

THE

VITAL FORCE

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T'ai Chi Chih
(Justin Stone,
originator)

For Teachers Worldwide of JOY THRU MOVEMENT

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1988 Teacher Conference Report by Corinn Codye

Nearly 60 T'ai Chi Chih teachers converged in Menlo Park CA on August 12-14 to meet, practice T'ai Chi Chih together, exchange news, talents, and ideas, and consider important issues in the growth and teaching of T'ai Chi Chih. The weather was cool and sunny, the grounds were as serene as ever, and the food was extraordinary as usual. The conference committee--Sandy McAlister, Liz Ruczynski-Salada, Lois Mahaney, Cheryl Hamblin, and others, did a great job in organizing and preparing for the conference. Thanks so much!!

A notebook that listed short "bio's" of all who attended included any areas of specialty in teaching.. A newly-updated teacher directory was given to all who attended. The directory has both alphabetical and geographical listings. (The directory is available from Satori Resources for \$5.00.)

For those of you who could not attend, we have summarized some of the new ideas and discussions generated at the conference, which included the following:

Unaccredited T'ai Chi Chih Teachers

Some teachers have heard of or come into direct contact with non-certified T'ai Chi Chih instructors. When someone begins to teach T'ai Chi Chih who has not gone through the proper teacher training, initiation, and accreditation, that person is contra the essence of T'ai Chi Chih, which is TEH, or "inner sincerity." Justin urged teachers to take responsibility for conveying the proper inner motivation to students, that "we must inculcate respect for the form through our example and our teaching." Teachers who express and successfully teach respect for the form and for the teacher training process will tend not to have students who begin to teach prematurely and without accreditation. One action that can be taken is to contact the agency through which an unaccredited teacher is offering classes, and point up the fact that the person is uncertified to teach T'ai Chi Chih. A letter from your regional T'ai Chi Chih teacher's association is another powerful way of pointing up the difference between an accredited and an unaccredited teacher to program directors. Another excellent suggestion was made during the teacher conference that we invite such teachers to attend a teacher accreditation course, giving them details about the Vital Force, upcoming teacher meetings, or teacher courses.

Universal T'ai Chi Chih Pamphlet or Flyer

An equal clamor arose in favor of a central pamphlet that presents the principles of T'ai Chi Chih, along with a logo, with a space for each teacher to stamp his or her own name, address, and telephone number. Justin inquired whether each teacher would be willing to contribute \$5.00 toward the development and design and initial printing of such a brochure. No closure was reached on this issue, but the mood was favorable, and further comments/encouragement/discussion is welcomed.

The Fluttering of Fingers or Hands

We must take care that students understand that the fluttering of hands or fingers is not something they must imitate in order to do T'ai Chi Chih "the right way," but rather is an effect of smoothly flowing Chi which MAY (or may not) develop spontaneously at some point after continued regular practice. [Editor's note: We expect to soon include a note with the videotape that explains this phenomena.]

T'ai Chi Chih Classes for Special Groups

Several teachers spoke about their experiences or upcoming classes in specialized teaching situations. Some of them included:

- Renee Wilson (Victoria BC)
teaching Multiple Sclerosis patients
- Ed Altman (Long Beach CA)
teaching by referral from physical therapists
- Hannah Hedrick (Chicago IL)
working with AIDS patients
- Corinn Codye (Santa Barbara CA)
children's classes (1st graders)
- Tom Fernandez (Mendocino CA)
teaching in retirement communities
- Sandy McAlister (Hayward CA)
teaching Vietnam Veterans

Welcome back, Valerie

Valerie Lawson-Smith treated us to stories of her experiences living and teaching during the past two years in Japan with husband Steven Smith and new baby daughter Simone. Valerie taught English and worked with sports teams in an experimental program at a small-town high school.





Universal T'ai Chi Chih Logo

Teachers spoke up asking for a T'ai Chi Chih logo that all accredited teachers can use. Since T'ai Chi Chih is growing rapidly, a universally-recognized symbol for the form would not only save each teacher from having to generate a personal logo for T'ai Chi Chih, but it would also contribute to the important distinction of being a certificated teacher. A logo-design contest was suggested, so please send your ideas to the Vital Force before December 31, 1988. Early next year we will publish the ideas we receive and take a vote from all teachers on the logo.

