

THE

VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

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

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Spring Equinox

NOTES FROM JUSTIN

Acid is Yin and Alkaline is Yang. When the system becomes too Yin (acid), country doctors say that a little apple cider vinegar will help. When I asked Paul Reps how he stayed healthy in India and Mexico (no dysentery), he answered: "I drank a tablespoon of vinegar each day and kept myself hungry."

Shambala publishes a book called Sword of No Sword that should be of interest to all teachers. That does not mean I agree with everything in it, but it stresses the strength of Spirituality in the type of Art we're interested in.

Experts in Martial Arts disciplines in Japan and China learned how to project Ki (Chi). In Sword of No Sword, the warrior Teshu (who never killed a man) asks a famous swordsman how he remained undefeated. The answer was: "As soon as the challenge was made, I maneuvered close enough to feel the tip of my opponent's blade. If he was holding the sword stiffly, I knew I had him--one fell swoop and he would be finished. If, on the other hand, the sword was held flexibly with a steady projection of Ki, I took no chances--I threw my sword at him and ran. That's how I remained undefeated."

The Kahunas of Hawaii would charge spears with vital force before they hurled them in battle.

This should ring true to T'ai Chi Chih teachers, only we watch the wrists and the waist to see if there is tension (and the Chi can't flow) or softness and relaxation.

MORNING PRACTICE

Secure snowy blankets hush earth

In the stillness of winter chill
Unconscious chimes vibrate air
Warming T'ai Chi Chih forms

Luminous rays shyly funnel onto Earth
Lifting vaporous scintillating swirls
Above warrior pines cloaked in white

Meditating, the whole world meditates

Gratitude swells the heart and the world is joy-filled
An Awakening! Enlightenment flashes through all minds
Quietly, we see the collective Being bathed in Sacredness!

Steve 12/15/88

WHAT SHOULD I TEACH MY INTERMEDIATE/ADVANCED T'AI CHI CHIH CLASS?

This has been a frequent question asked by teachers who want to offer their beginning students an opportunity for further study. The ideas I've outlined below are meant only for intermediate/advanced or continuing T'ai Chi Chih practice groups. The last suggestion about sitting meditation should be employed only by teachers who are grounded in the practice themselves. The recommended meditation method is the "Great Circle Meditation" as outlined in the T'ai Chi Chih text, pages 130-133. Those who would like a more thorough explanation of a particular T'ai Chi Chih principle, procedure or area of focus can write me at the address below and I'll be happy to respond.

• Emphasize Grounding and Centering:

Grounding ("rooting") and centering are literally the foundation of T'ai Chi Chih practice. The "bubbling springs" (acupuncture points) or soles of the feet and moving in a low stance ("sinking") with relaxation, particularly in the abdomen, are primary considerations which should be continually cultivated. There are a variety of methods that help develop these principles.

• Extended Use of Single Movements:

By practicing one movement for a long period, certain insights about it may dawn, improved performance and alignment may be accomplished, a more potent stirring of Chi is likely, and the "meditation in motion" aspect may be more deeply experienced. In short, prolonged practice of a single movement will help bring one to the Heart of the movement and will allow for the most complete and powerful experience of it.

• Perform Movements Very Slowly:

Slow, methodical movements help quiet the mental activity, allowing clarity or unencumbered awareness, and seem to mobilize Chi on deeper levels of being to activate cleansing (this has been my internal experience). Also, by moving slowly the afterglow of the practice lasts for quite awhile. By performing the movements at various tempos their influence changes. Moving slowly is yang and moving quickly is yin. Experiment with various tempos to feel the results.

(cont. p. 2 TEACH)

TEACH (cont. from p. 1)

• Connect Movements Together:

Some Tai Chi Chih movements combine very naturally and are enjoyable to connect. For instance, "Daughter on the Mountaintop" and "Daughter in the Valley" connect in a flowing manner and seem to increase the potency of these movements when combined. Using these two movements, change the pattern every third weight shift to the front, alternating until perhaps 18 repetitions of each has been accomplished. As long as the principles of movement are kept intact, Tai Chi Chih movements can be combined or mixed with benefit. In Part II of my Tai Chi Chih video presentation there is a demonstration of "The Connected Form" which is one way that Tai Chi Chih can be practiced while mixing movements. This may be a good reference for you, and many teachers have learned this particular practice format from the tape and are teaching it regularly.

