

THE

VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

Volume 6, No. 2

ISSN 0996-6953

1989

Summer Solstice

NOTE FROM JUSTIN:

It is written that the great Sufi teacher, Sheikh Abdullah Ansari, said:

"What is worship?
To realize reality
What is the sacred law?
To do no evil.
What is reality?
Selflessness."

This is right on; nothing need be added. Those who faithfully practice T'ai Chi Chih move rapidly toward identity with reality. This is the real 'evolution'.

PERSPECTIVE

Everyone and everything is in an eternal state of Being while enacting the transitory state of Becoming, though few consciously know it. Becoming springs from Being; the Original Face issues many changes of expression without losing Its composure. T'ai Chi Chih can help us live from the state of conscious Being while responsibly involved in Becoming. This is the most joyous, fulfilling way one can live: rooted in T'ai Chi (Reality or Being) while immersed in the process of Yin and Yang (relative reality or Becoming).

Steve Ridley

T'AI CHI CHIH--WITH EYES OPEN

T'ai Chi Chih is a meditation done in the midst of the world. It is a process of serenity in the midst of activity--"Seijaku," rather than a meditation for which it is necessary to seclude ourselves, block out all distractions, and withdraw from outer stimulation. The world goes on around us as we practice T'ai Chi Chih, sometimes in the peaceful dawn of a new day in our regular place of practice, other times amidst the sounds of evening rush-hour or bustling crowds, and though we mentally focus within, we are not separate from that energy and activity which surrounds us. T'ai Chi Chih gently leads us to inner quiet. Suddenly even the outer hubbub takes on a graceful vibration. Hakuin, the Zen master, said, "Contemplation within activity is a hundred million times better than contemplation in stillness."

Corinn Codye

STABILITY IN THE WORLD

Serene contentment in the midst of change is an attribute that T'ai Chi Chih practice helps cultivate. Our world is a manifestation of ever changing forces that are complementary and antagonistic and these forces are at work within each of us. Through T'ai Chi Chih we can achieve internal and external stability by balancing the activity of yin chi and yang chi.

Change is built into the fabric of nature, though there is a viewpoint that reveals this ongoing activity of opposites to be a united process that springs from pure, creative intelligence. This creative intelligence is referred to as the "Supreme Ultimate" in T'ai Chi terminology, and it is the only true stability. To know the Supreme Ultimate is the deepest aim of T'ai Chi Chih practice, and when this goal is realized, there is nothing else to be known, for within the Supreme Ultimate, the Essence, all is contained.

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

JUSTIN STONE
speaks on
T'AI CHI CHIH

Announcing:
A new
color
cover
for
Justin
Stone's
audiocassette
tape.
(\$9.95
from
Satori
Resources).



JOY!

Attend the Teachers' Conference--August 11-13--Albuquerque--See pages 5-6.

AFTER SEIJAKU - LIFE WILL NEVER BE THE SAME

I have attended all three Seijaku courses in the past three years, but this years' was quietly exceptional. All those who attended felt something of the depth of the practice, and, as the following letters show, many went away not only on a spiritual high, but subsequently experienced dramatic changes in both perception and circumstances which they attribute to Seijaku. Others have declared that the Seijaku course was "life-changing." (We urge you to write your experiences and share with other teachers through the Vital Force!)

This year I began to KNOW that Justin is right when he says that Seijaku practice compared to T'ai Chi Chih practice is like comparing a 1000-watt bulb with a 100-watt bulb. For me, the combination of attending Seijaku course on March 3 and the Heightened Awareness course two weeks later in Orange County was like opening circuit breakers in my being so that energy and awareness flood through in a way I have never experienced. Tasks and projects that previously seemed formidable and confusing now make sense. I see the way into and through upcoming challenges, with clarity and certainty. My life is a process of balancing writing projects, publishing projects, teaching, parenting, householding, and volunteering. Upon switching from one realm of activity to the next there often used to be a period of fumbling around mentally in transition between the different realms. After Seijaku and Heightened Awareness, I noticed a dramatic reduction in confusion and in the length of these transitions, with a corresponding increase in ability to focus on and execute projects. Disappointments, mental derailments, and emotional morass are "burned off," incinerated, and released, sometimes within only a few minutes of Seijaku practice, a total transformation. Awareness is accelerating in many directions, simultaneously. I compare it to taking "power pills" and begin to understand Hakuin's statement that "the things of this world became like looking at the back of my own hand." The power of Seijaku is remarkable, almost too remarkable for words. Despite what I have experienced, a great deal of its power remains unappreciated and unknown by me. Many thanks to Justin for continuing to make this gift of Seijaku available for teachers to learn.

