

THE

VITAL FORCE

Journal of
T'ai Chi Chih
(Justin Stone,
originator)

For Teachers Worldwide of JOY THRU MOVEMENT

VOLUME 5, NO. 1

ISSN 0996-6953

Spring Equinox 1988

T'ai Chi Chih and Non-Duality

Justin Stone

"Advaita" in Sanskrit means "Non-Duality." This is a difficult concept for most people as we look about us and see multiple objects. But what we see are only transformations not permanent forms, whether we are speaking of a chair, a tree, or a human being. Each exists provisionally, but is certainly not lasting. One day the tree may become the chair and the human body will be eaten by worms. The "I" that observes all this may disappear and become another "I". To bank on permanence is to promote suffering.

When we perform T'ai Chi Chih properly we feel the results. Since we are, essentially, a conflux of moving energies, stimulating and balancing the Intrinsic Energy (CHI) affects our whole being. The effects seem to be personal, but, in truth, they are widespread. Just as our Enlightenment is "Saving All Beings", so does the balancing of the Universal Energy affect both the outer and the inner. So many students have written me about how their lives have changed with the practice of T'ai Chi Chih!

Those who truly practice note that their attitudes change--and others notice it, too. We do not heal symptoms; we become "whole". So, to practice regularly and sincerely is to promote the positive in this world; we reap the benefits. This is "Advaita" in action.

Working with the Chi for Self-transformation

Steve Ridley

Chi is the life-sustaining, life-enhancing force that mobilizes and evolves us. It is our very life, and we can learn to work with it to assure personal harmony and assist self-transformation.

Good intentions, positive resolutions and affirmations, though used by many well-meaning people, do not necessarily produce lasting changes. If we hope for greater freedom, function and fulfillment, we must look beyond temporary approaches such as reprogramming or drilling the subconscious level of mind and applying various coping strategies, if we desire significant changes that will endure.

The practice of T'ai Chi Chih is a known way of bringing about life-transforming changes. T'ai Chi Chih allows us to work directly with chi, the evolutionary energy. Until we can internally alter the quality of chi, it is unlikely that meaningful transformation will occur. By working directly with chi, we can literally remake ourselves, assisting the process of actualizing our inborn potentials for dynamic health and harmonious living. Justin Stone, the originator of T'ai Chi Chih, often emphasizes that the quality and character of circulating chi directly influences our state of mind and that the relationship between mind and chi is reciprocal. (This relationship is a very useful theme for contemplation.) (cont. p. 2 - Chi)

Contents

ARTICLES

PAGE

T'ai Chi Chih and Non-Duality	1
Working with the Chi for Self-transformation	1
What is Good T'ai Chi	2
The Balance of Tao	3
More from Justin	3
You Can Slow Down Now	3
Personal Thoughts on TCC	5



NEWS AND POETRY

PAGE

Generating Leads	2
Teacher Training Courses; Calendar	6, 7, 8
Teacher Letters; News; Flyer	2, 4; 6, 7, 10
Poetry	3, 4, 5, 8
Conference/Registration/Biographies	5, 9, 10
Festival	7
An Apology	7
Price Increase	4

(Cont. from p. 1 - Chi)

T'ai Chi Chih is a non-demanding discipline that allows us to develop and modify the flow of chi within us. Again, the quality of chi expressing through us largely determines our state of health and function. Several veteran practitioners of T'ai Chi Chih have asserted that steadfast practice will not only raise one's level of health and mental capabilities, but also awaken one's intuitive abilities and creative function. Intuition and creativity are manifestations of one who is operating from an evolved level of consciousness.

What is this chi, this life-giving energy that seems to foster growth while enhancing function and perceptivity? Professor Wen-Shan Huang, Justin Stone's revered teacher and friend states: "In this Universe there is an ever-active, ever-creative Life, and an inexhaustible source of life-energy, which is made available to mankind when a fitting stage of development is reached. It is particularly significant that it has a great reverence for life." Professor Huang, a T'ai Chi Master, was sharing his realization that chi operates as a perpetual impulse for power. The practice of T'ai Chi Chih provides us with the opportunity to discover how to open ourselves more completely to the abundant, benevolent force that we refer to as chi. When we invite chi to express through us more abundantly, self-evolution is quickened and we experience increasing degrees of health and enlightened perception.