• Meditate Together:

Group meditation can be a time of deeper communion and a period for tuning into personal feelings and states of consciousness in an intimate way. Sitting quietly following Tai Chi Chih practice is a wonderful complement and helps take the experience of Tai Chi Chih to a subtler level of knowing. In a sense, meditation can be the "icing on the cake" of Tai Chi Chih practice, though Tai Chi Chih is certainly a "meditation in motion" and need not be supplemented with sitting meditation. I would suggest that meditation be practiced during the last 15 minutes of class, either seated in chairs or on the floor. Practice the "Great Circle Meditation" at the beginning for several rounds, then simply sit silently with steady focus at the Tan Tien or "Spiritual Eye" for the remaining minutes, allowing the mind to settle, while "listening" within. Then let everyone have enough time to feel fully integrated and grounded before leaving class. Also, I would discourage excessive talking following meditation so that possible benefits will not be dissipated. Excuse the group quietly, being friendly, supportive and appropriate.

I hope that these ideas have been helpful. In addition I would remind you that thoroughness and quality best convey the Tai Chi Chih spirit. Never feel that you must entertain students or come up with "new tricks" in order to make class interesting or hold their attention. If you discover that there are restless, anxious personalities in your group, continue to be a good representative of Tai Chi Chih. If certain people are not meant to study with you they will naturally drop away from your class. You don't want nervous energy or immature students disrupting the group. You want to attract those who are respectful of the teaching and of you. Please let me know if I can clarify anything further for you.

Steve Ridley
1921 Jasmine Street
Denver, CO 80220
(303)322-7717

WELCOME TO NEW TEACHERS

To the new teachers who have recently joined our Tai Chi Chih family, we extend a warm welcome and best wishes for satisfying teaching experiences.

Certified at Valhalla, Bemidji, Minnesota in January 1989:

Marty Glasier-Wilkes
3055 Lakeshore Avenue
Maple Plain, MN 55359
(612) 479-2834
479-3527

Cheryl Valois
8920 Tamarack St. NW
Coon Rapids, MN 55433
(612) 780-8544

Sister Anita Germain
1501 Park St. #330
White Bear Lake, MN 55110
(612) 426-7021 (h)
(612) 739-7953 (w)

Colleen Heising
2601 S. 15th St. #15A
Fargo, ND 58103
(701) 235-0976

Deborah Steinbar
RR 3, Box 871A
Bemidji, MN 56601
(218) 335-2428



BOOK SIGNING

Thunderbird Bookstore in Carmel, California will sponsor an autograph appearance for Justin Stone on Saturday, April 1, 1989, from 12:00 noon to 2:00 p.m.

WHY THE COLORED DOT?

The colored dot on your label is a gentle reminder that either you have not entered your subscription or have not renewed your subscription to the Vital Force. Printing and mailing expenses are costly as you well know. We hope you will seriously consider helping to defray the costs by subscribing to your Tai Chi Chih Journal.

SPIRITUAL VITALITY

When I received my first order of T'ai Chi Chih video tapes my uncle was visiting, and knowing his interest in spiritual things I showed him the tape and he bought one.

Recently, he was visiting my grandmother who was 95 and in the hospital. He was meditating, doing kriya and praying. My grandmother's condition was continuing to get worse. He wanted to help. I called to talk to him while he was at the hospital and could hear my grandmother moaning in the background. We talked of his feelings about the situation and he told me what he had been doing. I asked if he had been doing T'ai Chi Chih. He said that he had been doing it at home before he came to the hospital. I said that he needed to do it at the hospital so that grandmother could share in the vitality of the energy and be strong enough to go on to the next step. He promised to do T'ai Chi Chih at the hospital and later he told me what happened:

He arrived at the hospital and asked my father to feed my grandmother while he did T'ai Chi Chih; grandmother was so uncomfortable that she didn't want anything. After my uncle did T'ai Chi Chih for awhile, she began to settle down and even began to swallow some food. When he was finished with the practice he sat and held her feet for a few minutes and was simply quiet. He then had a vision of my grandmother crying tears of blood and as he continued to hold her the tears turned from tears of blood to crystalline tears. This vision was of course a comfort. Later that morning my mother came to the hospital to relieve him. Shortly, my grandmother began to be more and more quiet and finally there was no more breath. When my mother got close, she could see one crystalline tear in her eye.

