

THE

# VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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WINTER SOLSTICE 1988

## ANNOUNCEMENT BY JUSTIN

"Steve Ridley is now the acting head of T'ai Chi Chih. He is the one to contact about decisions. Steve has been training for many years to take over, and I feel it is a good idea for a young, energetic leader to emerge.

I feel fine and will be available to help in any way possible. It is my hope that teachers, students, and friends will still stay in touch with me and come to see me when possible. Steve will give most, if not all, of the future Teachers' Training Courses arranged by Satori Resources. T'ai Chi Chih is moving ahead rapidly--I feel it's ready to 'bust out' as its great benefits become known--and Steve and Corinn need everybody's help and cooperation. The future success will rebound to the advantage of every teacher.

Quite a few new teachers have written asking how they can take Seijaku as they were not accredited in time for the last course. This is a good point, and I have told them that, when twenty teachers have written that they definitely want to take a Seijaku Course, I will arrange one. Any teachers definitely interested in taking such a course next Spring should write me now."

Justin Stone  
214-A Congress  
Pacific Grove, CA 93950

## RETURNING, RETURNED

How far do we stray  
Like windblown leaves of autumn

Pain driven passions  
Within the dream continuum  
Of thought-formed worlds

Being danced at string's length  
By the Grand Host  
Of conceptual strivings

Shadowed memories of the Spirit-Heart  
Prospering us while awaiting our return...

Steve Ridley  
10-27-88

[*"This is poetry at it's best--when it reflects Truth."* Justin]

## A VERY SPECIAL EVENT

It was a beautiful New Mexico Monday evening; feelings were high after a successful Heightened Awareness weekend given by Justin. Many who had read in the newspaper that Justin would be sharing T.C.C. were anxious to do T'ai Chi Chih with him or at least have a glimpse of this wonderful set of movements that offered so much good. Because of a mix-up in scheduling, the room was occupied up until the very minute of the group practice. More and more people arrived so that we didn't fit in the small waiting space. Finally, Justin said that yes, it would be a good idea to do T.C.C. outside, just as the sun was setting. As he and 10 teachers went outside, about 110 people followed. Since there was no microphone, a relay was worked out by the teachers and as Justin spoke the teachers told those in the back the directions. A peace settled over the group as the T'ai Chi practice began--even those who had never done it, tried--it flowed so easily. More people arrived. It was beautiful to watch the blooming of the desert flower (T'ai Chi Chih) in its birth state, New Mexico. The practice ended just as the light began to fade--it was a special time, a feeling that T.C.C. had just moved into a new phase, a larger more willing world was (is) ready to learn.

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



## HEIGHTENED AWARENESS SEMINARS

The northern leg of Justin's midwest/southwest tour of "Heightened Awareness" seminars was very successful and much appreciated by all participants. Many commented on liking the practicality of Justin's approach, and they felt they had received lots of tools they could take home to practice and benefit from. Jean Carlson-Linscott and Chris Curran are due special thanks for the hard work they put into planning the seminars and getting the people there!

I would highly recommend that other teachers host Justin's "Heightened Awareness" seminars.

Jean Katus  
Box 438  
Ft. Yates, ND 58538  
(701)854-7435

## TEACHER TRAINING PREP COURSE

Jean Katus, Jeanne Carlson-Linscott, and Chris Curran jointly conducted a Teacher Training Preparation Course in Fargo, ND the 4 and 5 of November. There were nine students attending and the consensus was to repeat this experience. The benefit of getting input and ideas from an instructor other than the one who originally taught the student T'ai Chi Chih was insightful and helpful. The experience of working together (we three instructors!) as guides for easing anxiety with upcoming Teachers' Training was enriching. Rehearsal, review, practice practice practice...and gee how powerful was the flow of the chi! It was a receiving and welcoming. We support conducting preparatory classes for those considering this commitment of self with sharing of this powerful movement. The sense of community, the spirit of receptivity and mutual sharing, the opportunity to share leadership with the group all portrays the spirit of T'ai Chi Chih. Integrity, openness, directness, purity of form, respect of oneself and others. We three are planning to repeat Teacher Preparation Courses twice yearly as more of the students in the Midwest make the commitment to continue the spirit of T'ai Chi Chih as Justin has shared with us.

