

THE

# VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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FALL EQUINOX 1988

## Justin's Comment On "Ultimate Truth"

Teachers and students are constantly asking me to write a book on 'Ultimate Truth'. If I did so, they would resent the very 'truth' they asked for, as it would threaten the ground of their previous concepts. And "ultimate truth" is of no value in everyday life. Take the following example:

"Nature has no interest in the individual. It oversees the evolution of the Species, and the somewhat illusionary individual just happens to be part of that Species. Churches promise all sorts of beautiful futures--or hateful rewards--to the individual to gratify his ego sense of importance, and, probably, in doing so, they contribute a bit to morality and ethical behavior. But there are trillions of forms of life in billions of Universes, and the human intellect is not capable of intuiting them. As heightened awareness leads to an unobstructed consciousness, they can be experienced, and it will then be realized that they are all here now--they are not geographical. When the vibratory rate is stepped up thru meditation, T'ai Chi, or heightened awareness seminars, as well as other disciplines, there may well be glimpses of other forms of life undreamed of in the everyday world. It is easy for a higher rate of vibration to be aware of what is below it, but one cannot look up the scale. Greater awareness will bring us to the conclusion that 'we'--and all life--consist of a constant flux of energies. The illusion of individuality (maybe this is painful to realize) is replaced by an identity much greater."

Does this mean we now become insignificant dots in one of the innumerable Cosmic systems? No, quite the opposite. When we find out Who and What we are, it is as the Lotus Sutra says:

"Man's voice is a voice filling the Universe, his life is a life without limit."

## T'ai Chi Chih - Returning To Freedom!

Steve Ridley

Each of us has become accustomed to superimposing self-created limitations upon Reality, our Essential Nature. We sustain these unnecessary, conceptual restrictions through various justifications based on experience and what we have accepted from others.

The longer we sustain these beliefs in limitation, these restricting concepts and mental tendencies, the more deeply they seem to bind us in the way we express ourselves and experience life.

Enlightened beings have attested that we are essentially unlimited in our capacity for self-expression, comprehension and bliss. They have stated that the more we are able to neutralize or transcend self-imposed limitations, the greater will be our freedom of expression and joy. Until we are willing to release the self-created limitations of who we are and what we can experience, we will remain unfulfilled, while continually seeking relief from suffering.

One way to dissolve the restricting tendencies we have cultivated, is to improve the flow and balance of Chi, the intrinsic, life-sustaining, evolutionary force that animates and operates through the mind-body. Through regular, conscientious practice of T'ai Chi Chih, the volume of Chi that lives and breathes us increases and is harmonized and matured. As a result of this process, the mind-body is rendered increasingly fit to incorporate the limitless expression of our Essential Nature.

T'ai Chi Chih is a true blessing through which we may actualize our Wholeness, our Essential Nature by allowing the restoration of Reality. This is the only true aim of T'ai Chi Chih practice: "knowledge of Reality".

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## A Warm Welcome

We welcome the following Summer of 1988 Denver graduates, to the TCC teacher family. Several of the new teachers attended the August Conference. It was a pleasure meeting them and sharing in their enthusiasm.

Janet M. Arend  
16 Eagle Ridge Road  
St. Paul, MN 55127  
(612) 484-7562

Karen Carrier  
3038 North Victoria  
Roseville, MN 55113  
(612) 484-1565

Raymonde (Arabella) Jankowski  
258 Tunisia Road  
Fl. Ord, CA 93941  
(408) 394-2631

Edward B. Kemper  
P.O. Box 17234  
Boulder, CO 80308-7234  
(303) 642-3260

Dorothy L. Marks  
1224 West 32nd  
Independence, MO 64055  
(816) 252-7624

Gail McIntire  
6445 So. Dudley Way  
Littleton, CO 80123  
(303) 979-0242

Mary Pish  
P.O. Box 1035  
Cloverdale, CA 95425  
(707) 894-4441

Janice E. Vincent  
8342 Bluff Blvd.  
San Antonio, TX 78250  
(512) 684-0295



### 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

## Teacher Letter

T'ai Chi Chih has been moving through very heavy, hot air in Fargo, North Dakota this month! Our classes are going strong regardless of the drought and heat. The students light-heartedly visualize moving through very heavy hot air as moving through very heavy, cool air! Humor and sharing of the joy spread as we learn and grow together.