Carmen Brooklehurst
9500 Prospect, NE
Albuquerque, NM 87112

GOOD KARMA BOOKS ANNOUNCEMENT

Abandon Hope, long out of print, is once again available at the low price of \$8.95. Considered by Justin to be his most representative work, it has been brought back into print after numerous requests. Along with Justin's other two books, you can order directly from the company, or you can purchase your orders from any of the teacher distributors. New additions to the list of distributors since the announcement in the last VITAL FORCE are Elizabeth Salada and Satori Resources.

Prices have been revised on the two books offered by Good Karma Books. 20th Century Psalms now sells for \$6.95 and Heightened Awareness for \$7.95. Heightened Awareness has been reprinted and sports a new cover color so that it can be distinguished more clearly from 20th Century Psalms.

Your comments about any of the books is most welcome. Enjoy the latest offering.

Jean Katus - for Good Karma Books, Inc.
Box 511, Fort Yates, ND 58538
(701) 854-7435

T'AI CHI CHIH IN CHINA

Something very exciting and interesting was related to me today. I started a new T'ai Chi Chih class at the "Y" and an elderly couple came to me after the lesson smiling from ear to ear wanting to tell me how they became interested in T'ai Chi Chih and in particular in my classes. They were at the Kunming airport in China where they had a long wait for their flight, when they saw two ladies doing some beautiful flowing movements. Soon people gathered around and asked them what they were doing. They were told that it was T'ai Chi Chih--originated by Justin Stone and that they had taken lessons from Renee Wilson in Victoria. The onlookers were invited to follow along and in no time at all, about 20 people were enjoying the "Joy Thru Movement". It made the time pass by very quickly and everyone felt relaxed and refreshed. What a coincidence and what a small world it is, indeed! Thank you, Justin, for planting the seeds that seem to be spreading all over the world.

Renee Wilson
P.O. Box 1583
Victoria, BC Canada V9W 2X7



IT JUST APPEARED

The following poem was found on the shelf of a gift store at Fisherman's Wharf during the Seijaku course in Monterey, California, March 3-5. It was not signed, it had no price, it just appeared, no one seemed to know where it came from, and the store owner gave it to one of the Seijaku participants:

DEEP SERENITY

*The balance flows...
through seas of green*

*The music's heard...
in deep serene*

*Like crystal glass...
the visions clear*

*Deep serenity...
is living here.*

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LATCH-KEY PROGRAM

The Parent Teacher Association at Roosevelt Elementary School in Fargo, ND hired Chris Curran to teach *JOY THRU MOVEMENT* as a latch-key project for children dropped off at school early mornings. As an alternative to playing out of doors or sitting in the hallways, the children are offered movement with Tai Chi Chih on Tuesday and Thursday mornings. This program is PTA sponsored and is free of charge. The program was given a one-month trial period. The results have been incredible with child turnout and participation—each morning between 20 and 50 children come into the gym to do these slow, relaxing movements.

Mrs. Stigman, principal of Roosevelt Elementary School that has 334 students (K-6), has been thrilled with the results. When one of the local television stations came in to cover the story for the evening news, Mrs. Stigman reported that this program "has passed all our expectations". The joy of this coverage was that my teacher, Jean Katus, happened to be in Fargo the morning of this news coverage as she was en route home from the Bemidji teachers' training course.

The movements were taught consistently by Chris Curran during this session; however, help was offered by other instructors Jean Katus and Patrick Curran when they were available. There also were three younger assistants who have taken the 'chi for children' course. They were Kathryn Curran, 6 years old, Kali Koshnick, 11 years old and Eden Evans, 11 years old.