Whee! Sharing Chi!

Christeen M. Curann  
1012 16th Street North  
Fargo, ND 58102  
701/232-5579

## TEACHER LETTER

I have just finished teaching my first 8-week class for children. It was a wonderful experience and I plan to teach two more classes in January. I had five students ranging in age from 7 to 10. We ran two 30 minute sessions weekly for 8 eight weeks. I considered extending it to 9 or even 10 weeks, but found it was not needed. Two of the children had some motor problems, one quite severe. While they were not able to really master the movements, they were able to perform all the movements to some degree and could remember them all by the end of the 8 weeks. The mother of one of these children told me that her daughter's Occupational Therapist had remarked on her improvement. I felt so happy and so successful and it helped me to remember that one need not do T'ai Chi Chih beautifully or perfectly or precisely. One needs only to do T'ai Chi Chih to receive the benefit.

Children of today live with so much stress and face such an uncertain future. Making T'ai Chi Chih a part of their education will greatly improve the probability of happy lives and a sane future.

I found remarkable joy in teaching T'ai Chi Chih to these children. They have such clear eyes and clean faces and they taught me so many details and gave me so many insights into other movements. I'm grateful all over again for the opportunity to share the Chi!

Loretta Shiver  
300 Placitas Rd. NW  
Albuquerque, NM 87107  
505/345-0976


## TEACHERS IN PRINT

Carmen Brocklehurst sent a copy of a great article which appeared in an Albuquerque newspaper. It was entitled "Teacher Finds Serenity in Movement" and included a four-column picture spread. Thanks, Carmen.

From Sher Jaksha, we received a copy of an article titled "Movements Invigorate T'ai Chi Chih Practitioners" which included a picture of Sher practicing and a box quoting her. "A lot of people say they start feeling energy moving in their bodies even during the first class."

*Tai Chi Chih*  
An effective, simplified  
form of Tai Chi.

- Release stress •
- Develop grace •
- Experience serenity in activity •



Instructor  
Tara Stiles

6 Week Beginner's Course  
Tuesdays 5:45 - 7:15 pm, \$42  
March 8 - April 12  
May 3 - June 7

4 Week Level 2 Course  
Thursdays 5:45 - 7:15 pm, \$30  
March 3 - March 24  
April 28 - May 19

Intensives  
Level One: March 26, 10 - 1 pm, \$20  
Level 2: May 14, 11 - 4 pm, \$25

For Further Information 634-5224



CARTOON BY INCK CORREY/AMERICAN HERITAGE

## TCC STORYTIME

Once upon a time in T'ai Chi Chih Land there was a **rocking motion** at daybreak. And **the bird flapped its wings**. The people cooked a big meal for breakfast and ran **around the platter** in serving everybody, then ran **around the platter with variation**. Heard off in the distance was the resonant tone of the **big bass drum**. The children, knowing that the circus was coming, ran towards the sound: one **daughter on the mountain**, the other **daughter in the valley**. They all came back **carrying the ball, pushing and pulling** it and having a great time, **bringing in the energy**.

They ran over to the taffy machine, and started **pulling taffy**. They pulled like **anchor taffy, circles taffy, and perpetual motion taffy**. They noticed that in the back of the machine there was a pulley. All the children started **working the pulley**, pulling up **the light at the top of the head**, and then down to **the light at the temples**. The sky darkened and they noticed the **passing clouds**, and made beautiful **healing sounds** to help brighten the day again. At the end of the day, they settled down in their **cosmic consciousness pose**; and slept happily ever after.