Self-transformation is an ongoing process of unfolding our potentials and cultivating our innate fullness of being. When we use the gentle, flowing art of T'ai Chi Chih regularly and conscientiously, each involvement with it, each practice session is a potential initiation, a new beginning that reveals fresh insights and possibilities. When we work with chi by learning to build its potency of expression and discover how to circulate it more thoroughly, we become increasingly familiar with its nature and its intended thrust in our lives. This intelligently directed energy instructs us as we more intimately acquaint ourselves with it. Because of our growing awareness and recognition of the nature of chi, a profound gratitude arises--a heartfelt thankfulness is born naturally through our recognition of what is so. As we continue to progress and evolve, we joyously exist in loving gratitude, for we are consciously linked with life's Essence.

The appropriate response is always LOVE.

Corinn Codye

What Is Good T'ai Chi?

It's been a long, hard day. I return home, collapse into my favorite chair, and try to get myself motivated to practice T'ai Chi Chih before dinner. After awhile I look at the clock and realize that if I'm going to get it in I'd better get moving. I go into the bedroom, shut the door, and begin to move. Soon I feel the energy flowing and have fairly long periods of reasonably steady awareness in the soles of my feet. I feel centered and refreshed. I say to myself, "Wow! Was that good T'ai Chi!"

The next evening, after the same time of clock watching, I again return to my room. I'm a bit more eager to start tonight because last evening was so good. This time I find myself fragmented. The movements do not seem to flow. My mind and emotions go off on tangents. What centering there is lasts only microseconds. At the closing I feel mildly frustrated. I say to myself, "What lousy T'ai Chi."

"What good T'ai Chi! What lousy T'ai Chi!" Those are judgments that I make and when I share them with you, you know exactly what I'm talking about. But what is the reality beneath these judgments? Am I really making them or is it just my ego expressing itself? How do I know what was really going on during that "good" practice or during that "bad" practice? Yes, I know which one I liked better but I like chocolate better than vegetables too.

So what is "good" and "bad" practice? My ego has all kinds of impressive opinions, but it doesn't know What-It's-Talking-About. Good practice is practice that is done. Bad practice is practice left undone.

Robert A. Buss
4848 N. Mesa K-67
El Paso, TX 79912

Generating Leads

Pamela Towne shares an excellent Referral Plan for generating new students from present students. Pamela asks all her students for the names, addresses and phone numbers of people who might be interested in T'ai Chi Chih. She asks about each person and why TCC might be valuable for them, to know a bit about them first. She then puts them on her mailing list, under new students, along with the name of the person who referred and the reason they might benefit from TCC. Whenever Pamela has a free demonstration, she calls them and invites them to have a preview of TCC.

Imagine that in a class of six students, if each one can think of two more people, that is a potential twelve new students! Thanks Pamela!!

The Balance of Tao

Jean Katus

The Tao is a symbol of balance and harmony, as we all know. The curved line which separates the two equal parts of the symbol indicates the continually moving nature of energy in its two aspects--light and dark. We thus come to recognize and understand these aspects within ourselves and to act according to that understanding.

We see the necessity of acknowledging the darkness within ourselves as well as the light. Our wholeness comes about by realizing that active and passive are two parts of one unity. Sometimes our feminine side is more prominent than our masculine; vice-versa at other times. Nature takes its own course in flowing from one extreme to the other--but never staying at an extreme so that balance and harmony can be achieved. It is only our own ego-ridden willfulness that makes us want to stay with those extremes.

Further balance can be noted in the opposite yet complementary and, indeed, interdependent spots of black and white within the yang and the yin. The natural order of the universe requires a rise and fall--one side containing within it the seed of its opposite--for true balance to take place. The "trick" in allowing ourselves to "go with the flow" and accept the outer changes that continually keep occurring is to not become attached to the positive over the negative, the contractive as superior to the expansive, the warm above the cold. Those seemingly separate "parts" are really only one--simple complementary aspects of the unified whole.

To remain in the unchanging NOW and to fully sense our stable center where no outer changes can affect that focus is true awareness of Reality. Only then can we incorporate those changes as they happen--simply watching, letting them be, letting them go from one extreme to the other, letting them harmonize of their own accord.

Jean Katus
P.O. Box 438
Fort Yates, ND 58538

More from Justin

So often students ask me to write a book on "ultimate truth." This is not what they really want; their desire is for a Truth for Human Beings, a vastly different matter. The latter is what the Churches and the spiritual teachers offer, that which is practical for humanity. "Ultimate Truth," of which most have never dreamed, is of no value whatsoever. It will not solve your problems.

