

THE

VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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Summer Solstice 1988

Heightened Awareness Seminars

Justin Stone

In September and early October, Justin Stone will make a swing through Fargo, North Dakota; Bemidji, Minnesota; Albuquerque, New Mexico; and Denver, Colorado, giving three-day seminars on "Heightened Awareness" and making talks on T'ai Chi Chih. It is hoped that the book Justin is now writing, "Heightened Awareness," will be ready for use by the seminar groups. It will be published, along with his "Twentieth Century Psalms" by a new company, Good Karma Books, owned by Steve Ridley, Tom Fernandez, Jean Katus and Justin. The corporation will be based in Fort Yates, North Dakota, and will be run by Jean. The purpose of the new book company will be to bring out the writings of Justin and Steve, and possibly others, thus complementing Satori, which will continue to handle T'ai Chi Chih publications and matters. If the Awareness seminars go well, Justin then hopes to make them available to T'ai Chi Chih teachers in their own localities.



山
靜
竹
生
韻

in the still deeps of the mountains, the bamboo sings

Vallombrosa Conference

At the Teachers' Conference in August, Justin has promised to again show the preliminaries to Seijaku (powerful). Also, we might go a little more deeply into Meditation if time is allowed.

There is no charge for the Teachers' Conference at beautiful Vallombrosa--just cost of room and board which is \$140 for double, \$155 for single. It is not only a chance to pay respects to our teacher, Justin, but to hear meaningful teaching experiences and innovations from widely scattered teachers. Being at the Teachers' Conference can be an invaluable experience and pleasant reunion.

So please come.

Sandy McAlister
24835 Second Street
Hayward, CA 94541
(415) 582-2238

P.S. Single rooms are going fast, so please write now or call and tell us if you want a single or double room, and if you have a preference for a roommate. A letter or call will do but we would like to have you complete the reverse side of the registration form found on pages 3 and 4.

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More is Not Better

I am not at all happy when two or three TCC teachers write me that they have originated new movements and are teaching them to their pupils. More is not better. First of all, in a relatively short time there would be fifty different versions of TCC being taught in the world if this practice was followed. Second, until the teacher fully understands the underlying principles and has practised for a long, long time, such activity is just an ego-stance. To assume that you have attained the "mind of no Mind" in such a short time and can use the "sword of no sword" to pierce to the heart of matters is just an assumption. After 35 years, I am still a beginner. T'ai Chi Chih, as it is, gets wonderful results--it delivers. Sink yourself deeply into its practice and taste the full benefits; do not be satisfied with quick, surface results.

Justin F. Stone



Teacher Letter

T'ai Chi Chih is alive and doing well in Iowa. I have had a good response to classes - a total of 21 students since October. Since I have only a limited amount of time outside my regular teaching job, I am pleased with this amount of interest. As, I am sure, most teachers find, only a portion of the group really practice and stay with it after the classes are over. However, the ones that do are really excited and they remind me of my initial and continued enthusiasm for T'ai Chi Chih.

In my preschool classroom for children with handicaps, I start each day with Rocking Motion done to the music Fragrance of a Dream. I refer to it as body awareness and we talk about hands and arms moving slowly up and down - toes, heels and bent knees. It is a great way to learn body parts and to bring calm to the little bodies as well as to the teacher.

Sincerely,

Esther Kieffer
922 E. Seerley Blvd.
Cedar Falls, Iowa 50613

Welcome to New Teachers

We welcome the new teachers who were accredited at the Vancouver and Albuquerque training courses. It is hoped that their teaching careers will prosper, their lives be continually enriched by TCC, and their future plans include the Teachers' Conference at Vallombrosa. Congratulations!

Edmonton, Alberta

Guadalupe Buchwald
Pierre Lacroix
Maureen Purves
Maxime Wan

Calgary, Alberta

Elizabeth Wong

Vancouver, B.C.

Maureen E. Cadden

Victoria, B.C.

Rosalind Cook
Dorothy Coombes
Islay Ferguson
Carole Gates
Louise Hansen
Robbie Rosen
Gail Vaio

Sidney, B.C.