Chris Curran's calendar of events and services is full and varied. In January, for instance there was the FITNESS FAIR; a presentation at Gate City District Nurses Meeting; Tai Chi Chih/Meditation Retreat at Valhalla Resort; Fargo Adult Education classes; Tai Chi Chih Teachers' Training in Bemidji; Reaching for Wellness: A Weekend for Women (3rd year in a row). In February, Tai Chi Chih through Communiiversity at a nursing home; a Tai Chi Chih presentation for North Dakota State Council for Exceptional Children; Let's Talk: Process Group for Women; Stress Management Workshop for St. Luke's Hospitals. March has Stress Management: Trendy Phrase or Practical Approach to Self-Management; Seijaku teacher training; Stress Management at Fargo Adult Education. So far for April, there will be Joy Thru Movement for the Parenting Program, Moorhead, MN; Dance for Heart (2nd year in a row); Joy Thru Movement presentation at Youth Health Day, North Dakota State University; Self-Enhancement Sessions at NDSU Newman Center.



Practise! Practise!

A Tai Chi Chih teacher who does not practise him-or-herself is somewhat of a fraud. Personal development is necessary before passing it on to students. My teacher from India said: "Before giving water, make sure you have water to give." This does not apply to most Tai Chi Chih teachers, who practise faithfully.

Justin

BEMIDJI TRAINING

The first Teacher Training Class held at Valhalla Resort in Bemidji, Minnesota was a success.

We have five new teachers in North Dakota and Minnesota. That brings the total up to 14 active teachers in North Dakota, South Dakota and Minnesota.

Through Steve's gentle yet firm manner, his demands for purification of form were met. With the assistance of Jean Katus of Fort Yates, ND; Janet Arend of St. Paul, MN; Sister Francis Kay of Little Falls, MN; and myself, the five new teachers now have the confidence to go forth and share this life enhancing movement that Justin Stone so lovingly gave us.

Thank you, Justin, for your gift.

Tai Chi Chih has given us the opportunity to change our lives and our world for the better.

Congratulation to the five new teachers: Marty Glasier-Wilkes, Cheryl Valois, Sister Anita Germain, Deborah Steinbar and Colleen Heising.

Jeanne Carlson-Linscott



TEACHER NEWS

Hannah Hedrick, Don Peterson, Daryl Isenberg, Steve Everett and their students were filmed doing Tai Chi Chih in a segment of a videotape on AIDS therapies. Hannah continues to teach Tai Chi Chih to AIDS patients and is a board member of Test Positive Awareness (TPA) in Chicago, Illinois. On a recent TPA survey, 1/3 of AIDS patients who responded chose Tai Chi Chih specifically as a highly effective AIDS therapy.

Pam Towne re public access TV:

Part of my vision is to have a daily half-hour Tai Chi Chih program on TV to provide an alternative to aerobic exercise. A first step is being taken thanks to a former student, Nadean O'Brien. She is taking a TV video production course, so we have access to the production studio and equipment at no charge! She has produced 2 half-hour shows of me teaching Tai Chi Chih, and 4 more are planned. I recommend that other teachers check out public access TV programming opportunities in their communities.

Great news from Dorothy Marks!

(Along with this letter, Dorothy enclosed a full page from the *Independence Examiner* that was devoted entirely to her Tai Chi Chih class and included six or more pictures with an excellent text.)

I thought you might like to know that interest in Tai Chi Chih is growing rapidly here in Independence. After this article appeared in our local newspaper, the next day two classes were filled. Also, I was interviewed on a Kansas City radio station, a rock station with mostly younger listeners and that was well received. I will be on another radio station in a talk show with call-in questions. That will be for older listeners.

A NOTE TO FELLOW TEACHERS

Bemidji is one of the locations that has been truly blessed by the presence of two extremely fine individuals. Justin Stone presented his "Heightened Awareness" Seminar here in September and really raised the consciousness of the Minnesotans. His centered energy seemed to give to and enhance the environment. What a joy to observe and be a part of, as so often mankind tends only to take from this lovely area. Justin and participants, through deep meditation, song, and movement gave joyous vibrations and love. I thank him.