You Can Slow Down Now

Richard Brier

So many details in modern life--so much to do--so little sense of time to freely enjoy. So much of the major disease of our times--hurry and worry. We are almost completely divorced from quiet time and slow, healthy, one-step-at-a-time living. Basically, it's all too fast for the natural harmony and flow of Life to be experienced. We get nervous, we have so much to do, we have forgotten how to live. And then there is the stupid t.v., to invade our minds and remove life even more from the Reality which we are.

Well, a little bird (a thought from the higher part of ourselves) sang to me. "You can slow down now, Richard. You can slow down now--this is the time and place, this is the space--you are that for which you seek." And the echo of that refrain keeps repeating itself like a natural mantra--a spiritual practice whose purpose it is to protect the mind from its own restlessness.

You can slow down now and be present with this gift called Life and not allow the mind to become entangled in thoughts. Away with them! Say to yourself, hundreds of times each day, "I am here" to remind yourself to be present with the Presence called Life. I can slow down now, I am here, I am that which I seek, I am Life and God and Love, and Peace and Joy are no longer separate. I now have time to be wholly (holy) present with Tao. I allow all hurry and worry to dissolve, I am present with the wonder of Life--the miracle of Life and the power of not-knowing.

I, we, can slow down now and taste the food that we eat (eat slowly), to do each thing with gentle awareness and sensitivity. I, we, can slow down and experience ourselves and our loved ones, friends, for the first time--without ideas or conclusions about them or ourselves. I, we, are brand new creations--and because I have slowed down--I now have time to see it all new. It's terrifyingly wonderful.

All of this is T'ai Chi in Life, and practice is our daily reminder that helps to embody these spiritual realizations. When in doubt, LOVE!

Richard Brier
181 Miller Ave., #2
Mill Valley, CA 94941



Like a broken gong
Be still, be silent.
Know the stillness of Freedom
Where there is no striving...

Mark Harrell

Student Testimonies

Gwen and Bob Cameron are T'ai Chi Chih students of mine in Albuquerque, NM. Bob has a heart disease that if corrected surgically would require a quadruple by-pass. Gwen has deteriorating discs and has undergone two surgical operations on one of the discs. She utilizes traction equipment at home twice a week. Due to limited mobility, Gwen cannot do the waist twist in Pulling Taffy and Working the Pully.

The Camerons began TCC instruction early in October 1987. They enthusiastically offered the following testimonials.

10-26-87: "I had household chores to do but wasn't feeling well enough to begin. I did my TCC program and had ample energy to complete my chores."

Nov.-Dec. 1987: "On days we do TCC, our walk-for-health program is easier to do. We had an extended waiting time in a doctor's examination room so we did TCC and passed the time much more calmly."

1-11-88: "We had so much energy after our TCC class we shopped for three hours and went out for lunch. That is unusual!"

(Please feel free to use the testimony during demonstrations and class instruction.)

Virginia Shilson
12400 Princess Jeanne NE
Albuquerque, NM 87112

Sorry, but...

Buy Before June and Save

Effective June 15, 1988 prices will go up on many of Satori Resources titles. The increase is necessary to keep up with current costs of obtaining or keeping these titles in print. The new prices will be as follows:

- T'ai Chi Chih (book) \$10.95
- Justin Speaks (audio tape) 9.95
- Meditation for Healing 11.95
- Emblissening 10.95

The T'ai Chi Chih Videotape and Life in Freedom will remain the same price as now. The new prices are still well within the average and continue to represent good value. They will appear in the June '88 Vital Force.

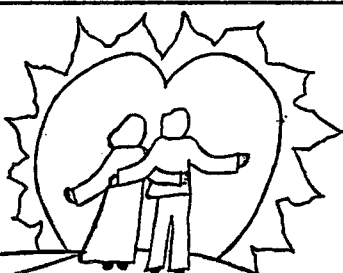
Poetry

Seijaku Prajñā!
Remembering perfection's
Joyous Gratitude.

Thanks so much
for this teaching Justin.
All my Love,

Viti
1180 Lochinvare Ave. #3
Sunnyvale, CA 94087

Hanna Hedrick and Don Peterson's Flyer



EIGHT ONE-AND-A-HALF-HOUR CLASSES WILL ENABLE YOU TO PERFORM THE 20 TAI CHI CHIH MOVEMENTS ON YOUR OWN!

Are you able to maintain "serenity in the midst of activity"? Whether you are engaged in other energy-balancing activities or are just beginning to explore various paths to peace, you may be amazed by the benefits of the simple joyous movements of Tai Chi Chih.