One particular movement was causing the evening class students some frustration--Perpetual Motion Taffy. Initially, with the ease and grace this movement portrays, the group wanted to do it all at once--combining the arm and leg movements--rather than practice the leg movements first, then the arm movements. Thus we did. Frustration won and students stopped in despair; faces in scowls, or breaking into peels of laughter with the tangledness of self.

Remembering what Teen had said about the Taffies in the VITAL FORCE a couple of years ago, I stated that the Taffies can be pretty sticky stuff. Especially if one begins to think too hard on the movement. The balance of mind/flow is the key. So, we took the movement apart and began again with immense success. The students still felt awkward and acknowledged this as we started and stopped in Perpetual Motion.

During all these learning steps the suggestion of videotaping before, during, and after came up--which led to the inspiration of doing a videotape titled "T'ai Chi Bloopers"! The entire class hooted with laughter (we were all still doing the movements when this discussion transpired) and amazingly after this comment, the whole group smoothly and effortlessly flowed with Perpetual Motion. One student, Dale Carrier, a counselor, commented that often times all it takes is a little finger-pointing in our shame-based culture, and then change can occur. The class chuckled, yet the hint of a truth we all encounter had been named.

That same evening of class in the atrium garden, we watched two baby robins watch us do T'ai Chi Chih while we watched them trying to scale the high wall surrounding the garden, bouncing literally off the wall, which further added to our lofty and meaningful experience. The bird audience: robins, sparrows, crows had sung while we practiced. It was of interest to us that initially the sparrows had seemed to be tending the baby robins until the mother robin revealed herself to us.

We enjoyed the nature scene while the birds observed our efforts in learning Perpetual Motion. During all of this, we each continued with the perpetual movement of life. Regardless of the species, it is found that life does get a bit sticky at times, and throughout it all humor and mutual support can be maintained.

Christeen Curran  
June 1988

## Good Karma Books

The two new books by Justin Stone, *20th Century Psalms* and *Heightened Awareness* are available through Good Karma Books, Inc., P.O. Box 511, Fort Yates, ND 58538. You may write for quantity rates and shipping costs or phone (701) 854-7435 for further information.

Martha Immel gives the following article to her students and wishes to share it with you.

### Power Of Personal Influence

(Adapted from "The Majesty of Calmness" by William Geo. Jourdan 1900)

The only responsibility you cannot evade in this life is the one you probably think of least--your personal influence. Every moment of life you are changing, to a degree, the life of the whole world.

Every man and woman has an "atmosphere" which is affecting others. So silently and invisibly does this atmosphere work, we may forget at times it exists. Yet all the great forces of nature--light, heat, electricity, gravitation--are silent and invisible. In all nature, the wonders of the "seen" are dwarfed into insignificance when compared to the majesty and glory of the "unseen."

Into your hands is given a marvelous power . . . the silent, unseen influence of your life, the constant radiation of what you project to others. By mere living, you radiate any of a thousand qualities: trust or distrust, cheer or gloom, cynicism or happiness. Your life is a constant state of radiation and absorption. To exist is to radiate and be the recipient of the radiations of others.

There are men and women who float down the stream of life like icebergs--cold, reserved, unapproachable, and self-contained. These refrigerated human beings have a most depressing influence on many who fall under their spell of radiated chillness.

But there are other natures--warm, helpful, genial--who are like the gulf stream following their own course, flowing undaunted and undismayed into the ocean of colder water bringing with them warmth and life and light, the joyous stimulating breath of spring.

You can't evoke for one second this radiation of your character--this constant effect on others. You can't evade it by saying it's an unconscious influence. It's not. You choose the qualities you allow to be radiated. You can choose to cultivate calm and trust and generosity and justice and loyalty and honesty and love, make these vitally active in your character, and by so doing, constantly affect the world.