Verna B. Wenger

NEW MEXICO

Nova F. Carter, Albuquerque
Caroline D. Chavez, Albuquerque
Doris Dandridge, Albuquerque
Antoinette M. Gamble, Albuquerque
Tonya Garcia, Albuquerque
Therese E. Goetz, Albuquerque
Pat Jensen, Albuquerque
Guy Kent, Albuquerque
Suni McHenry, Albuquerque
Pam Quay, Albuquerque
Jack Rogers Jr., Placitas
Marian Sears, Albuquerque
Loretta Shriver, Albuquerque
Cliff Taber, Tijeras
Denise A. Watson, Albuquerque

Bullhead City, AZ

Sharon A. Edwards

Helena, MT

Melinda Artz

St. Paul, MN

Sister Francis A. Kay

CALIFORNIA

Edward Altman, Newport Beach
Ruthmarie Arguello-Sheehan, Santa Cruz
Mara Carrico, Tecate
Joseph Pagano, Monterey
Timothy T. Stuetz, Anaheim

Training in San Luis Obispo

There will be a Teacher Training Course given in San Luis Obispo, CA the second week in November.

If you are interested or if teachers have interested students, please contact Corinn Codye at Satori in San Luis Obispo or phone (805) 546-8450.

A First but Not the Last

We now have 14 brand new teachers in Canada, 9 from B.C. and 5 from Alberta. The accreditation in Victoria on May 22, 1988 went extremely well. It was a good group and everyone harmonized beautifully and worked very hard to perfect the moves under Steve's skillful guidance. The final day came along seemingly ahead of time and the joy of achievement was mixed with the sadness of goodbyes. Most of the teachers intend to become active immediately and are eager to share the Joy Through Movement.

We have big plans for Canada and intend to bring the CHI to every aspect of life. Look for another accreditation course in May of 1989. Special thanks to Justin from all of us for originating this beautiful form of movements and sincere, warm thanks to Steve for his wonderful presence, extraordinary patience and superb teaching skills. We hope to see you all at the Conference in August!

Sincerely,

Renee Wilson



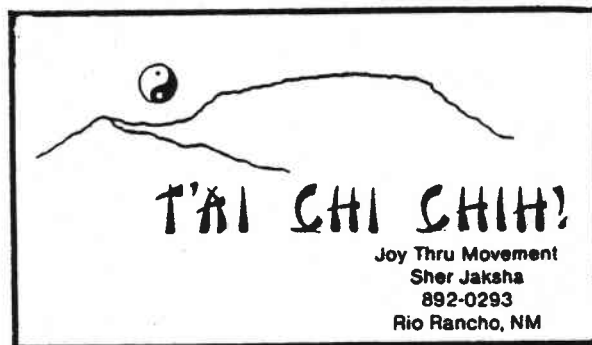
Sharing the Experience

Many thanks to Justin, Steve and all the teachers who came to lend their love and expertise, for a wonderful, successful, Teacher's Training Class in Albuquerque, NM. And a special welcome into our T'ai Chi Chih family to 23 loving, giving new teachers. From beginning to end the class was blessed with true joy, love, and dedication. Each student was well prepared, many thanks to the contributing teachers, and the learning and growing was done with grace and beauty, thanks to the openness of each teacher candidate.

It was a joy to be able to have so many teachers come to participate (T'ai Chi Chih get-togethers are super). Each teacher was a marvelous example of 'Serenity in the middle of activity.' Justin's radiant smile throughout the course showed the way, to each participant, of how to find the JOY in Joy Thru Movement, within themselves. Again, many thanks to Justin, Steve, Teachers and New Teachers.

Love,

Carmen Brockiehurst
9500 Prospect NE
Albuquerque, NM 87112



RESERVATION FORM FOR VALLOMBROSA

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

Poem by Tom

TCC In KC

Greetings from Mendocino, California. Here are some poems inspired during T'ai Chi Chih practice with family, friends, and classes on the North Coast.

The fourth class of T'ai Chi Chih at St. Luke's Hospital is starting April 4 for 8 weeks--so you can see K.C., MO is going for T'ai Chi Chih in a big way.

"Tickling, Wind Dances, Laughing, Rose Petals."

"Wind, Sweeps Away, Chatter."

"Without Limitation, We Dance, As one."

"Spring Blossoms, Buoy Forth, Lifted by, Unseen Hands."

"Red Rose Petal Softens, Black Asphalt."

Ever Enjoy to One and All

Tom Fernandez P.O. Box 274 Little River, CA 95456



Joe Wythe, instructor, leads members of the recent Tai Chi class which was co-sponsored by the Lifewise program and by St. Luke's Hospital's Sterling Club For Older Adults. The next class will run from October 27 - November 19. To register, or for more information, call Lifewise at 756-3616

Joe Wythe 8361 Somerset Dr. #205 Shawnee Mission, KS 66207

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: _____

Last October, with two successful TCC classes under my belt after being accredited in June at the Denver Teachers Training, I was trying to create another class at my home. I had 5 - 6 people lined up initially. In the days just preceding the first class the number dropped to 3. The day of the class 2 more called to cancel. When class time arrived that evening-the coup de grace- there was no one. The long remaining student had created getting LOST on the way over - and he had been to my house before!