-Corinn Codye



Dear Justin,

Thank you, thank you, thank you!

... for the gift of Seijaku and its powerful influence in my life.

... for having me lead the last Seijaku practice on Sunday. That was a very powerful experience for me! I've always been nervous leading a group of teachers, especially with you there--and I was for the first few Push Pull movements. Then I settled down to the Tan T'ien and everything began to flow. It felt like all the Chi generated by all the teachers was funnelled thru me! It felt like there were 1000 teachers there instead of 30, and I flashed on Corinn's vision of 1000 teachers doing T'ai Chi Chih at a conference in Hawaii!

Susan and I felt like we could fly home without my car. We sent the Chi before us and had a smooth trip--including passing thru Santa Barbara without a stop and very little slowdown! Traffic normally logs down there on Sunday evenings with the freeway ending, so that was terrific.

Love and Joyful Chi,

Pam Towne

March 8, 1989

Thank you for the Seijaku weekend. It has led me into a new awareness within myself. On Monday a.m. I did Seijaku in place of my regular T'ai Chi Chih practice, then on Tuesday I did a practice of mixed Seijaku and T'ai Chi Chih. I felt how powerful Seijaku is while in Monterey, but doing my own practice on the beach as the sun rises is something very special. Today is Wednesday and this a.m. I did only T'ai Chi Chih which was the most incredible experience I ever had with it. I have been practicing for almost 5 years and definitely have felt the Chi flowing and thought I had experienced T'ai Chi Chih doing T'ai Chi Chih, but indeed I had not. Today was a first and what an episode it was.

I am fasting today and plan to do Seijaku this p.m. before teaching my class. I will continue this letter after my practice because I want to let you know how the fasting effected my Seijaku.

This is a special day because tonight is the last lesson (#8) of my very first class. I have a feeling this will be a day I long remember. One I plan to share with my precious teacher, Carmen, as soon as I can get a call through to her. Thank you, Justin!

Also when I returned I gave notice at my job so I can have more time to teach T'ai Chi Chih. The job took up too much time for me to be able to teach the way I want.

March 10, 1989

Yes, Justin, Seijaku is more powerful after a fast. I felt quite a difference. I think, for me, the most powerful part was my meditation after. It was beautiful!!!

My last class of my first group was a very special event. One of my students, Tom Gleba, may be coming to the Heightened Awareness Seminar, and the D.O. in my class did buy your audio cassette, Abandon Hope, and Heightened Awareness. I talked with him today and he said the tape is so wonderful and he plans on listening to it many, many more times. Thank you for that advice. I haven't been using that tape to its highest potential.

Love and Chi to you,

Susan Webster



SEIJAKU

Thank you so much for the gift of Seijaku! The weekend was really inspiring. I've been practicing Seijaku since March of last year and feel it has propelled me through so much. I used it daily for about six months then backed off to several times a week. Now I intend on using it daily again. It's transforming power is incredible. My body feels much better after the weekend and I have a new sense of purpose and faith in myself! Thanks so much for the gift of you. Several times when I've needed assistance in the past year, you've appeared in a dream or I've recalled something you said to me that gave me the answer I needed. T'ai Chi Chih is flowing into all moments of life. At times when I rest between moves I become one with all life. The first time it happened I cried for hours then laughed for hours. At other times, my awareness flows to the light at the top of my head and I'm transfixed in the awe of it all. Kundalini rising is incredible! I used to write poetry but lately I haven't found the words to express what's happening. Soon though I feel a new level of being coming forward--bursting from my heart. A heart kindled by the fire of Seijaku. A fire you carried into my life.