To make your influence felt of course, you must live with integrity. It's useless for you to teach your children gentleness and truthfulness when you yourself are usually cross, when you yourself tell lies.

Never be content to merely influence others with your radiation. Seek to be an inspiration, bringing out the best in others by radiating the best in yourself

Martha Immel  
1421 - 16th Street  
Baywood Park, CA 93402

### There Are No Mistakes

I want to share an experience I had when I decided to run a TCC advertisement in a New-Age health magazine. I went to the office of the magazine and had a nice conversation with the owner/editor. I learned that Justin had accredited him to teach T'ai Chi Chih over 10 years ago in Albuquerque!

I had recently developed a new TCC logo depicting the interaction of the Yin Chi and Yang Chi polarities. I was proud of my new logo, and looking forward to seeing my advertisement in this magazine.

The night before the ad was to be published I had a terrible dream: the magazine had ruined the text of my ad, and they had not even used my logo. I was able to distance myself from these thoughts by telling myself "these people are professionals."

The next day I was pleased to find my ad at the beginning of the advertising section; I was thankful for my good fortune. I then realized that they had mistakenly altered my new logo. I couldn't believe my horrible dream had come true!!

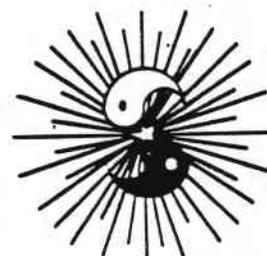
I tried to feel the message behind this experience, and I began to gently practice my T'ai Chi Chih movements. When I had returned to my feet it occurred to me that the Yin and Yang elements were now in the positions of Heaven and Earth. It was then that I realized the logo was a beautiful gift from the Universe!

When I decided to embrace the gift I felt a great wave of love and Chi sweep through me. I immediately called the magazine and explained what had happened. As the owner was about to apologize I explained how pleased I was with the new logo, and thanked him for his part in the whole affair.

The logo was no longer mine, but I had contributed to its creation. In this way I am unable to "teach" T'ai Chi Chih, but I share in its transmission. I realized that as I share T'ai Chi Chih with others I must continually offer myself in humble service to the Universe. I have found that the greatest results of my efforts have come from helping to solve the problems of others. I feel that selfless giving "empties your cup" so the Universe may again refill you. It is as Justin says in his book, 20th Century Psalms, "If things don't go well, try giving."

What joy I have in knowing that the Universe accepts my efforts, and uses them to serve the greatest purpose of all...SHARING THE CHI!!!

Edward Altman  
5138 E. Anaheim Rd.  
Long Beach, Ca. 90815  
(213)494-6651



Dorothy Marks, accredited in July 1988 submitted the following article which appeared in *Intercom Magazine*, published by St. Luke's Hospital, Kansas City, MO. Photo courtesy of the hospital. Joe Wythe, Instructor, Dorothy Marks, Asst. Instructor at the hospital. Dorothy has a proposal to Independence Regional Hospital for a TCC class.

### Knocking On The Gate Of Life

The phrase, "knocking on the gate of life" has a double meaning for 37-year-old Dorothy McKnight. Not only is it the name of the warm up in her T'ai Chi Chih class, it also describes Dorothy's personality.

Dorothy takes a T'ai Chi Chih class as therapy for psoriatic arthritis, a disease of the joints, which she contracted in 1968 at age 17. It started in her knees, and developed rapidly. "One day I was fine, and the next I had arthritis," Dorothy says. She missed more than three months of her senior year in high school because of her illness.

Dorothy's arthritis went into remission when she was 20 years old, but by the time she was 26 it flared up again. Dorothy came to Kent Huston, MD, a rheumatologist at St. Luke's Hospital, who checked her into the Comprehensive Rheumatoid Arthritis and Rehabilitation Unit. The program is designed to assess the patient's condition, regulate medication and provide both physical and occupational therapies.