As it happened this scenario was the best think I could have created for myself. I saw it as a wonderful opportunity for experiencing a full range of very strong emotions about myself and teaching T'ai Chi. I allowed myself to feel all of that while not getting into it as a negative experience. Even more important, I reaffirmed faith in myself to teach T'ai Chi Chih and that I had something of value to offer people.

Well, the universe did hear me. Within two days of having a class fall on its nose, I was invited to give two demonstrations to interested groups. Both were wonderful experiences and led to several classes. In fact, spin off classes from these demonstrations are still occurring. One of these is a class I have begun at US West, a very large business in Denver, which is being sponsored by that company and will likely become a long series of classes. I'm very excited about getting to teach at a major corporation. With the usual stress level at such companies, it is apparent that TCC is made to order for them. My feeling is that if TCC teachers will approach them, many companies are open and ready to introduce TCC. I encourage all TCC teachers to give this wide open market a try.

Life is moving and changing rapidly for me these days. Most importantly, I am developing more and more of a peaceful feeling in my life.

Love to All,

Bryan James
4862 S. Garland St.
Littleton, CO 80123



That Is Love

Your task is not to find someone to believe in or some doctrine in which to take refuge (though this is very comfortable), it is to realize Who and What You are (and I don't mean a name). Then you manifest Who and What you really are; that is Love.

Justin Stone

A number of people have submitted articles from recent publications which relate to the TCC teaching experience.

Sports Illustrated, in an article titled "The West", tells of Ann Anthony, an Albuquerque teacher who taught TCC to the University of New Mexico's LOBOS basketball team to calm down the team to a functional emotional level.

The Sunday Herald, Rocky Hill, Conn. had a great article titled "Teaching Is the Best Experience." Joseph Pagano, recently accredited at Albuquerque sent it in. Quoting the teacher--"To teach takes compassion and love as well as confidence in your ability. I am amazed at what teaching has given me: the realization of who I am and the uniqueness of my role and place in society."

INC./JANUARY 1988 has a review of a book titled "Strategic Selling" by Robert Miller and Stephen Heiman. It would be most interesting to those teachers who are contemplating selling T'ai Chi Chih in the corporate field.

T'ai Chi, June 1988, "Balancing Ch'i: A Great Secret of Life" by Justin F. Stone. The article talks about the background of TCC, the Universal ch'i and benefits to be achieved by utilizing this universal energy.

Subscription to T'ai Chi: Wayfarer Publications, P.O. Box 26156, Los Angeles, CA 90026. Phone - (213) 665-7773. 1 yr. \$15.00



Calendar

1988 DEADLINE for FALL issue is August 15, 1988.

(Articles can be given to the Editor at the Conference--you needn't wait until the 15th.)

- July 25 - 30 Teacher Training, Denver, CO
Contact: Meredith Robbins
(303) 936-9655
(303) 986-5571
- August 12 - 14 3rd International Teachers' Conference
Contact: Sandy McAlister
(415) 582-2238
- October Teacher Training, San Clemente, CA
Contact: Tais Hoffman
(714) 498-5711
- November Teacher Training, San Luis Obispo, CA
(tentative date 8-13) Contact: Corinn Codye
(805) 546-8450

Three Years of Growth

I have been a T'ai Chi Chih teacher for three years now. It has been a wonderful, rewarding time. People learning T'ai Chi Chih together, a special place, sharing a sense of gentleness, quiet strength, and the experience of CHI flowing freely. T'ai Chi Chih, 20 moves, limitless, now a daily part of my life, an old and a new friend, I keep experiencing a new facet of them, with always new and delightful surprises as a teacher and as a student.

I very much appreciate receiving the VITAL FORCE and always find it inspiring and supportive. It especially helped me feel close to the T'ai Chi Chih community during the first two years when I was the only teacher in my area. Since then, one of my students, Anthea Lee, has taken the Teacher's Training with Steve Ridley. We have opened our own Centre where we teach T'ai Chi Chih and have been doing Bodywork as well.