The 20 discrete forms were designed by originator Justin Stone in 1974 to enable everyone, including elder persons, to circulate and balance Intrinsic Energy, or "chi." Tai Chi Chih is extremely "user friendly" and easy to share. In slightly more than a decade, Tai Chi Chih has spread throughout the country, with many claims of heightened energy, improved health, increased serenity, and enhanced ability to modify weight and blood pressure.

Certified instructors Don H Peterson and Hannah L Hedrick are available to present this series of eight one-and-a-half hour introductory classes on Friday evenings or on Saturday and Sunday to any group of 8 to 20 students who can arrange for meeting space in the Chicago/Evanston area.

If you are interested in attending a current class or in sponsoring a class, please fill in the form below and mail it to Don H Peterson, 9243 Latrobe, Skokie IL 60077.

.....

I would like to attend the following classes in July and August:

535 N Dearborn: Mon-5:15-5:45 _____ Tues-5:15-5:45 _____
 Wed-5:15-6:15 _____ Fri-5:15-6:15 _____

Lawson YMCA (Chicago and State): Sat-1:00-2:00 _____
 1942 Estes: Sun-3:00-5:00 _____

I would like to sponsor a Tai Chi Chih class at _____
 _____ on (day) _____ at (time) _____.

Name: _____ Phone: (d) _____ (n) _____
 Address: _____

This reduced copy of a handout was shared at one of the Teacher Training Courses. We would like to give credit for it but the donor is unknown at this time.



You may not see it now, but whatever you do affects everything and everyone else, if even in the tiniest way. Why, when a housefly flaps its wings, a breeze goes round the world; when a speck of dust falls to the ground, the entire planet weighs a little bit more; and when you stamp your foot, the earth moves slightly off its course. Whenever you laugh, gladness spreads like the ripples in a pond; and whenever you're sad, no one anywhere can be really happy. And it's much the same thing with knowledge, for whenever you learn something new, the whole world becomes that much richer.

- Horton Juster -
The Phantom Tollbooth

Personal Thoughts on TCC

Meredith Robbins

Teaching T'ai Chi has brought me many lessons, gentle lessons. Some so simple, like a way to teach a movement more effectively via a simple metaphor like ducks floating on a pond for the hands doing Around the Platter; some more personal and complex.

My very first class, in a lovely setting called the Stone House, in Lakewood, had eight students at the first meeting. What I experienced was a vivid lesson in sowing one's seed and having it multiplied. I sent out my love and enthusiasm, and the Chi and the response from the students gave me back ten and a hundred times what I had sent out. It was almost overwhelming!

Later, I was demonstrating Push Pull for the class and explaining that in T'ai Chi and in life, we always keep "something in reserve." Suddenly, I knew in my entire being how this was true and right for me in all areas of my life. I hold back something of all I receive from the Universe for my own needs: time and skill for meditation and T'ai Chi Chih practice, money to tithe and save, these are reserved. This reserve assures that I am consistently nourished.

These insights brought me a stronger sense of my own worth as Divine and yet human, and a renewed self-respect.

Some students respond to certain images and some to others. All seem aided by "rhythm words," which make the movements seem like a very person-way to make music. The bass or rhythm is the shifting of the weight on the legs and the time or melody is the light "trilling" movements of the hands.

On Around the Platter Variation I used the imagery of "Carry the ball, let it go" with great success. In my personal practice, I often use a mantra like "I am Peace in action," which is mentally chanted to the cadence of the movement. For Pulling Taffy, I found it useful to call out "left hand under," then "right hand under," as a rhythm and a reminder.

Just this week I began a third class, which is held at the local community center. The thrill of teaching was, one again, a joy and an encouragement.

Rhythm is the essence of Being (hence the cyclical nature of things). Without time there can be no rhythm.

Justin Stone
20th Century Psalms 1988

3rd International Teachers Conference

Now is the time to mark your calendar. The 3rd International T'ai Chi Chih conference is this summer, Aug. 12, 13, 14. It's been two years since we have gathered together and that's ample time for many stories and experiences to have accumulated. Bring them with you, ready to share!

More free time, less structure, and more opportunity for everyone to participate--these are the guidelines the committee has followed in preparing for this conference. We aim to balance the format between informational material that will help us as teachers of TCC and a retreat-like atmosphere with TCC and meditation for inner growth.

The cost is again very low--only (\$140 double occupancy (\$155 single and \$86 commuter). On the back of the registration form we are asking for information from each person which will help us all to make a closer connection with one another.