Thank you again - for Love, Light and Life.

Tim Stuetz

deep, quiet bamboo grove
(peace of meditation)



T'AI CHI CHIH MEDITATION INTENSIVE

At a lovely serene spot, 28 of us enjoyed a special workshop with Steve Ridley the weekend prior to the accreditation course. He gave us much more than expected. There was something for everyone. The program was well balanced with traditional Oriental warm ups and cool down, controlled breathing, yoga and Tibetan exercises, various types of meditation and of course lots of T'ai Chi Chih.

Steve really puts himself all out for his workshops and you can tell that he enjoys his work or perhaps more accurately his "Play". The handouts he provided are excellent for future use and I know that many of us will utilize them.

The weather was beautiful so for some of the T'ai Chi Chih practices, we went outside where we were surrounded by nature and serenaded by the birds and the whisper of the wind.

Everyone thoroughly enjoyed the program and hopefully we'll repeat it sometime next year.

Renee J. Wilson
Victoria, B.C.

VICTORIA ACCREDITATION

For the second time in Canada, we held a successful accreditation course. Our time together was intense as there was much work to be done this year. With Steve's kind but firm guidance, everyone managed to near perfection. I am very pleased to extend a warm and sincere welcome to the 13 new teachers, wishing them much joy in their teaching experience.

As always and foremost, our thanks goes to Justin who made all this possible and also to Steve who has the patience of a saint. Coupled with his eloquence of movements and kindness of heart, that constitutes an excellent teacher.

Thanks also to Carole Gates who contributed 4 well prepared students from Duncan and assisted throughout the course.

It was good to see so many of the visiting teachers from Victoria as well as from out of town including Jean Katus from North Dakota, Guadalupe Buchwald from Edmonton and Maureen Cadden from Whisler.

The highlight of the event was our Saturday morning practice session in Beacon Hill Park. It was a lovely warm morning and about 40 of us including many area T'ai Chi Chih enthusiasts gathered and followed the lead of the Teacher Candidates. The feeling of **LOVE, PEACE AND TRANQUILITY** was ever so evident.

Sincerely,

Renee J. Wilson

NEW TEACHERS ACCREDITED IN VICTORIA

Patricia Christian, Victoria, B.C.
Janice Rae Meek, Victoria, B.C.
Lavana Kilborn, Port Alberni, B.C.
Lynn Kobewka, Victoria, B.C.
Ken Kobewka, Victoria, B.C.
Marylin Ollivier, Crofton, B.C.
Betty Sommerfield, Duncan, B.C.
Margarhita Ajoute, Edmonton, Alberta
Dennis Froese, Lethbridge, Alberta
Linda McKenzie, Regina, Sask.
Shrilayn J. Z. Denning, Mayne Island, B.C.
Iona Felling, 150 Mile House, B.C.d
Donna Moore, Winslow, Washington



SPRING RETREAT REMEMBERED

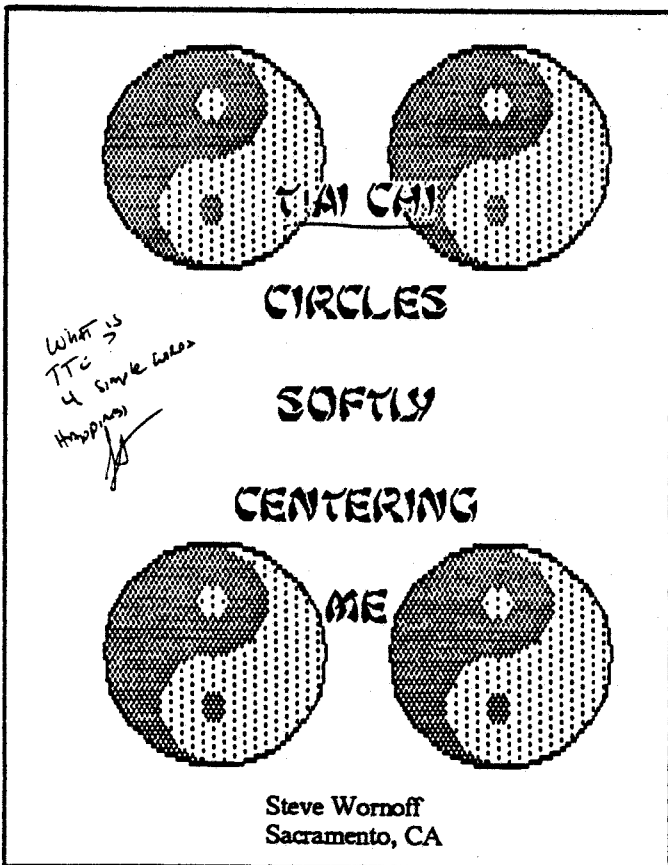
Easter weekend brought 14 teachers and 11 students of Tai Chi Chih together for a Tai Chi Chih-Meditation Intensive with Steve Ridley. It was a successful way to celebrate renewal with passage into springtime. The calm atmosphere at Westminster Retreat (in Alamo, CA) was conducive to the interesting program Steve introduced.