Dorothy has high praises for the Comprehensive Rheumatoid Arthritis and Rehabilitation Unit. She claims it taught her to cope with having a chronic disease. Dorothy thinks that one of the main benefits of the program is the opportunity to interact with other people who suffer from the same disease.

Dorothy's positive attitude is one result of the program, and a reason why her treatment has progressed as far as it has. But she admits it "took her awhile to bend her will."

Arthritis sufferers have a great deal of control over how much exercise they get, which is an essential aspect of treatment. A

full range of motion in each joint is recommended daily. Dorothy realizes that she needs to exercise, although it's painful for her.

Dorothy's major form of exercise is the T'ai Chi Chih class she attends twice weekly at the hospital's Center for Health Enhancement. T'ai Chi Chih is based on an ancient Chinese system of exercise consisting of a series of repetitive, non-strenuous motions. T'ai Chi Chih emphasizes meditation through movement, and is ideal for the arthritis patient because it provides greater mobility, coordination and flexibility.

Dorothy's class consists of an instructor who leads the group in 20 movements whose names vary from Daughter on the Mountaintop and Passing Clouds to Pulling Taffy. The mood is casual and relaxed, and Chinese music plays softly in the background. Visualization and concentration tools are used to help the students "pull in their energy." In one instance, Dorothy was told by the instructor to move with softness and continuity, as if she were in slow motion in a dream.

T'ai Chi Chih movements stretch joints and strengthen muscles. Dorothy, who has only been practicing T'ai Chi Chih for little more than a month, says that she has noticed a marked improvement in her condition since she has been going to the class.

"I'm a lot more limber than I used to be," Dorothy says. She adds that getting out and going to class is a lot more stimulating than watching an exercise tape at home. The gentle movements of T'ai Chi Chih help alleviate Dorothy's arthritis pain, which provides strong motivation for her to continue the class. "I know that slowly but surely exercise will ease the pain. "I believe I wouldn't be able to stand now if I hadn't gone through the program," she says.

Truly, Dorothy is "knocking at the gate of life" with both hands. She has learned not to let her disease become a stumbling block, but to work around it to reach her full potential, and enjoy all that life has to offer.



## Student Letter

Corinn received the following letter from a T'ai Chi Chi student in remote Southern Arizona. She has only the T'ai Chi Chih book and video to instruct and accompany her, and has experienced a dramatic healing in a short time. But her letter better tells the story...

Dear Corinn Co dye,

Our brief telephone conversation meant more to me than I can adequately express. After hearing your voice, I can enjoy more "personal identification" with the JOY THRU MOVEMENT video tape. Justin Stone is very clear and precise in his demonstration of the movements. I join YOU for a "class" TWICE EACH DAY! So, the personal identification was nice to know; also your kindness in relating how the positive Chi was responsible for the noticeable movement in your hands. I am a novice with T'ai Chi Chih and have only a very slight tremble. Even that was not observed until somebody pointed it out to me. It seems as though I feel the soothing warmth and vibration in my FEET! Is that normal?

As I had mentioned on the telephone, I have had a disc problem from a sports injury for the past 2 1/2 years, and have been through a living hell with physical therapy, various doctors, and medical expenses. The prospect of possible disc surgery next Spring had me in a state of near panic. So, when I read about T'ai Chi Chih last year, and balancing the body's intrinsic energy, I was willing to walk over hot coals, if necessary!

Imagine my surprise! T'ai Chi Chih is so relaxed and flowing. The movements are truly natural for my body. Healing. I get lost in the movements, almost as if it's not really me doing them, but more like T'ai Chi Chih is doing T'ai Chi Chih. I don't know if you understand what I mean, but I can only say that it makes me feel renewed and whole. I am skeptical about the word "miracle", but that's honestly a fair description. I feel like my skin fits. No pain...my back ramrod straight.