Vallombrosa is a lovely setting for quiet meditation or sitting in the sun talking with friends. Don't miss this opportunity to learn from Justin. His many years of experience in the orient and here, with meditation and chi kung practices will enrich any gathering. Come together with old friends and meet new ones. See you in August.

Sandy McAlister
 24835 Second St.
 Hayward, Ca. 94541



Meditation in Nature

Chaperones of hope and regret vanish
 In this stark wintery landscape
 Imprinting the mind with no-thought stillness

A]] stands frozen, between breaths
 Aloft from appointment and disappointment
 Naked, with no striving

The impact of Now!
 The expansive sobriety of seeing
 No other.

Steve Ridley 12-17-87

("Here is Truthfulness, "Choiceless Awareness."
 This marvelous poem says it all." -- Justin Stone)

Teacher Training Courses

Albuquerque Training Course has been extended an extra day to accommodate the 23 teacher candidates who wish to become accredited. There is also a waiting list--interest is high in Albuquerque!

Training dates are now April 18 - 24. For more information call Carmen Brocklehurst at (805) 299-0562.

The Teacher Training Course in Victoria, B.C. scheduled for May 17-22 is filling up quickly but has room for a few more candidates. Contact Renee Wilson, P.O. Box 1583, Victoria, B.C. V8W2X7 Canada or phone (604)478-8156.

Denver will be the host city for Teacher Training July 25-30, 1988. Tuition - \$345, deposit - \$150. Contact Meredith Robbins - (303)936-9655. Registration is open now. Formal registration form will be in the next Vital Force.

Saluting the Editor

Often people compliment me on the Vital Force. Thanks to you teachers and readers, it has blossomed in quality and in quantity since its birth nearly four years ago. But in the past two years a constantly increasing share of the credit belongs to Lois Mahaney, who has typed the copy, designed the pages, added innumerable lovely artistic ideas and graphics to the pages, and generally filled in the chinks of the editorial and production process. Lois has done more to help produce the Vital Force than can be told here, though most of it has been behind the scenes--until now. As of this issue, she has very graciously and generously offered to be the "official" editor of the Vital Force, and we welcome and appreciate all that she does in this capacity.

Please continue to contribute articles, poetry, art, and news of your activities to the Vital Force, c/o Satori Resources, P.O. Box 15657, San Luis Obispo, CA 93406, (805)546-8450/(415)276-5718. Deadline for the next issue is May 15, mailing date is June 15. All material must be received before May 15.

Corinn Codye,
Editor-in-Chief

Teacher Letter

Recently I have developed a Teacher Preparation Course designed for those students interested in becoming teachers. The Course Outline includes the following: apprenticeship teaching with me, private instruction, a research report on the background and basic principles of T'ai Chi Chih, and attendance at monthly meetings (for the purposes of sharing, questions, practice, suggested teaching strategies and lesson plans, and discussion to prepare for the Teacher's Training). I contacted both Corinn and Justin regarding this course and they were both encouraging and supportive. At least one person from this class will be going to Victoria in May to attend the Teacher's Training with Steve.

Greetings from Canada, I wish you all well.
Sharon Melvin
10762 - 82 Avenue
Edmonton AB, Canada

Data Inquiry

Has anyone collected any hard data concerning the success rate of T'ai Chi Chih in business and industry--i.e. improvement in absenteeism, attitude, general health? I plan to conduct a study centering on these themes, but if others have already done it, why re-invent the wheel?

Please forward any information you may have.
Thanks!

Jean Katus
P.O. Box 438
Fort Yates, ND 94107

Teacher News

Since taking the Teacher Training for T'ai Chi Chih in San Lorenzo in October 1987, I have been teaching TCC to Danny Glover's Actors Workshop on Saturdays at the Potrero Hill Neighborhood Center in San Francisco. I am also teaching a class on Monday mornings at the Orinda Community Center. And on January 19, 1988 I gave a lecture-demonstration (1½ hours) for the Eric Berne Tuesday Evening Seminar at the Transactional Analysis Institute of San Francisco.

I am pursuing other localities for teaching and am very excited about the benefits to be gained by practicing TCC. A casting director has already commented on the noticeable change in me!...and I especially want to share TCC with other actors who can certainly appreciate achieving "serenity in the midst of activity."

Luba Blumberg
5928 Ascot Drive
Oakland, CA 94611

Festival of Forgiveness

If we are serious about World Peace, we must address the underlying beliefs and attitudes within us which support war. What is needed is a powerful statement of forgiveness as an example for others to follow. The Festival of Forgiveness will provide such a statement.