Art Herman  
765 Avenida Pequena  
Santa Barbara, CA 93111

## TEACHER ACCREDITATIONS

We welcome the following teachers who were accredited at the October 18-23, 1988 course held in San Clemente, CA.

Noel Altman  
5138 E. Anaheim Rd.  
Long Beach, CA 90815  
213/494-6651

Juanice Qazi  
27444 Camden #9A  
Mission Viejo, CA 92692  
714/582-9185

Barbara Delgleize  
4861 Lago Dr. #200  
Huntington Beach, CA 92649  
714/846-1247

Carol Scanlon  
27892 Aberdeen  
Mission Viejo, CA 92691  
714/364-7079

James Gardner  
198 Summertree Rd.  
Anaheim, CA 92807  
714/974-5185

Ute Waterman  
3030 Upper Applegate Rd.  
Jacksonville, OR 97530  
503/899-7247

Pamela Juillet  
2219 S. Hacienda #101  
Hacienda Heights, CA 91745  
714/255-0956

Teachers accredited at Training Course November 8-13, 1988  
at Morro Bay, California

Beverley Barefoot  
P.O. Box 820  
Mendocino, CA 95460  
707/937-0704

Jeanie Lemaire  
1378A Southwood Dr.  
San Luis Obispo, CA 93401  
805/544-1901

Lynne Blackford  
6 Perla Ln.  
San Luis Obispo, CA 93401  
805/543-9412

Anthony Moir  
1232 Coral St.  
San Luis Obispo, CA 93401  
805/544-2765

Barbara Boom  
1015 Orcutt Rd.  
San Luis Obispo, CA 93401  
805/543-7099

Susan Pendergast  
849 Pacific Avenue  
Cayucos, CA 93430  
805/995-2229

Ian E. Chisholm  
7186 Brighton Dr.  
Dublin, CA 94568  
415/829-0186

Susan Webster  
1853 1/2 Hornblend St.  
San Diego, CA 92109  
619/270-0349

Sharon Davis  
74 Sonora Way  
Corte Madera, CA 94925  
415/924-2968

Mark Welch  
P.O. Box 258  
Santa Margarita, CA 93453  
805/438-3337

Leena Dillingham  
P.O. Box 8005, Suite 151  
Boulder, CO 80306-8005  
303/444-6286

Nick Wallace  
290 E. Glenarm St. #4  
Pasadena, CA 91106  
818/799-3125

Fran Dukehart-Rebuck  
1120 Peach Street  
San Luis Obispo, CA 93401  
805/543-2248 or 541-2100

Russ Brown  
440 Henrietta  
Los Osos, CA 95402  
805/528-0234

Jan Jamison  
888 Church St. #3  
San Luis Obispo, CA 93401  
805/544-6705

## THOUGHTS FROM JUSTIN

Nothing is in a state of Being; everything is in a state of Becoming (from one point of view). Tai Chi Chih can greatly influence that path of Becoming.

Justin



## CALENDAR

DEADLINE for SPRING ISSUE  
February 15, 1989

- January 23-28 Teacher Training  
Bemidji, Minnesota  
Contact: Jean Carlson-Linscott  
(218) 854-7428
- March (early) Seijaku Training  
Contact: Justin Stone  
(408) 647-8151
- April 25-30 Teacher Training  
Albuquerque, NM  
Contact: Carmen Brocklehurst  
(505) 299-0562
- May 13-14 TCC Intensive Weekend  
with Steve Ridley  
Victoria, BC  
Contact: Renee Wilson  
(604) 478-8156
- May 15-21 Teacher Training  
Victoria, BC  
Contact: Renee Wilson  
(604) 478-8156
- July 17-22 Teacher Training  
M-Sat  
Orange County, CA  
\$355 includes VF subscription  
Contact: Pam Towne  
(714) 891-2952
- August 11, Annual Teachers' Conference  
12, 13 Host: New Mexico TCC Assoc.  
Contact: Carmen Brocklehurst  
(505) 299-0562



## SEIJAKU LATE UPDATE

To date, 14 teachers have written Justin asking for a new Seijaku Course. Consequently, he is making plans for one in early March. Any teachers who want to be in it, must write Justin immediately. Accredited Seijaku teachers are welcome without charge.