Steve Ridley was here in January, at Valhalla (which is Scandinavian for "Heaven"). Steve conducted his Tai Chi Chih Meditation Intensive. It was intensive! It was fabulous! The experience was one that I would wish for everyone, from the inexperienced beginner to the "sage", young and old alike, we all got more than expected from his workshop. And the knowledge, the exercises, the breathing techniques, well, all I can say is...try it, you'll like it! Steve's assured, yet unobtrusive manner makes the spiritual journey so pleasant.

What joyous memories I have of these two seminars. How fortunate I feel for the opportunity to learn from these two great teachers, as they so willingly share knowledge of the ancients.

I look forward to hosting another Tai Chi Chih-Meditation Intensive on September 16 and 17, at Valhalla Resort in Bemidji, Minnesota. You are enthusiastically invited to join us.

In peace and joy,

Jeanne Carlson-Linscott

A POEM

The moment we move
We are movement.

The moment we love
We are love.

The moment we're in the
Moment,
Heaven's no longer above.

Bill Nielsen
1-26-89

MORE NEWS FROM TEACHERS

Beverley Bach is teaching Tai Chi Chih at California State University at Humboldt, near Eureka, California.

Christine Sproehle reports that enrollments are high for her "Tai Chi Telemarking" and "Tai Chi Rock Climbing" intensive courses offered through the University of Colorado at Boulder. She will also be co-leading a 10-day Tai Chi Chih/Backpacking/Native American Rituals trip to Grand Gulch, near Four Corners in late March, offered through the University extension.

Jeanne Carlson-Linscott is travelling to Hawaii in March to lead three Tai Chi Chih intensives, one through the Unity Church, one through a School of Chinese Medicine, and one through the Hawaii School of Massage.

Corinn Codye joined a distinguished faculty in a 3-day University of California conference held in Santa Barbara entitled *Inventing the Future: Perception, Creativity, and Performance*, to lead 80-plus participants in Tai Chi Chih movements. The conference was led by Marilee Zdenek (*The Right Brain Experience, Inventing the Future*) and included workshops by Gabriele Rico, Ph.D. (*Writing the Natural Way*), Robert McKim, Ph.D., Professor of Engineering and founder of the Stanford University Product Design Program (He and his wife Ginny studied Tai Chi Chih with D. J. Jacobs.), and Michael Mahoney, Ph.D., pioneer counseling psychologist and sports psychologist to Olympic athletes. The Tai Chi Chih reinforced every aspect of the various presentations, and the conference organizers were so delighted with the enthusiastic response to Tai Chi Chih that they are planning a more integral role for it in future conferences.

THE NOTE WITHIN

A voice I've never heard before,
whispered--from deep within.
A note so soft
was almost missed
but it gathered
through the night.
Sunrise brought such joyous feelings-
must surely be a dream
but no, I hear a note again.
My soul has begun to sing.

Sher Jaksha
September '88

NOTE FROM JUSTIN

Posture influences the State of Mind and is influenced by it. Just as we can tell the character of a Chinese or Japanese by his or her calligraphy, so can we read people by their posture and the habitual working of the wrists and waist. We can tell much by noting whether someone sits down or falls down and by how one closes a door.

"RMNAS"

(RUTHMARIE ANGIELLO-SHERMAN)

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Note from Justin:

Here is a wonderful testimonial for T'ai Chi Chih! *Tundra Wind* is a friend of Tom Fernandez' and now Mary Pish's student. He is a Zen teacher who came to Mendocino for my talk there, and we struck up a correspondence. He has given me permission to use portions of a recent letter; plans to take the T'ai Chi Chih Teachers' Training Course next summer.

"T'ai Chi Chih is really wonderful. I do it every morning and it sets the tone for the entire day. Mary tells me that you have handed over the T'ai Chi Chih 'organization' to Steve Ridley and that you will no longer be doing teacher training sessions. So, I plan to write to Steve to get the information on when the next teacher training will be and where. I think T'ai Chi Chih invaluable for Zen students. I am seriously considering requiring it for my own students.