The date of May 1, 1988 was seen by a core group of American Indians and Jews as a significant time in the planetary healing energies that it represents. People everywhere will be encouraged to join in each day at sunset beginning on May 1, 1988 for eight days, by lighting a candle and saying a simple prayer of Forgiveness. For eight days a prayer will be circulating around the Earth as the sun sets around the globe.

Contact: Helga Scow, Susanna Johnson or Leigh
Bonnelle (805) 646-9902

Mailing Address: 143 W. El Roblar, Ojai, CA 93023

News from Albuquerque

Recently, Virginia Shilson reported that the meetings of the TCC Teachers Group had dwindled in size a bit over the holidays, but that some exciting projects had been completed and others initiated. Carolyn Shaw has formulated a first-rate brochure to send to companies suggesting they include a TCC "break" in their seminars and workshops. Virginia will soon have an all-day workshop at her home to teach bamboo brush painting to those who would like to use it when making flyers, posters, etc.

The Albuquerque Teacher's Group has been invited to host the 1989 T'ai Chi Chih Teachers' Conference. They joyfully accepted the responsibility. With all the Albuquerque teachers working together it is sure to be an exhilarating, momentous event.

Please feel free to contact Virginia Shilson if you are planning a visit to Albuquerque, or with your ideas and/or suggestions for the 1989 Conference. 12400 Princess Jeanne NE, Albuquerque, NM 87112, (505)292-7897.



An Apology

Some of the out-of-California teachers have had very late delivery of their copies of the Vital Force probably due to the bulk mail status. We apologize for those delays. From now on, we will be using first class mail which will ensure prompt delivery.

Let us know at Satori Resources if you didn't receive the last issue and we will mail one to you.

Notes from Teachers

Carlos Magana of San Francisco is teaching at the Brisbane Community Center and the San Francisco Y.M.C.A. He reports that martial arts students really get good results from SEIJAKU.



As of February 7, Justin Stone's introductory class for beginners of T'ai Chi Chih at Monterey Peninsula College had an enrollment of fifty-seven (52) people. Justin planned to have two sessions a week on Tuesdays and Thursdays from February 22 to March 17. The classes are scheduled from 5:30 to 6:40 p.m.



Joan Roulac reports that her first TCC class ended in December, a continuation class and beginners along with private lessons will begin in January. Of her first class she says, "What an experience! My class is teaching me so much."

Choices & Connections

If you would like to see a beautiful 2 full-page International representation of T'ai Chi Chih, drop by any B. Dalton Book Store and ask to see Choices & Connections. (The size precludes display here.) Fifty teachers contributed \$70 each toward the ad which gives a listing by states and countries with complete information for contacts. Christine Sproehle wishes to thank all those who made it possible as well as Justin and Corinn for their help with the copy.

You will be able to see copies at the Seijaku Course and at the 3rd International Teachers Conference at Vallombrosa in August. If B. Dalton does not yet have Choices & Connections, ask them to order it.

Tai Chi Chih Calendar

1988

DEADLINE FOR SUMMER ISSUE IS MAY 15, 1988

- | | |
|----------------|---|
| April 18 - 24 | Teacher Training, Albuquerque, NM
Contact: Carmen Brocklehurst
505/299-0562 |
| May 17 - 22 | Teacher Training, Vancouver, BC
Contact: Renee Wilson
604/478-8156 |
| July 25 - 30 | Teacher Training, Denver, CO
Contact: Meredith Robbins
303/936-9655 |
| August 12 - 14 | 3rd International Teachers Conference
Contact: Sandy McAlister
415/582-2238 |
| October | Teacher Training, Southern California
Contact: Tais Hoffman 714/498-5711 |

26 Attend Seijaku Course

In Monterey, CA, March 4-6, 1988, thirteen T'ai Chi Chih instructors received Seijaku training and became accredited to teach this advanced form of T'ai Chi Chih. The thirteen new Seijaku instructors are:

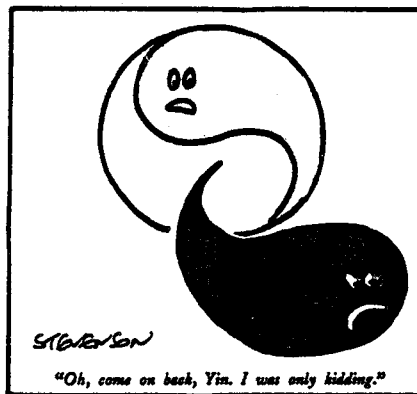
- Luba Blumberg, Oakland, CA
- Jeanne Carlson-Linscott, Bemidji, MN
- Daniel Finn, Alameda, CA
- Hannah Hedrick, Chicago, IL
- Daryl Holtz Isenberg, Highland Park, IL
- Peggy Knorr, Whittier, CA
- Benjamin Levitan, Albany, CA
- Joseph Pagano, Monterey, CA
- Carolyn Shaw, Albuquerque, NM
- Lillian Susumi, Seattle, WA
- Elaine Smith Wender, Haiku, Maui, HI
- Ehsida Wilson, Montecito, CA
- Renee Wilson, Victoria, BC Canada

An equal number of auditing teachers returned to review and incorporate Seijaku practice into new and deeper integration. Everyone was well-rewarded internally and experienced high levels of energy flow and deep relaxation and meditation. Most were impressed by the strength of Seijaku practice while recognizing that the full spectrum of benefits possible (and probable through practice!) are not readily recognized, since the principles are deceptively simple. Those of us who have practiced Seijaku for over a year now are just beginning to appreciate the healing power of what Justin has developed and shared with us in the form of Seijaku. We glimpse its full worth only as we look back at the speed of personal evolution we are generating through Seijaku practice. Is there any complete way to say thank you?

Corinn Codye

TC Journal Recognizes TCC

T'ai Chi journal, published bimonthly by Wayfarer Publications, P.O. Box 26156, Los Angeles, CA 90026 (213)665-7773, (1 year, \$15.00--should you wish to subscribe), recently ran an article by Steve Ridley (Feb 88) and will print an article by Justin Stone on the healing aspects of chi in its April 88 issue. T'ai Chi is read by many T'ai Chi Ch'uan instructors and devotees around the world. The T'ai Chi Chih book and videotape, as well as Justin Stone's Meditation for healing are carried in the mail order bookstore portion of the publication. Publisher Marvin Smalheiser is interested in receiving articles that reflect the inner experience of T'ai Chi.



Read Carefully!

T'ai Chi is the ancient Chinese way to health and longevity. Gentle, deliberate movements refresh the body, revitalize the spirit and clear the mind. T'ai Chi improves blood circulation, strengthens the cardiovascular system, massages the internal organs and supplies the entire organism with life energy.—*Princeton (N.J.) Packet.*

Attention, librarians!

New Yorker Magazine, June 29, 1987

Great Tahoe Publicity

Tai Chi Chih offers meditation through a variety of exercises

By MATT MILLER
Sierra Staff Writer

Among the more conventional activities offered by the Recreation Department - basketball, tap dance, aerobics, etc. - is an intriguing yet mysterious form of exercise.

Tai Chi Chih, for those who partake, is "more than mere exercise; it is a form of moving meditation. Instructor Chris Worcester is in his second year of teaching this modern version of an ancient oriental form.

"It helps you to get in touch with the eternal now, the ever present," he said. "It balances all aspects of the body, the mind comes into play because of it."

Tai Chi Chih is one man's simple modification of the ancient form of Tai Chi Ch'uan. Justin Stone of Carmel has a life-long resume that includes time as a

musician, artist, stock broker, and tennis enthusiast, but it is during a time of teaching at the University of Kyoto in Japan that he discovered the original form of Tai Chi Ch'uan and its 106 different classical movements.

Stone saw the same form being taught in the United States and noticed it was too difficult for students. So when he was crossing the new form in his book, titled in the same name, he went through heavy meditation and came up with the 20 different forms that make up the modern version.

With simple names like "Bass Drum", "Carrying the Ball", and "Daughter in the Valley", people now enjoy meditation while also engaging in these simple exercise movements that anyone can partake in.

Worcester said it "brings the body into balance and one of the

few things that can cleanse the inner body organs." "You start dropping wasted energy and start focus on positive energy."