## FLYER FOR TEACHER PREPARATION

To Prospective T'ai Chi Chih Teachers:

We have organized a preparation workshop for T'ai Chi Chih students who are interested in becoming accredited teachers. Since the requirements for accreditation have become more stringent and we are concerned with the form being transmitted with as much integrity as possible, we feel that you will find the sessions very useful. The workshop, we believe, will help you go through the teachers' training course with more ease and confidence than might be possible without it.

The sessions will be conducted by Christeen Curran, Jeanne Carlson-Linscott, and Jean Katus in Fargo on Friday, November 4 from 9-12 noon and Saturday, November 5 from 9-12 noon and 1:30-5 p.m. The workshop takes place at 1141 University Drive N., the Newman Center. The cost is \$45, payable to your original teacher two weeks prior to November 4, 1988.

The workshop format will consist of:

- intense work on refining the movements
- discussion of philosophy
- presentation by each participant/critique from entire group.

As a participant, you are expected to:

- be familiar with Justin Stone's books T'AI CHI CHIH, JOY THRU MOVEMENT; MEDITATION FOR HEALING; 20TH CENTURY PSALMS; and cassette tape "Justin Stone Speaks on T'ai Chi Chih" (prior to the workshop)
- demonstrate knowledge of all 20 movements in suggested order
- make a short (10 minute) presentation to the group
- lead the group in movements during practice sessions.

If you have further questions, please contact your original T'ai Chi Chih teacher.

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

Jeanne Carlson-Linscott  
Center for Optimum Health  
4 West Bldg. #116  
Bemidji, MN 56601  
(218) 751-3173

Jean Katus  
Box 438  
Ft. Yates, ND 58538  
(701) 854-7435

### T'AI CHI CHIH

Joy Through Movement

Cliff Taber  
Accredited Instructor  
P.O. Box 996, Tijeras, N.M. 87059  
(505) 281-1166

## INFORMATION FROM GOOD KARMA BOOKS

20th Century Psalms and Heightened Awareness, Justin's newbooks, are still available through Good Karma Books, Inc., Box 511, Fort Yates, ND 58538 (phone 701/854-7435). If you prefer, you can order from teacher salespeople in your area. Check the teachers' directory for their addresses and phone numbers.

Carmen Brocklehurst  
Jeanne Carlson-Linscott  
Sher Jaksha  
Oonagh Perdue  
Pam Towne

Justin's Abandon Hope, which has been out of print for several years, is scheduled for reprinting soon by Good Karma Books. Teachers will receive notification when it is available for purchase.

I CAN CHOOSE PEACE

## HEIGHTENED AWARENESS IN FARGO

The Seminar here in Fargo was deeply appreciated by the attendees. United Airlines interfered with the first scheduled day of events, thus we punted throughout Justin's stay and had him involved in a couple of presentations or interviews per day. As Justin's main intent is the Heightened Awareness Seminar, that is the primary focus of his energy. The radio interview on Monday (which was to be on his music) ended up focusing on T'ai Chi Chih (as the interviewer was drawn to this!) and the television interview also ended up in the same vein.

Justin's visit to Fargo was an amazing experience for me to witness. The population here is not that drawn to the mystical, and has had limited exposure to Oriental philosophy, ways of meditation, and listening to self. Thus, the warm response and sincere mutual appreciation was fantastic. The underlying link to this visit is Justin's honesty and realness. There were no big build-ups (he didn't even allow me to introduce him with his credits, etc.) and no facades. It was all the NOW experience. Very enlightening for everyone as each person was able to tap into themselves and not someone else's accomplishments and/or experience!