"I don't think I ever told you that I take Karate. One of my Zen students teaches Karate and she offered to teach me for free. As I have always been rather sedentary by inclination, I decided it would be a good idea to study some kind of physical discipline. Comparing the results of Karate with T'ai Chi Chih has been fascinating for me. First, I don't believe that Karate stimulates the circulation of the chi. Karate helps in the circulation of blood and other body fluids, and that is valuable, but after a Karate session most people feel quite worn out. When chi is circulated correctly one does not have that worn out feeling. Second, I have always had a weight problem. I gain weight very easily and really only need two meals a day. Interestingly, Karate has not helped me lose any weight (I need to lose about 30 lbs.). Even with all that exercise my weight remained the same. T'ai Chi Chih, on the other hand, seems to have had a swift and direct effect on weight loss without any change in diet or conscious attempt on my part to lose weight via T'ai Chi Chih. Third, Karate can be dangerous. I have broken my toe, split my lip, and jammed my fingers in Karate practice. Karate injuries are quite common. T'ai Chi Chih, on the other hand, is absolutely beneficial. In this way I sometimes consider it the *I Ching* of body arts; because the *I Ching* is so benign. I really enjoy Karate and value the training and discipline it has given me. But I consider T'ai Chi Chih, even after just a few months, more valuable and broader in scope and application. I am deeply grateful to you."

Tundra Wind

T'AI CHI CHIH	SOME OF THE MANY BENEFITS OF T'AI CHI CHIH PRACTICE INCLUDE:	KNOWLEDGE OF THE SUPREME ULTIMATE
Our level of energy determines both the quality and quantity of work we do on the job, and in our personal lives. Increasing our energy level enables us to become more efficient, understanding, and loving with those around us. Through the regular practice of T'AI CHI CHIH we continually increase and refine our energy level—enabling our potential for success in all areas of life. T'AI CHI CHIH is a series of 88 non-stressful movements, which completely and balance the CHI (universal life energy) throughout the body. As the CHI becomes balanced a healthy equilibrium is established between the mind and body. It is the free, unobstructed flow of CHI through the body which we seek.	<ul style="list-style-type: none"> • INCREASED CONCENTRATION AND FOCUS • STRESS MANAGEMENT • WEIGHT CONTROL • MENTAL AND PHYSICAL BALANCE • PERSONAL TRANSFORMATION THROUGH AN INCREASE IN WILLPOWER AND ENERGY 	T'ai Chi Chih, which means KNOWLEDGE OF THE SUPREME ULTIMATE, is the study of the interaction between the Yin and Yang components of CHI. The substance of everything, from the physical universe to our own existence, is due to the interaction of these polar opposites. Therefore, the insights gained through the study of T'ai Chi Chih are applicable to every area of life including our work, communication, relationships, and personal growth.
JOY THRU MOVEMENT	T'AI CHI CHIH imparts an "knowledge of the Supreme Ultimate". Through our conscientious involvement with T'AI CHI CHIH we learn how to accord with the Supreme Ultimate, so that we are able to unfold and realize our deepest potentials for fulfilled living. T'AI CHI CHIH Master Steve Ridley	Call Today for More Information! ED ALTMAN (213) 484-6651

GOOD KARMA ADDS ABANDON HOPE!

Good Karma Books has just published a new edition of Justin Stone's *Abandon Hope!* Over the years, Justin has spoken of this book as his most representative work, and one of the most asked for works after it went out of print several years ago. We are grateful to Jean Katus and Good Karma Books for bringing this book back into print. It is available directly from Good Karma Books and also from Satori Resources. (See special introductory offer below.)

SPECIAL OFFER ON GOOD KARMA TITLES

Obtaining books and tapes by Justin Stone for your students just got easier! Now T'ai Chi Chih teachers can order Good Karma Books titles by Justin Stone through Satori Resources. We have added the following books to our inventory:

<i>Twentieth Century Psalm:</i>	\$6.95
<i>Heightened Awareness</i>	\$7.95
<i>Abandon Hope!</i>	\$8.95

These books are available to all teachers at the regular 40% discount (when ordering three or more items) and can be combined with other titles to qualify for deeper discounts.