I took my Teacher's Training in Santa Barbara in November of 1984 with Justin Stone, (a special HI to everyone who attended that training), five years after my first introduction to T'ai Chi Chih with Karli Kerr in Santa Cruz, CA where I was then living and studying. Before I returned home from Santa Barbara, I had the opportunity to meet and spend a day with Tom Bottoms, who gave me invaluable help and suggestions for my own practise and for teaching classes.

Coming home, designing a flyer, those first classes almost seemed to arrange themselves. First in a friend's home, then a Metaphysical Bookstore, and a Family Service organization, (I'm still actively teaching at the second two locations). After a few months I was asked to teach a weekend workshop at a Retreat Centre near Edmonton. It was successful (15 people attending), and I have taught and enjoyed several weekend workshops since. I've also travelled to some northern Alberta communities to introduce T'ai Chi Chih on behalf of the Alberta Adult Education Department. Other classes include an after-work series for Alberta Transportation, and a noon hour class for a local Service organization. I now teach an Intermediate four week series as a follow up to the Beginner's seven weeks session.

How to describe the healing and growth T'ai Chi Chih has brought to my life and the people who come to learn it, to be able to watch the changes in people as they begin to practise this wonderful gift of T'ai Chi Chih! To see people relax, and become softer with themselves, to hear that someone is now sleeping through the night, or finding relief from the burden of stress, experiencing a sense of inner harmony and peace. I am very grateful to T'ai Chi Chih, to Justin Stone, and for the opportunity to practise T'ai Chi Chih with a group several times a week.

Greetings from Canada, I wish you all well.

Sharon Melvin
4707 - 109th Avenue
Edmonton AB, CANADA
T6A157



T'AI
CHI
CHIH!

"When the mind is transparent and pure, as if reflected on the mirror-like surface of the water, there is nothing in the world that you would dislike. When it is serene as the light breeze in the sunshine, there will be no one whom you would like to forget."
--Chinese Poet-Monks

"Such serenity is rare in these hectic times," remarks Justin Stone, originator of T'ai Chi Chih. Yet with its restless gentleness, joyous, and simple movements people of all ages and physical conditions can gracefully cultivate health, well-being, and peace of mind.

The Wellspring Renewal Center presents
a free demonstration by
Thomas Fernandez, Certified T'ai Chi Chih instructor....
Thursday, March 3, at 5:30 pm, for your information and enjoyment.

A 6-week course meeting Thursdays 5:00-6:30 pm will start March 10th, at The Wellspring Renewal Center, located on Ray's Road in Philo. Course fee is \$35, with special rates for your friends and family. For more information call Wellspring at 895-3893, or Thomas at 937-2919.

If total balance of body-mind-spirit through simple daily movements is of value to you, we invite you to experience-

Joy Thru Movement.



Address Changes

Bonnie McKenzie
2770 Newhall Street
Santa Clara, CA 95050
408/985-8213

Lucy Hocking
P.O. Box 57
Salsbury Cove, ME 04672

Mark Harrell
4783 Pinemont
Campbell, CA 95008

Spirals

Spirals of Love,
Spirals of Chi,
Spirals of Universal Energy.
Creating the Light that we See.
Creating the Air that we Breathe.

Spirals of Love,
Spirals of Ki,
Spirals of Universal Energy.
Flowing as Sap through the Trees.
Flowing as Blood through You and Me.

Spirals of Love,
Spirals of Shakti,
Spirals of Universal Energy.
The Source of all Life, regardless of Form.
The Source of all Life--whether on Land, in
Air, or in Sea.

Spirals of Love,
Spirals of Light,
Spirals of Universal Energy.
Creating our Bodies with which we Express.
Creating the Urge for us to take that First Breath.

Spirals of Love,
Spirals of Life,
Spirals of Universal Energy.
Renewing our Bodies with free-flowing Blood.
Renewing our Blood with the oxygen we Breathe.
Oxygen plants and leaves release as Waste.
Oxygen they create from Our own carbon Dioxidious
Waste.

Spirals of Love,
Spirals of God,
Spirals of Universal Energy.
The Circle of Life continues until we merge into
The Flame of our Human Hearts and Realize

We are
Spirals of Love,
Spirals of Chi,
Spirals of Ki,
Spirals of Shakti,
Spirals of Universal Energy.

Spirals of Love,
Spirals of Light,
Spirals of Life,
Spirals of God,
Spirals of Universal Energy.

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Justin's Note

"Personal Observation: Life is the uncovering of Joy. Our task? To find out who and what we are. Everything is singing the 'Glory of Creation'."