One interesting aspect of this seminar is how most of the participants waited until the last two days to register and attend. Justin stated that Tom had this happen at Mendocino, too. So, I had anticipated 14-20 participants and was surprised when at the last minute the number grew to 37.

Best energy to all of you during this Tour of Justin's.

Chris Curran

## NEWS FROM TEACHERS

Pam Towne is doing a 30 min. video for local public access. "Introduction to TCC"-- a video presentation.

Carmen Brocklehurst taught a class to 15 marketing representatives at the Digital Equipment Corporation in Albuquerque, NM. All went very well and they want more.

Oonagh Perdue was in Austin, Texas speaking about T'ai Chi. She also was interviewed for a series on China which will be aired on P.B.S.

Benjamin Levitan received this letter of thanks from Louis Lok, a student from 1985.

Dear Ben:

I have joined your T'ai Chi Chih class in 1985. I practice these steps in the morning every day.

I give my hearty thanks to you for the following points:

1. I feel better in my health.
2. Though my blood pressure is still on the high side, but my cholesterol is lower than normal.
3. My hay fever was gone. It bothered me almost seven years; though I had catching cold sometimes.

Thank you very much.

Yours sincerely,

Louis Lok

May 15, 1988

Another student of Ben's writes:

I frequently suffer with poor circulation, due to arthritis and pinched nerve of the neck.

When I woke up on the morning of July 25, my left arm and hand were numb.

My exercise and regular routine helped very little, as soon as I stop the numbness returned.

After doing a few movements of T'ai Chi under Instructor Levitan, circulation was fully restored, and remained for the rest of day.

Laeqa L. Muhammad

Ben also reports that after giving one lesson to the Activity Director of a new community center, he tells people he walks like a cat.

Ben Levitan  
906 Masonic Avenue  
Albany, CA 94706



### ED. Note:

We continue to get lovely brochures and cards which we would like to share with our readers, but many of them come on dark colored paper which is difficult to convert into reproducible copy. If you would like your material to be printed and shared, please send along with your colored copy, a black and white reproduction. We will use as many as space permits.

## New Teachers

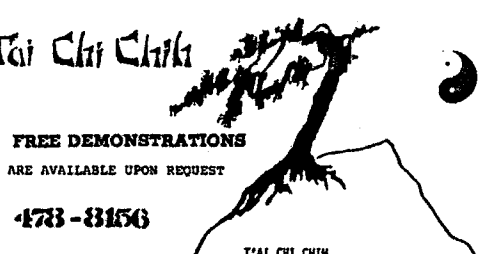
Sharon Davis will be teaching senior citizens at a church in Fremont, CA.

Jeanie Lemaire will be teaching TCC at Life Spring Institute in Pennsylvania next summer.

I just finished the first set of regular lessons at my Community League and a Class for Seniors at the YWCA. I felt humbled at the reassuring and positive feed back I got from them. It is so gratifying to do something that is so valuable for you and get back all these "fringe benefits".

Guadalupe Buchwald  
15925 93A Avenue  
Edmonton, AB Canada T5R 5J5

**Tai Chi Chih**



**FREE DEMONSTRATIONS**  
ARE AVAILABLE UPON REQUEST

**473-3156**

**T'AI CHI CHIH**

This graceful moving discipline consists of 20 easy to learn movements that stimulate, circulate and balance internal energy flow. Based on ancient Chinese healing principles, T'ai Chi Chih is designed to orientate and encourage:

- Health restoration & heightened energy
- Weight and blood pressure control
- Stress release and relaxation
- Enhance athletic performance
- Physical fitness, co-ordination and balance.

T'ai Chi Chih is extremely "user friendly" and is easy to share. It can be performed by anyone regardless of age, physical ability, or disability.

Enjoy participating in this form and learn the concept of Chi: "Life Energy".