INTRODUCTORY OFFER: Order any 10 "Good Karma" books from Satori Resources before April 30, 1989, and Satori will pay your shipping costs. To order, use the form on page 9 of this issue, or phone Satori Resources at (805) 687-8737.

NEWS FROM TEACHERS

High-Tech T'ai Chi Chih:

Apple Computer Inc. has hired Donna Shaffer (San Jose, CA) to teach T'ai Chi Chih at the Apple Computer Center in Cupertino, California, for an 8-week session which began January 3. Donna reports that the class is going very well, and that she is also starting a class at the Stanford Research Institute in Palo Alto.

Suggestion from Jeanne Carlson-Linscott:

Teachers can offer or give Vital Force subscriptions to their students.

Leena Dillingham, certified in November 1988, is teaching in Boulder, Colorado, and taught a weekend intensive course in Houston, Texas in February.

Jeanne Carlson-Linscott reports:

The T'ai Chi/Meditation Seminar held at Valhalla Resort in Bernidji, Minnesota was wonderful. The energy was high yet centered, intense yet relaxed, full of movement and full of joy. Steve did an excellent job of identifying movements and their origins. His ability to teach movement and achieve results even to the beginners is impressive, to say the least.

His workshop has helped to enhance T'ai Chi Chih for myself and others. The Yoga and meditation shared seems to quench the thirst of at least this "bodily aware" individual. I had positive responses from every person there. Thank you, Steve, for sharing in our area.

A NOTE TO TEACHERS

In a recent conversation with Justin, he mentioned that he'd like to see more teachers auditing the teacher accreditation courses. This would be an opportunity for teachers to check their movements to be certain that they are conveying them correctly, as Justin originally intended them. It could also be beneficial to participate for inspiration, support, and the intensive format, and to contribute assistance to the teacher candidates. I recall how much it meant to receive help from experienced teachers at my accreditation course.

During the past few years while conducting accreditation courses I have noticed that the same handful of teachers tend to come to selflessly offer their time and creative assistance, and all involved appreciate their dedication and expertise. I hope to see other likewise dedicated teachers at future courses. If we haven't seen you in awhile please consider visiting one or more of the courses listed in this issue.

Joy in all,

Steve

TWENTY-ONE BOOKS
Recommended by Justin Stone

-BUDDHIST WRITINGS OF LAFCADIO HEARN
-THE HEART OF BUDDHIST MEDITATION
-WORKS OF CHUANG-TZU
- Hakuin. THE TIGER'S CAVE
- Herrigel. THE METHOD OF ZEN
- Krishna, Gopi. HIGHER CONSCIOUSNESS
- Krishna, Gopi. KUNDALINI
- Krishnamurti. KRISHNAMURTI NOTEBOOK
- Krishnamurti. THE FIRST AND LAST FREEDOM
- Luk, Charles. SECRETS OF CHINESE MEDITATION
- Mishra, Ramurti. YOGA SUTRAS
- Okakura. THE BOOK OF TEA
- Rabindranath (Tagore transl.). POEMS OF KABIR
- Ramacharaks, Yogi. SPIRIT OF THE UPANISHADS
- Reps, Paul. ZEN FLESH, ZEN BONES
- Reps, Paul. ZEN TELEGRAMS
- Suzuki, D. T. ZEN & JAPANESE CULTURE
- Ta Hui (Cleary transl.). SWAMPLAND FLOWERS
- Wu, John C. (transl.) TAO TE CHING
- Wu. THE GOLDEN AGE OF ZEN
- Yuan, Chang Chang. CREATIVITY & TAOISM

HOLOGRAM

Life timers of splendor
Awaiting us as we 'wake
Jewels of Time-Space.