T'ai Chi Chih Teachers--Talents Unparalleled

The Saturday evening of Teacher Conference seems to develop naturally into lively entertainment. Lia Ridley not only danced, but drew everyone into the freeing (spiritual) experience that belly-dancing can be. Willy Juncosa (now conductor of Santa Cruz symphony orchestra) let his fiddle do the talking with everything from Hungarian Rhapsodies to Orange Blossom Special. We heard Justin Stone's two new piano solo music cassette tapes (bluesy/jazzy renditions of show tunes and original solos--"Retrospection" and "Memory of Tomorrow" are available from Amber Records, P.O. Box 51643, Pacific Grove CA 93050). Tara Stiles, fresh from the outback bearing new Aussie music tapes, and Adele Wenig conspired successfully to "bring out the kid in everyone" in vigorous dance/game improvisations on Follow the Leader. Many other formidable talents, such as Valorie Taylor (Viti) whose cello was absent receiving a reconditioning, number in our ranks. Further evidence may be entirely unnecessary for the theory that T'ai Chi Chih enhances creativity.

Justin's New Books

Justin Stone's two new books were introduced at this year's teacher conference. Heightened Awareness: Toward a Higher Consciousness (\$8.95) will double as text for Justin's new seminar of the same name. Justin will be teaching Heightened Awareness seminars in several Midwest and West Coast cities this Fall. 20th Century Psalms: Reflections on This Life (\$9.95) is a challenging and thought-provoking collection of observations, aphorisms, and anecdotes, the product of decades of introspection and experiences in the realm of spiritual realization, in Justin's own way of "hitting the nail on the head." Both titles are available from Good Karma Books, Box 511, Ft. Yates ND 58538.

Teacher Conference '89

Mark your calendars--August 11-13, 1989 in Albuquerque, New Mexico. Carmen Brocklehurst and the Albuquerque area teachers will be hosting this conference and have already reserved space for us at a hotel in Old Town Albuquerque. We look forward to seeing you all there.

Regarding T'ai Chi Chih "Drop-outs"

Justin challenged teachers to consider why certain teachers drop away from teaching T'ai Chi Chih after a certain period. The ensuing discussions crossed over into reasons why students as well as teachers fall away from the practice. It is apparent that the number of distractions, stimulations, and learning opportunities in our society certainly contributes to fickleness in students. But this question, as in the case of having students who might begin teaching T'ai Chi Chih without the benefit of certification, can also be viewed as a responsibility of teachers to motivate and inspire students and new teachers through our personal example and teaching. Two words emerged that characterized the bulk of discussion at the teacher conference: **continuity** and **cohesiveness**. The same continuity we speak of in "the way" we do the movements must naturally become part of the larger vision of T'ai Chi Chih as a continuity of practice and a continuity of communication. It was noted that students more certainly and faithfully incorporate T'ai Chi Chih as a self-discipline when given many opportunities to continue meeting and practicing as a class or with a group. Teachers all spoke of the effectiveness of holding continuing practice or intermediate classes for students. A few teachers hold warm, informal gatherings such as a potluck or class dinner to celebrate the "graduation" of their beginning T'ai Chi Chih classes. This encourages a community feeling, and most students want to continue meeting thereafter to practice. Often they seem to need the group in order to keep up their individual practice, at least for some period of time.

The same applies for many teachers, especially when newly-accredited. Regional teacher groups who meet regularly are an important source of inspiration and support for each other, and a powerful means of sharing the Chi that almost goes without saying. By the end of the teacher conference, dates had been set for regional teacher meetings in Albuquerque, Southern California, Northern California, and Victoria BC, and those teachers who live in more isolated parts of the country resonated with the desire to have more contact and practice time with peers.

Also, the trend toward more conscientious, thorough and challenging teacher preparation will probably result in more teachers who actively teach following accreditation. And the Vital Force is of course an important way to keep in contact and to make use of this paper by sharing our experiences is to foster the blossoming of T'ai Chi Chih.



Share This Issue With Teacher Candidates

This issue of the Vital Force is being mailed only to accredited teachers. We suggest that you make extra copies of this issue to give to your students who are preparing for teacher accreditation--not only for the details regarding the Fall teacher certification courses, but also because we expect to see them at next year's conference in Albuquerque.

New Teacher Preparation

One of the most significant developments in the past year or so is the initiation of formal "teacher preparation" courses to prepare students for the T'ai Chi Chih teacher accreditation course. This year is the first year where written recommendations for teacher candidates have been required. The need for well-prepared teacher candidates has become evident during past teacher training courses, and several teachers have shown great initiative in developing special courses to meet those needs. Three such teachers, Sharon Melvin of Calgary AB, Renee Wilson of Victoria BC, and Carmen Brocklehurst of Albuquerque NM shared their teacher preparation curriculum with conference participants. The teacher courses held in Albuquerque and in Victoria this past spring consisted principally of students prepared by these three teachers, and those students were remarkably well-prepared according to Steve Ridley and Justin Stone. In Steve's words, "When students are that well-prepared, the entire course can proceed to much deeper levels and refinements of T'ai Chi Chih than when candidates are still struggling to learn basic T'ai Chi Chih. Sharon's, Renee's, and Carmen's course outlines follow and provide a sound set of guidelines for the training of teachers. We are most grateful to them for their groundwork in this area.