RENÉE WILSON IS AN ACCREDITED T'AI CHI CHIH INSTRUCTOR AND OFFERS CLASSES AT THE VICTORIA YM YWCA. SHE ALSO TEACHES PRIVATELY AND WILL ARRANGE REGULAR CLASSES OR SEMINARS FOR GROUPS WHO EXPRESS AN INTEREST IN THE FORM.

## HEALTH

I walk briskly knowing no amount of physical exercise will make me healthy.  
I eat whole, natural foods knowing no amount or type of food will make me healthy.  
I chant to God knowing no amount of chanting will make me healthy.  
What then is my source of health?  
It is . . .

**THAT** which walks my body.  
**THAT** which grows the food.  
**THAT** which moves my lips.  
**THAT** which I sometimes label T'ai Chi Chih!

Copyright 1988

Timothy T. Stuetz

## STUDENTS' LETTERS

### TCC in Florida

I've had several experiences from doing T'ai Chi Chih for even the short time since the workshop. Last Thursday, I had my blood pressure checked at the doctors office. My blood pressure was DOWN 20 POINTS!!! I had a BP of 110/78 and I'll bet it's been 20 years since I've had a reading that low. The doctor asked what I'd been doing to accomplish this marked drop in BP. "T'ai Chi Chih," I told him. It's amazing what a conversation piece that statement is. The doctor wanted me to explain what this T'ai Chi Chih thing was and I found myself being an enthusiastic evangelist of the practice. Finding out about T'ai Chi really is good news, isn't it? It's amazing to me how many persons know nothing at all about it. I'm discovering that T'ai Chi Chih is a gift of great value and I intend to treat it with all due respect. I'm also discovering that the gift of T'ai Chi Chih allows me access to a feeling of immense power (Chi???) that is changing my life experience for the better. I also intend to treat this power with a great deal of respect.

The second experience I had was totally mind blowing. One day last week I started thinking about one of the moves. Pull I think it was. I did just the hand movement and what happened was like nothing I've ever experienced before. It was like I had a visit from an unseen source of an immense charge of electrical power. It felt like my whole body was enveloped and caressed by a warm comfortable blanked of energy. It was an absolutely wonderful experience. My whole body tingled like a light but extremely powerful electric shock. To me, the whole experience was an extremely impressive demonstration of the effect of the practice of T'ai Chi Chih.

Sincerely,

David Belz  
4530 Seminole Street  
Ft. Myers, Florida 33905

(Letter to Jean Katus from David who had taken a workshop with Jean in Naples, Florida.)



The other day, a colleague of mine and I were engaged in a rather intense discussion about the ideas of a famous philosopher.

"What could be better than this?" she asked.

"Well," I replied, "I could be doing T'ai Chi Chih in a Japanese garden in Kyoto with Vanessa Redgrave."

Last Thursday, I found myself doing T'ai Chi Chih in a pleasant inner garden at the Newman Center in Fargo, ND, with Chris Curran.

How much more extraordinary is the ordinary than the extraordinary.

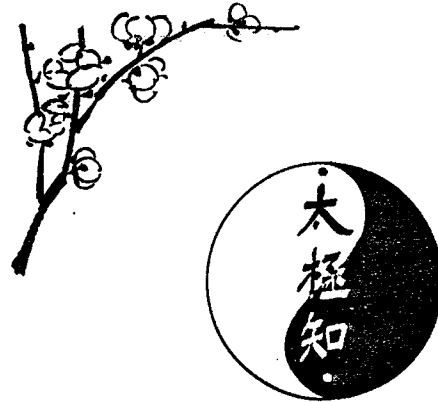
Dave Arenz  
Student of Chris Curran  
5/21/88

## CHIFFULLY OPENING TO DAILY LIFE!

It's not necessarily easy to turn our gazes within when we've been conditioned to look outside ourselves for love and happiness. Nor is it necessarily easy to deal with the physical, mental, and emotional hurts once hidden that turning inward reveals. But daily practices of T'AI CHI CHIH and REIKI have brought me to a place I wouldn't trade for ANYTHING save the next momentary place and experience I move on to from here! And then on to from there! My life continues to evolve into the LOVE, LIGHT, LIFE, and LAUGHTER I truly am! I encourage all to partake of CHI AND KI as often as possible, finally becoming nothing but CHI and KI yourself!