Carolyn Shaw

CALENDAR

DEADLINE FOR SUMMER ISSUE
MAY 15, 1989

- April 22-23 TCC-Meditation Intensive Weekend with Steve Ridley
Albuquerque, NM
Contact: Sher Jaksha
(505) 892-0293
- April 25-30 Teacher Training
Albuquerque, NM
Contact: Carmen Brocklehurst
(505) 299-0562
- May 13-14 TCC-Meditation Intensive Weekend with Steve Ridley
Victoria, BC
Contact: Rensé Wilson
(604) 478-8156
- July 15-16 TCC-Meditation Intensive Weekend with Steve Ridley
Cypress, CA
Contact: Pam Towne
(714) 891-2952
- July 17-22 Teacher Training
M-Sat
San Clemente, CA
Contact: Tais Hoffman
(714) 498-5711
- August 11, 12, 13 4th International Tai Chi Chih Teachers' Conference
(See registration form in this issue.)
Albuquerque, NM
Questions? Contact: Carmen Brocklehurst (505) 299-0562



TEACHER NEWS

About two years ago Joseph Segal, long time Tai Chi Chih teacher from the Mill Valley area of California, suffered a severe head-on automobile crash and lay in a coma for half a year. He is now home and recovering, is able to eat and sit up. He has begun to practice Tai Chi Chih in a limited way, and Justin recently visited him at his home in Corte Madera. Joseph formerly hosted teacher trainings and traveled widely with his brother Nathan (also a Tai Chi Chih instructor) as singing rabbis. We at the Vital Force send our good thoughts and greeting to Joseph o'o Nathan Segal, 220 Redwood Hwy. #118, Mill Valley, CA 94941.



V I S I O N 89

4th International T'ai Chi Chih Teacher's Conference
 Sheraton Old Town - Albuquerque, New Mexico
 August 11th, 12th, 13th, 1989

Come and experience the beauty and warmth of the "Land of Enchantment", the birthplace of T'ai Chi Chih. The conference is located at the Sheraton Old Town Plaza Hotel near Albuquerque's historic Old Town Plaza and museums. Join together with friends at the Plaza to share early morning T'ai Chi Chih. If you come early or stay after the conference you may wish to take time to browse through the Plaza's dozens of small shops and art galleries that display arts and crafts of many renowned Southwestern and Native New Mexican artisans. In addition, you may wish to pack a picnic and ride the Tram to the top of Sandia Peak. This is a wonderful place to practice T'ai Chi Chih. The Land of Enchantment will lend its extraordinary grace and beauty as a fitting background for our gathering.

Conference check-in begins at 1:00 on Friday, August 11th. Friday dinner will begin at 6:00 p.m., and our first session will start at 7:00 p.m. The conference will close at 3:00 p.m. Sunday, August 13th.

Your conference fee includes conference sessions; meals for Friday evening, breakfast and lunch on Saturday and Sunday; a current teacher's directory; the conference T-shirt; and conference materials.

Come together with Justin, Steve, and other friends to expand our inner selves and experience the joy of learning with T'ai Chi Chih. We will have time to share T'ai Chi Chih and to exchange ideas for improving our teaching methods.

Please return registration form before 7/15/89 to:

Pat Jensen
 2621 San Pablo N.E.
 Albuquerque, New Mexico 87110

Please make checks payable to:

Virginia Shilson

If you have any questions about the conference please contact Carmen Brocklehurst at (505) 299-0562.

4th International T'ai Chi Chih Teacher's Conference Registration Form

Name: _____ Address: _____
 City: _____ State: _____ Zip: _____

T-Shirt Size: XL L M S Will you be driving or flying to Albuquerque?

Will you require table space to sell T'ai Chi Chih related items? Yes No

Do you have any special dietary requirements? _____

Other comments/questions? _____

Biographical Information: (will be compiled and distributed to conference attendees.)

Taught by: _____ When and where accredited: _____

Occupation: _____

Where are you teaching TCC? _____

What is your VISION for TCC? _____

Rooms:	Single Occupancy - (\$65.05/night - 2 nights = \$130.10)		
	Double Occupancy - (\$65.05 per person for two nights)		
	Roommate Preference? _____	Non-Smoking	Smoking
Cost:	Room (\$130.10 - single OR \$65.05 - double)	\$	
	Conference Fee	\$	100
	Total (50% deposit due by 7/15/89)	\$	
		Deposit	\$



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The Vital Force \$10.00/1 year (4 issues)

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for Tai Chi Chih teachers

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_____	20th Century Psalms (Stone)	\$ 6.95	_____	_____	_____
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