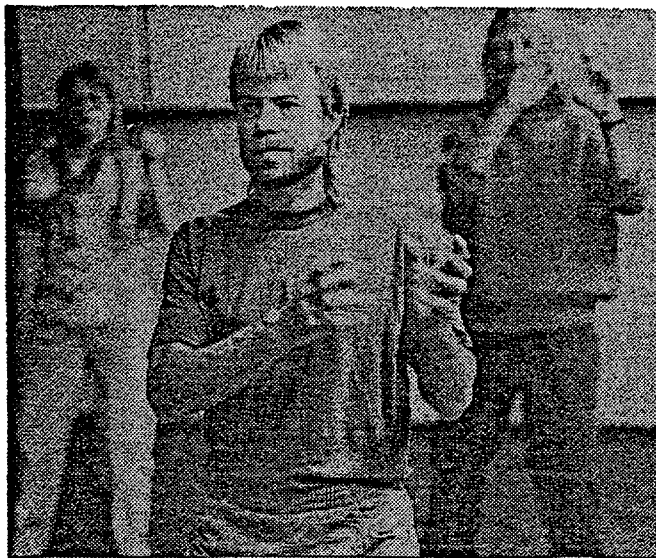
After seeing a chiropractor for many years because of his regular construction job which he has had in the Tahoe Lake area for the last 15 years, Worcester said his body straightened out from the exercise. "It was a healing tool that I used in my own physical advancement," he said.

When witnessing the form in action, it looks similar to the more familiar forms of martial arts, a room full of Karate Kids doing "paint the fence" and "wax on-wax off" movements. Participants take a quarter squat with bent knees and shift their weight back and forth passing what the ancients called the Yin (female) and Yang (male) aspects

of internal energy circulating throughout the body.

It is a continuous and repetitive movement which eventually ends with a moment of silent meditation, palms down and back straight. They say it is important to keep the back and spine straight for increased energy flow. . . .

"Everything in the universe has both Yin and Yang, positive and negative," he said. "It drops blood pressure and reduces stress. For me it is a feeling of youth with age. Everyday is like a rebirth."



Tai Chi Chih instructor Chris Worcester leads a group of students in a Tai Chi Chih session at the Recreation Department. Photo by Matt Miller for the Sierra Staff.



**3rd INTERNATIONAL
T'AI CHI CHIH TEACHER'S CONFERENCE
AUGUST 12, 13, AND 14, 1988
6pm Friday - to - 3pm Sunday
TO BE HELD AT VALLOMBROSA CENTER, MENLO PARK, CALIF.**

In quiet and peaceful surroundings join with friends and experience the joy of learning and expanding our inner selves. This years conference will allow for more time together to practice T'ai Chi Chih and refine our movements, for meditation, and for exchanging ideas to improve teaching approaches.

#1 OVERNIGHT	SINGLE ROOM	\$155
	(includes six meals)	
	DOUBLE ROOM	\$140
 #2 COMMUTER		 \$ 86
	(includes all meals)	

Registration due by June 15th. Should you cancel before July 15th, a \$25 fee is non-refundable. Absolutely no refunds after July 15th. Confirmation and further information will be mailed upon receipt of fee.

Please mail the form below and your check to: TCC Conference '88, Sandy McAlister
24835 Second St, Hayward, Ca. 94541

NAME: _____ PHONE: _____

ADDRESS: _____

CHECK ENCLOSED FOR	\$155	overnight, single
" " "	\$140	overnight, double
" " "	\$ 86	commuter

I would like to room with _____

I understand that my deposit is not refundable after July 15, 1988.

SIGNATURE

DATE

PLEASE COMPLETE OTHER SIDE

SIMONE HARUKO SMITH
 WAS BORN
 DECEMBER 11, 1987
 AT
 11:21 P.M.
 IN
 IBARAKI-KEN, JAPAN
 TO
STEVEN & VALERIE SMITH
 3,157 GMS. • 50 CM.



Valerie and Steve Smith will return to the States from Japan with baby Simone sometime in April. Welcome back!

SUN
 FRESH AT DAWN
 SPRINKLES ITS LIGHT
 GUIDING THE PATH
 OPEN TO FREEDOM
 CONNECTEDNESS OF
 ALL PLANET BEINGS
 STARTING FROM
 ONE HEART
 RADIATING OUTWARD

Jean Katus

Teacher Biographies

Getting to know each other is a wonderful part of attending the International Teachers Conference. Sharing ideas and experiences is interesting and often a personal enhancement to our practice/profession as T'ai Chi Chih teachers.

To serve as an introduction or connecting tool, we would like to collect brief biographies of the teachers who will be attending. These will be available to all at the beginning of this year's conference. (The information may be useful in future teacher directories.)

Please take a moment to introduce yourself by providing any of the following information and/or personal comments you would like to share. Thanks for letting us get to know you a little better.

My name is _____ . I was originally taught T'ai Chi Chih by _____ , and accredited _____ (mo/yr), in _____ (city/state). My occupation and interests include: _____

I am currently teaching in the following area(s): _____
 to special groups, such as _____

Comments on my personal experience/enjoyment of T'ai Chi Chih are: _____

Other: _____