While my body is mending and feels good now, I find that my mind is strong and serene. Corinn, I would be most grateful if you could supply a reading list that would help me expand the ability of the Chi. I am currently reading LAO TZU, TAO TE CHING. This is probably by far the most frequently translated work in Chinese, but I find reading more enjoyable if it is written for the Western mind.

In addition to the JOY THRU MOVEMENT video, I also enjoy the JOY THRU MOVEMENT book, and Justin Stone's book of MEDITATION FOR HEALING. Has Justin Stone written other books? I would be very interested in purchasing ANYTHING he has written. Your recommendations for additional materials would be greatly appreciated.

Please forgive the length of this letter. I feel as if I have been speaking to an old friend.

You mentioned that indeed you knew Justin Stone personally; please encourage him to continue his work with T'ai Chi Chih. And accept my deep gratitude for the part YOU have played in helping to provide me with the means to balance my life with the simple discipline of T'ai Chi Chih.

Oh Yeah. I know. PRACTICE. PRACTICE. PRACTICE!!!

Sincerely,

Mrs. Marilyn P. Harrison  
P.O. Box 224  
Sasabe, Arizona, 85633

## Evening Meditation

Steve, July 20, 1988  
9-9:30 p.m., Denver

In nature  
Returned to Being

Quiet and alone  
With awe and wonder  
As a child

The cricket symphony  
The deep darkening sky  
The friendly stars  
Ancient vaulted heavens  
Familiar mystery  
The puzzle of lifetimes

Comfortable  
Out of time  
Ah, the nowness of peace  
In the Heart

Innocent ...  
Soft ...  
The tender life pulse

A perfect world  
Everywhere at rest  
Effortlessly the creative stream  
Filling the Universe

Om Peace, Om Peace, Om Peace ...



## Teacher Letter

For just over two years I have practiced TCC regularly and enjoyed it. In so many ways I have benefitted, even in my sense of humor. It is not difficult for me to imagine "Mr. Tai Chi" (with a long white beard) sitting at his desk, making a list of all my ailments, disorders, problems, etc., that practice of TCC will mend.

The fact is that in the two years he hasn't "fixed" two very bothersome problems.

Honestly, there is a part of me that is frustrated. BUT there is also a lesson I am being forced to learn, a lesson that comes hard to me. The most control that I have is to practice T'ai Chi Chih, or not. The rest is not up to me no matter how hard I plan, scheme, or wish. In the long run I know it is better that way.

Right now, just keep practicing.

With love and best wishes.

Katy (Kay Myrna Buss)  
4848 N. Mesa K-67  
El Paso, TX 79912

## Balloons

Christeen Curran has balloons for celebrations! They are a fine addition to a booth or for the "chi-ld" in our students! They are available through Christeen if anyone is interested. The design and all has been paid for by her so no one would have to go through that cost. The price is \$120.00 plus postage for 1000 balloons. If anyone is interested in purchasing these balloons contact:

Christeen Curran  
1012 16th Street North  
Fargo, ND 58102  
(701) 232-5579

## Poetry

To the mind that is still,  
the Universe surrenders.  
--anonymous

Stillness it is then,  
With the focus on the tan tien.

Effortless movement  
Thought without thought  
Words of no-words.

From this stillness  
The next beat of my heart sounds.

With this movement  
All is comfortably arranged.  
Through these words  
The silence is heard.

Don Arenz  
2/16/88

Don is a student of Christeen Curran.



## DEADLINE for WINTER ISSUE November 15, 1988

October 18-23 Teacher Training  
San Clemente, CA  
Tais Hoffman  
(714) 498-5711  
S345

November 8-13 Teacher Training  
Morro Bay, CA  
Corinn Codye  
(805) 687-8737  
S345

## From A Student

The following was written by Nancy Farnham, student of Chris Curran, Music Therapist at Villa Maria Health Care Center in Fargo North Dakota. It was published in the abstract for the AHAA Innovation of the year.

## SUMMARY DESCRIPTION - T'AI CHI CHIH

Residents of our home have been practicing the oriental art of T'ai Chi Chih since 1986. T'ai Chi Chih is a gentle means of self-expression through exercise. It includes 20 subtle physical movements that facilitate the reduction of tension and enhance one's feeling of serenity and well-being. It has been noted to aide greater health and longevity.