Justin Stone
3/88

Glow in Albuquerque

7

I am writing in the glow of the Chi from the Teachers Training class in Albuquerque. What a wonderful experience! Thank you, Justin, Carmen and all those participating teachers and students.

During a break in the class I was relating to Justin what I believe to be T'ai Chi Chih healing and he suggested that I send this in to the Vital Force. Many years ago I was experiencing constant back pain and x rays showed that I had many calcium deposits on my spine. I also experienced a great deal of stiffness upon awakening in the mornings. I took T'ai Chi Chih and when I became accredited as a T'ai Chi Chih teacher in 1979 I was already greatly improved. Recently, I had back x rays taken and I had no calcium deposits at all on the spine and all back pain and stiffness has disappeared. I move much more freely now and my T'ai Chi Chih movements are more and more smooth. What a blessing!

During this teacher training course it became very clear to me that as we heal ourselves and break through to new levels of wholeness for ourselves and the group that we also make a significant breakthrough for the planet. The completed group represents a new thrust of expanded consciousness that moves out into the world to enliven and enlighten more and more of our fellow beings. What a joyous way to contribute to the expanded wellness of our world.

Thank you Justin and all T'ai Chi Chih participants for the gift of yourselves.

In gratitude,

Carolyn Shaw
1537 Wellesley Dr. N.E.
Albuquerque, NM



Audio Tape Suggestions

For those of you who have purchased and listened to the audio tape "Justin Stone Speaks on T'ai Chi Chih," it is readily apparent that it has multiple uses. For those of you who have not heard it, Justin explains the origins of TCC and discusses deeper spiritual/metaphysical aspects of this simple discipline that accelerates personal evolution.

The tape is good background for teachers in preparation for their own classes; it's good for an initial presentation; it is great for out-of-town inquiries.

The price of audio tape is \$9.95.

ATTENTION TEACHERS: PLEASE DISTRIBUTE COPIES OF THIS ANNOUNCEMENT TO YOUR STUDENTS.

T'AI CHI CHIH TEACHERS' TRAINING COURSE

- D E N V E R -
July 25 -30, 1988

Instructor: Steve Ridley
Location: Divine Science Church
14th Ave. & Williams
Denver, Colorado

Schedule: Monday - Friday
6:30-10:00 p.m.
Saturday
9:00 a.m.-4:30 p.m.

Tuition: \$345.00

The course content will consist of: perfecting TCC movements, studying material in the Teacher's Manual, practice in leading the TCC movements, and making an individual oral presentation on T'ai Chi Chih. Other useful skills and teaching strategies will be shared, so that all participants will feel well prepared to begin teaching confidently and effectively.

Teacher candidates must be well prepared and perform all of the T'ai Chi Chih movements (including the 6-Taoist Healing Sounds) easily. They should know the suggested sequence of movements and their names. Teacher candidates should also be somewhat familiar with the principles and philosophical considerations on which T'ai Chi Chih is based. All participants enter into the training process fully, conscientiously and with cooperative respect for everyone involved. It is requested that a letter of recommendation by your coach be included with your registration form (see below).

Payment on the tuition may be accomplished in two parts: \$175 is due by June 25, and the balance of \$170 may be paid at the first meeting on July 25. Instructors will receive \$50 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.

Transportation and Motel information: Students without cars will be given rides to and from the training site. The following motels are located 10 minutes from the airport and about 15 minutes from the training site. All are moderately priced, and you will need to call to secure your own reservation:

- Lazy-C Motor Lodge: 8787 E. Colfax Ave., Denver 80220 (303) 333-4201
- Silver Spur Motel: 8595 E. Colfax Ave., Denver 80220 (303) 355-7347
- Westerner Motel: 8405 E. Colfax Ave., Denver 80220 (303) 333-4221

(Be sure to inquire about weekly rates - I can personally recommend the Lazy C.)

Fill in the registration form below and return it, along with your check or money order for \$170 payable to Meredith A. Robbins, 445 Union Blvd., Suite 238, Lakewood, CO 80228.

For more information, call Meredith Robbins at (303) 986-5571.

Registration Form

Please enroll me in the July 25-30, 1988 TCC Teacher Accreditation Course. Enclosed is my deposit in the amount of \$170.00.

Name: _____ Teacher: _____

Address: _____ Mail Registration to:
Meredith A. Robbins
445 Union Blvd., Suite 238
Lakewood, CO 80228

Phone: H: _____ W: _____

Make checks payable to: Meredith A. Robbins