Copyright 1988

Timothy T. Stuetz



Teacher Tara Stiles of Sacramento, CA has created a unique T'ai Chi Chih logo written in Japanese characters within a Tao.

## T'AI CHI CHIH

A MOVING MEDITATION

Tai Chi Chih is a series of 20 simple movements that are easy to learn and can be done by anyone regardless of their age or physical condition.

The movements are flowing and effortless, much like a moving meditation. As we begin to practice these movements the "Chi", Vital Life Energy, is balanced and circulated bringing more harmony, health, and joy into our lives.

With regular practice people have noticed a variety of physical, emotional, and spiritual benefits such as relief from chronic pain, increased self-esteem, release of stress, weight reduction, and a general increased sense of peace and well-being in the midst of a busy world.

For more information about TAI CHI CHIH or to register for a class or private session please call:

Cheryl Hamblin: Accredited Instructor  
(415) 562-4694



# SATORI RESOURCES

POST OFFICE BOX 397, SANTA BARBARA, CALIFORNIA 93102 (805) 687-8737

## T'ai Chi Chih! \$10.95

### Joy Thru Movement

by Justin F. Stone, the originator  
Revised Edition  
Step-by-step instructions and photo sequences teach the 20 movements of T'ai Chi Chih, an amazingly simple, effective, "user-friendly" form of self-balancing. This gentle discipline meets exercise and meditation needs for students of all ages. Aids healing, within and without.



## Meditation for Healing Particular Meditations for Particular Results

\$11.95

by Justin F. Stone  
This do-it-yourself, layman's guide to meditational healing contains detailed instruction in various meditations, their effects, dangers, antidotes, and philosophic/historic backgrounds. A must for those who wish to suggest meditation as a healing force to patients or friends.



## T'ai Chi Chih! \$39.95

### Videotape

with Justin F. Stone and Corinn Codye  
Color videotape  
Instruction in the 20 movements of T'ai Chi Chih; includes 30-minute practice segment. Enhanced joy and clarity, increased energy, and relief from stress—these are among the "side effects" of this enjoyable practice. Experience the Vital Force flowing through the body, followed by serenity in the midst of other activities.



## Emblissening Movement:

### Music for T'ai Chi

\$10.95

by Joel Andrews  
Audiocassette tape  
This serene musical offering was "channeled for healing" by internationally known harpist Joel Andrews to accompany T'ai Chi Chih practice. Also included: "Blissful Gameian."



## Justin Stone Speaks on T'ai Chi Chih

\$9.95

Audiocassette tape  
Justin Stone explains the origins of T'ai Chi Chih and discusses deeper spiritual/metaphysical aspects of this simple discipline that so profoundly enhances the transformational process.

## The Vital Force Annual subscription/\$10.00

Quarterly journal of T'ai Chi Chih! Poetry, articles, news and ideas. Keep abreast of the growth of T'ai Chi Chih.

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_____	Meditation for Healing by Justin Stone	\$11.95	_____	_____	_____
_____	"Emblissening Movement: Music for T'ai Chi" by Joel Andrews (audiotape)	\$10.95	_____	_____	_____

Please make checks payable to:

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SHIPPING INFORMATION: Add 50¢ per book or tape (\$2.50 minimum). International or RUSH orders add 20%. International orders must be accompanied by a postal money order in U.S. funds. Californians only show Resale Number \_\_\_\_\_

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CALENDAR ADDITION:  
March 25-26 ICC Intensive  
Weekend with Steve Ridley  
Alamo, CA (Bay Area)  
Contact: Liz Salada by Jan. (415) 278-3263



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DENTAL HEALTH W

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