## SUPPORTING INFORMATION

T'ai Chi Chih was created over a ten-year period by Justin Stone. Stone, a native of the United States, had been a long-time student and teacher of Oriental philosophy and is a recognized authority on many Oriental disciplines. A Master of T'ai Chi Ch'uan (another form of T'ai Chi which incorporates 108 movements), Stone discovered that the same principles utilized in T'ai Chi Ch'uan could be applied in a much simpler manner and thus developed the 20 movements which are included in T'ai Chi Chih. Stone began teaching and certifying instructors in T'ai Chi Chih in 1974.

A nurse on our staff had been to an educational workshop which included a demonstration of T'ai Chi Chih by a local R.N. who is a certified T'ai Chi instructor. She came away from the experience so relaxed and energized that she became an instant one-person PR program for the exercise. From her experience with the elderly, she felt that the gentle, repetitive movements of T'ai Chi Chih would be ideal as an exercise for this population. Soon after, our facility wrote and received a short-term grant to pilot such a program for our residents and was so impressed with the results of the program, that we continued it even when the grant project was completed.

When we began this exercise program, we targeted 12 residents who we felt would benefit from it. We invited these residents and their family members, feeling that it would be something they could enjoy doing together. Also, some of the residents who had been targeted for the program suffered from various forms of dementia and would benefit from having a family member there to be their one-to-one coach. What started as a program with a dozen anticipated participants, turned out to be a program that expanded each week it met. The very soothing, graceful, and repetitive movements of T'ai Chi Chih seemed to be particularly tailored to meet the needs of some of our residents who had arthritis, Parkinsons, or other physically limiting diseases. Staff members have always been welcome to participate in the group and often are seen doing one-to-one coaching with residents or acting as the resident's mirror to aid them in the exercise.

The group meets at 4:00 p.m. which is generally a time of high agitation in our home. On the days that the T'ai Chi Chih is performed, the atmosphere of the home is more tranquil and relaxed. Even those who choose to observe the group rather than participate seem to be effected by the calming nature of the movements. The free-flowing, sedative music that provides the backdrop for the exercise seems to enhance the experience for everyone.

Regional TCC Meetings: Contact will be made by local area coordinator.

## T'ai Chi Chih

Tai Chi Chih consists of 20 simple non-stress movements that relax the body and refresh the mind. Circulating and balancing the Chi, the Vital Energy within us, the gentle movements promote physical, mental and emotional health. The form is easy to learn and the benefits are experienced not soon after beginning the exercise. The movements can be performed wherever there is enough space to stand and take one step in either direction, needs no special equipment or clothing, and can be performed by anyone, regardless of age or physical condition.

- Stress release, relaxation and a feeling of well-being.
- Improved coordination, balance and athletic performance.
- Mental, emotional and spiritual support for substance abuse programs.
- Physical improvement including weight & blood pressure control.
- Longevity with increased creativity and productivity.
- Energy (Chi) stimulation.

"TO KNOW CHI IS TO KNOW ONE OF THE GREATEST SECRETS OF LIFE."

**JEANNE CARLSON-LINSCOTT** Accredited Tai Chi Chih Instructor  
 As a student of Tai Chi Chih on television, conducted week-long workshops, one-day intensive seminars and seminars, colleges, and many more have gained professional status. She is the founder and director of New World Naturals and The Chi, Your Choice for Optimum Health. Jeanne is able to conduct special seminars and workshops for groups and business executives of interest in the many benefits of the form. To learn more contact:

Jeanne Carlson-Linscott  
 New World Naturals  
 Central Int. Optimum Health  
 4 West Offices - Suite #116  
 Honolulu, Mississippi 39601  
 718-731-3173



## Full Blue Moon

Grounded in the soles of the feet,  
 No question of connectedness to

- Earth's core
- Sky
- Birds
- Grass and trees
- Waters, wind, rain, snow
- Insects (spiders too)
- Wild and tame animals
- Others of human species

Crystal earth vibrates within our very cells,  
 a microcosm of all that is.