Teacher Preparation Course developed by:

Carmen Brocklehurst
9500 Prospect NE
Albuquerque, NM 87112
(505) 299-0562

I mailed announcements to 300 former and continuing students. I had 50 possible teacher candidates in mind, and 15 responded. I looked for an attitude of respect for the form.

Course prerequisites: At least one 8-week (12 hour) course, plus review class, and demonstration of sincerely motivated interest in teaching T'ai Chi Chih.

Course content and expectations:

- Required daily practice.
- Keeping of notebooks for handouts, progress, ideas, critiques, notes.
- Other accredited T'ai Chi Chih teachers were invited as guest speakers to give sample presentations, talk about their own experiences at teacher training and beyond, and so on.
- Become knowledgeable about the organization and history of T'ai Chi Chih
- Develop and discuss plans for teaching after accreditation.
- List goals for perfecting the movements--to do them not just well, but great!
- Participate in small group presentations of movements, and receive critiques

Course cost: \$50 (Next time it will cost more.)

Teacher Preparation Course developed by:

Renee J. Wilson
P.O. Box 1583
Victoria, BC
Canada V9W 2X7
(604) 478-8156

A six week intensive program where we met once a week for two hours. I made up a special folder for each person including the following: Guidelines for presentations, special hints and visual aids, special articles of interest pertaining to T'ai Chi Chih, newspaper clippings, and list of reference material. I presented a sample demonstration. Each candidate gave a mock demonstration. Extensive theory work and discussions. Extensive practical work and refinement of movements, exchange of constructive criticisms. Showing of Justin and Steve's videos, discussion of individual styles. Listening to Justin's audio tape. In addition each candidate took part in at least one continuous T'ai Chi Chih session where they all took turns in leading the class and received constructive criticism. Each person worked seriously and enthusiastically. This experience seemed to form special bonds and friendships, and was of benefit to all of us. It enabled us to share and create our own spirituality.

Teacher Preparation Course developed by:

Sharon Melvin
135-34 Avenue SW
Calgary, Alberta
Canada T2S 0T1
(403) 243-9963

Course Prerequisites: Beginner's (seven week series) and Intermediate (four week series--covers 5 movements each week).

Course Length: 4 months

Course Content: Private instruction and assessment (a minimum of three private sessions with me). Apprenticeship teaching in beginners and intermediate courses. Research report on the background, philosophy, and basic principles of T'ai Chi Chih. Weekly group practise. Four monthly workshops (three hours in length) which include: in-depth suggested teaching strategies and lesson plans; further discussion of T'ai Chi Chih and Taoist philosophy; T'ai Chi Chih review and practise leading a group and students' responses that arise; viewing of relevant video and audio tapes; presentation practise; questions; sharing, and support.

Course Cost: \$250

Support the Vital Force by Subscribing

All teachers say they really look forward to getting the Vital Force and read it immediately. Somebody has to pay for printing and mailing it. (It's expensive!). If you're one who enjoys it, why not send in your \$10 for the next four issues?"

Justin Stone

Attention Seijaku Certification Seekers

The last Seijaku accreditation course was held in March 1988. At that time, no other courses were planned. Since then, 45 new T'ai Chi Chih teachers have been accredited. At the August teacher conference, several of these new teachers asked whether Justin Stone would consider holding another Seijaku course. Justin announced that if he received 20 written requests from teachers who are not yet Seijaku-accredited (letters which state definite intent to take the course), he will schedule another Seijaku certification course.

So if you missed the first or second course, or if you are a new teacher wanting to take the Seijaku training, here is your chance. Write to Justin Stone, 214A Congress, Pacific Grove CA 93950.

It's Renewal Time—Check Your Label

From the comments at the recent Teacher's Conference, all teachers value the Vital Force highly. Some even requested that we publish monthly rather than quarterly. As T'ai Chi Chih grows, more frequent issues may become a joyful necessity. This very issue is an extra, a special edition devoted principally to reporting on the August Teacher Conference. Meanwhile, both regular and special editions continue to run up the normal printing and postage bills.

We wish to increase the number of teachers who actively subscribe to the Vital Force, so that the paper can pay for itself. Many of you have been renewing your subscriptions each year. Check your label to see when your subscription expires: "X9/88" means your subscription expires with this issue. If your label doesn't show an expiration date, this means you haven't made any donation to the Vital Force in the last year, and it's high time you sent your \$10 annual subscription! We want to continue supporting and inspiring and keeping all teachers in touch with one another and the rapid growth of T'ai Chi Chih. Thanks so much for subscribing to the Vital Force.

The Effort of No Effort

Justin shared this comment at the teacher conference: "You can chase your shadow all day and never catch it, but stand still at noon and it will merge with the body--no effort."

