus, Jeanne Carlson, Pat Hill, Christeen Curran and myself--make that seven teachers.

I'm enclosing a copy of a corporate proposal I had written for me by a professional business writer. Any teachers are welcome to use it verbatim or as a guideline for writing their own. The company I wrote that for is going to have a TCC class for employees in September after they get moved into their new building. I am currently teaching an 8-week class at Progressive Data Consultants, a small computer company in Long Beach. I received \$600 up front to teach 6 people. My teaching keeps expanding.

Love and Chi,

Pam



### CINNABAR CENTRE

10762 - 82 Avenue  
Edmonton, Alberta  
T6E 2A8  
Ph.(403) 433-2515



### INSTRUCTORS

SHARON MELVIN  
ANTHEA LEE

#### What Is T'ai Chi Chih?

Tai Chi Chih is a beautiful, moving meditation, which develops the art of maintaining serenity in the midst of activity. It is a non-strenuous exercise, emphasizing self-awareness and energy flow.

Tai Chi Chih (not to be confused with the martial art Tai Chi Chuan), was developed by Justin Stone especially for the modern Westerner, based on ancient Chinese wisdom. This form has been introduced into Western Canada over the past two years by Sharon Melvin.

Tai Chi Chih is fun, easy to learn and pleasurable to practise.

#### Why Is T'ai Chi Chih Beneficial?

The stimulation, circulation and balancing of our life force energy, Chi, encourages healing processes and a deeper understanding of our inner resources.

Regular practise can bring relief from stress, increased vitality and can enhance mental and physical well-being.

#### Who Can Use T'ai Chi Chih?

The slow, graceful movements are simple and fun to learn for people of all ages. Special adaptations can be made for people with restricted movement ability.

#### How Can You Learn T'ai Chi Chih?

Instructors from Cinnabar Centre travel to deliver classes and inservices throughout Western Canada. Both instructors have received their accreditation through the originator of Tai Chi Chih in California.


### T'ai Chi Chih Joy Through ...



...Moving Meditation

Tais' brochure (see p. 2)

ACUPUNCTURE \* T'AI CHI \* ASTROLOGY

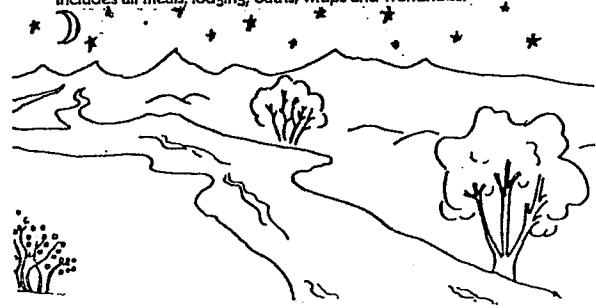


COMBINING A WEEKEND OF  
JOY THROUGH MOVEMENT with T'AI CHI CHIH  
HEALTH AWARENESS through CELESTIAL AWARENESS (ASTROLOGY)  
EMOTIONAL AND SPIRITUAL WELL-BEING through CHINESE ACUPUNCTURE

to be held at  
OJO CALIENTE MINERAL SPRINGS  
1 hr. from Santa Fe and 1 hr. from Taos, NM

FRIDAY - SUNDAY  
JULY 24 - 26, 1987

This special weekend retreat includes personal instruction in T'ai Chi, Acupuncture, Astrology, 5 meals, 2 overnights, 3 mineral baths/wraps. Massage available at additional cost by appointment.  
REGISTRATION: Please send in your reservation for the weekend to Ariel, P.O. Box 945, Ojo Caliente, NM 87549. Cost: \$150 includes all meals, lodging, baths/wraps and workshops.



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

T'AI CHI CHIH  
OCTOBER TEACHER ACCREDITATION COURSE

The next T'ai Chi Chih teacher training will be held October 13-18, 1987 in San Lorenzo, California (near Hayward/Oakland) at the San Lorenzo Community Center. The training will be conducted by Justin Stone. The course will begin Tuesday, October 13 and conclude on Sunday, October 18, with a schedule as follows:

Tues.-Fri. 7:00 p.m. - 10:00 p.m.  
Sat.-Sun. 9:30 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 well-trained candidate who attends the training.

Cost of the accreditation course is \$295.00. A deposit of \$150.00 is required by September 15, 1987. The balance may be paid at the first meeting of the teacher training on October 13. 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 for \$150.00, to Corinn Codye, c/o Satori Resources, P.O. Box 15657, San Luis Obispo, CA 93406.

For more information, call Corinn Codye at 805/546-8450.

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REGISTRATION FORM

Please enroll me in the October 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:

Corinn Codye

Mail to: Satori Resources

P.O. Box 15657

San Luis Obispo, CA 93406

Phone: (805/546-8450)