A lone gull cries out in the red-grey dawn!

Jean Katus  
 May 31, 1988

## Instinctive Rocking

Rocking - the motion of a horse, of sitting on a horse, centered, all one's weight pushed and falling into the heels in the stirrups of an English saddle, weight stretching below the stirrups towards earth; my body does not touch the ground, but the horse does. Riding the horse allows me to float above ground, to fly, like a bird in the air, while my horse is grounded for and with me. When I ride through the landscape on a horse I feel that we humans were meant to be in nature at precisely that level, a little off the ground where the view is broader, while still in touch with our anchor, now the horse, who transmits the earth's force to us. So we rock, riding the horse, not only with our energy but with his - the two blending.

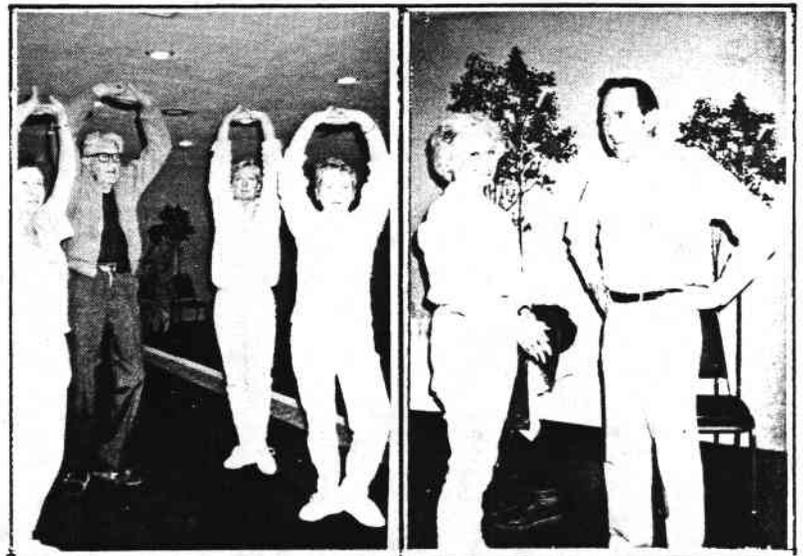
When I play the violin, looking at the music on the stand in front of me, I have always rocked back onto my right heel or forward into a bent left knee, not steadily but whenever the feeling of the music prompts me. I wasn't much aware of doing this until Tai Chi Chih showed me that I was rocking. I guess I have been seeking unconsciously in this way, to draw up my own chi from the base, soles or heels, so as to energize the music in those passages that move me the most.

The baby (I had three of them) was always rocked back and forth (much more rhythmically than with the horse or music), back and forth, again and again by the mother. I never thought I knew what I was doing, as a mother my actions came from some instinctive knowing, and so the unconscious taught me. Until I began doing Tai Chi Chih I hadn't considered summoning that rocking rhythm back again, or that it could fulfill any purpose once the periods of my children's infancy were over. Maybe part of the rejuvenating effect (that Justin Stone speaks of on his tape) of Tai Chi Chih is to bring those of us who are women back into those moments in our lives when we were young mothers, and thus, once again into that moment that is such a high point in our life for the expression of love.

Thank you Christine for sharing a wonderful gift!

Greta Sloan

(Greta was a student of Christine Rae Sproehnie.)



Seijaku Training - Monterey, CA - March '88

### From A Student of Adele Wenig

For some years now Chinese friends had told me about the benefits of taking up the practice of T'ai Chi Chih. Since I had never enjoyed exercising very much and my busy lifestyle did not lend itself to a regular program of exercise I usually gave up after some weeks.

I have always had bad coordination and have suffered the last 15 years from debilitating headaches which made me lose my equilibrium and suffer vertigo. I had tried in the past Hatha Yoga which I enjoyed to a certain degree, but could never quite master. I injured my neck and, therefore, I stopped doing it.