"Withdrawing into abstraction--from there comes all creativity."

-Justin Stone

A Piece of Being,
Being Peace,
Is.

TF

Rosalind Cook of Victoria BC, accredited in May '88 shared this handout at the August teachers conference.

T'an T'ien Awareness

Take your index finger and touch the middle of your belly, approximately two inches below your navel. This is your center and is known in Chinese as the t'an t'ien. The t'an t'ien is where your physical center of gravity is located (referred to as Energy Sea or Heavenly Center).

Throughout these classes you will be concentrating on t'an t'ien awareness. Sense your actions, and even your thoughts as springing from that point.

Press your finger firmly into your t'an t'ien until the pressure becomes almost painful. Now remove your hand and continue to sense that point. Let that single point of awareness expand until it fills the entire abdomen and the entire pelvic area from side to side, and from front to back.

It is most important throughout your practice to bring the energy that you have generated and circulated, down into this area.

From The Tao Te Ching

"Give birth to events, but without pride or self-importance in the results. Act without interfering. When you succeed in achieving something, do not linger or possess it. If you do not cling to your achievements, you will not lose them."

"The softest thing in the universe overcomes the hardest thing in the universe. That without substance can enter where there is no room. Hence I know the value of non-action."

Teaching without words and work without doing are understood by very few."



No More Back Pain? I Want Your Story

As I announced at the Teacher Conference, I am collecting material for an article on T'ai Chi Chih for Back Pain Magazine. The article will report on results that T'ai Chi Chih students and teachers have experienced through T'ai Chi Chih practice. Please write or call with your story before 9/30/88.

In healing light,

Corinn Codye
P.O. Box 397, Santa Barbara CA 93102
(805) 687-8737

News from Teachers

T'ai Chi Chih at Rancho Rio Caliente Resort

Theda Gillespie will again be teaching T'ai Chi Chih during September and October at Rancho Rio Caliente (APDO 1-1187, Guadalajara, Jalisco, Mexico). Any T'ai Chi Chih teacher would be a welcome visitor, and the special fall rates make a week at this reportedly wonderful health resort especially inviting: \$269 per person double occupancy includes seven nights lodging, all meals (vegetarian), three free beauty treatments, classes, and a shopping trip to Guadalajara. Can you afford NOT to go? By the way, this year Hannah Hedrick will be teaching T'ai Chi Chih at Rancho Rio Caliente during November.



Joseph Pagano's Active on Monterey Peninsula

Joseph Pagano, accredited in April, offers T'ai Chi Chih through the Monterey Peninsula Friends of C.G. Jung. He recently gave a demonstration in the atrium of a Carmel restaurant, as documented in the following newspaper announcement.

Demonstration offered of 'moving meditation'

A FREE demonstration of the "moving meditation" known as T'ai Chi Chih will be offered in the atrium of Peyton's Place Restaurant, No. 8 Crossroads Blvd., Carmel at 5:30 p.m. on Saturday, June 18.

The 19 gentle, flowing movements of this form was developed by Pacific Grove resident Justin Stone, the American Orientalist and former Master of T'ai Chi Chuan, the historic Chinese martial art form. He recently trained and accredited Joseph Pagano of Monterey as a teacher of the T'ai Chi Chih form. Pagano will provide the demonstra-

tion, which is sponsored by the Monterey Peninsula Friends of C.G. Jung.

In the memorandum announcing a series of meetings for small groups to learn T'ai Chi Chih, Pagano said, "My enthusiasm for Jung's ideas is finding exciting new affirmations in doing my daily 'moving meditation' of T'ai Chi Chih." The public is invited to both the demonstration and the learning session. Call or write for details: 649-8809; 853 Pacific St., Monterey.

The Friends of C.G. Jung is an informal group of people which meets regularly to help one another make practical applications of the Swiss physician's writings into their everyday lives.

T'ai Chi Chih at Summer New Thought Conferences

Carmen Brocklehurst led daily morning T'ai Chi Chih at the week-long annual INTA (International New Thought Alliance) conference during July in Washington, D.C. Carmen was a personal testament to the healing properties of T'ai Chi Chih practice, having undergone major abdominal surgery only weeks prior to this conference. She reports feeling well and energetic!

Harriet Henderson taught T'ai Chi Chih daily "at the flagpole at 11:15 a.m." during the annual Church of Religious Science August conference at Asilomar, California, for the fourth consecutive year, leading approximately 200 people a day through T'ai Chi Chih movements. Many reported it was the highlight of their conference week.

Editor's Note: By submitting a "Press Release" worded similar to this, typed and double-spaced to the calendar editor of your local paper, you can almost certainly get an announcement or short article printed, and your chances of appearing in print will increase dramatically if you include a black and white glossy photo of yourself in an interesting pose "doing" or teaching T'ai Chi Chih.