I started my first lesson of T'ai Chi Chih with trepidation but was ever so pleasantly surprised. I found that I enjoyed the movements much more than Yoga, that I could follow at least most of the instructions given by the teacher who gave each student individual help and support when needed. The first couple of times I went home quite sore discovering muscles I never knew I had. I felt warmth in my neck and back areas, and along my arms and with each additional lesson this feeling intensified.

I am on medication and one side effect is that I have trouble breathing. After a lesson I am totally exhausted but I can breathe easier. I hope to prolong this effect by doing the movements every day at home once I have mastered them.

All in all I believe that the T'ai Chi Chih course is at least for me one of the best exercise programs I have tried so far.

#### Renata

I teach T'ai Chi Chih through the Chabot College (Hayward, California) QUEST Program (classes for older adults). The preceding letter was given to me by one of my students last March. The QUEST Class in T'ai Chi Chih is offered at the Vesper Athletic Club and Wellness Center on Alvarado Blvd, San Leandro, during the Fall, Winter, and Spring quarters. It is a 1/2 - unit, credit/no credit class. For further information call me.

In the Fitness over Fifty classes that I teach, also through the QUEST Program, I have been incorporating some T'ai Chi Chih for centering, balancing, flow and relaxation. It is too soon to see if this is effective because few people do the TCC out of class.

In the same class as Renata attends, I have people who verbally express how the T'ai Chi Chih has helped with balance, increased energy, improvement in activity (specifically one man's tennis serve) etc. I will try to get them to put it into writing.

Cheer and Chi  
Adele Wenig  
(415) 530-2326

#### Practice

Regular and correct practice of  
Tai Chi Chih will enlighten and  
liberate the sincere practitioner.  
Steve Ridley

## Student Poetry

### T'ai Chi Chih

T-eaches that those who want to be happy must become part of "the Way."

A-uthor, Lao-tzu, wrote the sacred book, Tao Te Ching, which

I-nstills a simple philosophy that to be happy you must be close to nature.

C-onfucianism and Buddhism are related to Taoism;

H-appiness comes from a rootedness to the Earth,

I-nternally calm, like a still lake.

C-hi symbol based on the principles of balance and harmony,

H-alf of the circle represents yang (light) and the other half yin (darkness);

I-nside the circle the two dots indicate further balance and interdependence.

H-aving practiced this discipline balances the yang and the yin, stimulating and circulating vital energy throughout one's being.

Marion Thiel

### Tides of Essence

The sea moves rhythmically;  
its ebb and flow,  
its come and go,  
are natural  
and complete.

Joy through movement  
mimics the tides,  
calms the essence,  
unites man  
with nature.

Ancient transcends modern;  
T'ai Chi Chih is  
effortless effort,  
actionless action,  
universal, personal.

Microcosm joins macrocosm;  
Yin chi unites with yang chi,  
stirring and separating,  
meeting again  
in harmony.

Inez Arman

(Students of Jean Katus)

"Make way for Peace  
and it will come."

A Course in Tai Chi



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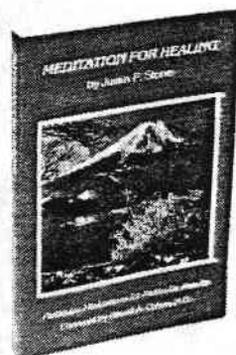
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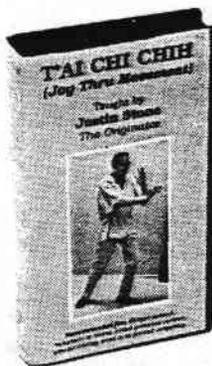
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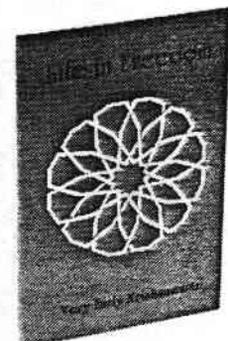
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