The purpose of our gathering was to deepen our experience of the Essence through self-cultivation practices. Special moments participants noted were varied from the power of pranayama: Tibetan (energy) rites, to the inner warming of meridians/organs receiving increased circulation of Chi: Eight Pieces of Brocade.

Under blue skies with hawks in flight and light rain passing over us, all returned to one. The harmonious group focus during Tai Chi Chih practice was the 'supreme ultimate', to recall the essence of our being (there together)

Many thanks to each of you who contributed to the 'overall' event by your presence! To Steve, a special thanks on behalf of this group, for your sincerity and clarity of purpose in serving joyfully, and so adeptly, from the heart of your own experiences.

Liz Salada
1477 - 155th Avenue
San Leandro, CA 94578
415/278-3263



WELCOME TO NEW TEACHERS

The Teachers' Training class in Albuquerque, New Mexico held at the Albuquerque Convention Center, was a tremendous success. Fifteen new teachers graduated after seven days of loving and diligent work on the part of Steve, the teacher candidates, and all the supporting teachers. As always the class had a character of its own. Gentleness and grace would be two words that would best describe the underlying feeling.

Steve, in his sensitive and thoughtful way, helped to bring out the diamond radiance of each candidate's Tai Chi Chih.

Each candidate was open, and through the week let go of many old patterns in order to move into the new understanding of Tai Chi Chih that Steve offered.

Several teachers came from far and near to help in their special, loving way. From California: Pam Towne and Steve Wornoff. From New Mexico: Carolyn Shaw, Jack Rogers, Virginia Shilson, Therese Goetz, Suni McHenry, Caroline Chavez, Cliff Taber, Sher Jaksha, Tonya Garcia, Antoinette Gamble, Guy Kent, Pat Jensen, and Loretta Shiver. Please know that we acknowledge your support in consciousness and generosity of time and love. Thank You!

My sincere appreciation goes to Steve for coming to share his expertise and love with us.

To the NEW Teachers I say welcome to the Tai Chi Chih family, we are happy and fortunate to have you with us.

Welcome, Thank You & Love,

Carmen Brocklehurst
Albuquerque, NM

NEW TEACHERS ACCREDITED IN ALBUQUERQUE

4/89

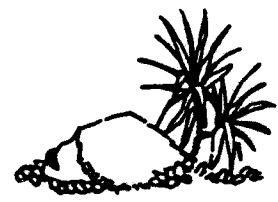
Janice Brandt, Albuquerque NM
Donna F. Bundock, Tijeras, NM
Constance M. Fraatz, Albuquerque, NM
Carol Gustafson, Rio Rancho, NM
George Hageman, Pebble Beach, CA
Lisa Jacobs, Albuquerque, NM
Patti-Leigh Johnson, Albuquerque, NM
Cristi Jurata, Lake City, CO
Karen J. Koletar, Albuquerque, NM
Linda L. Leach, Tijeras, NM
Karen L. Scharf, Rio Rancho, NM
Ellen Tatge, Albuquerque, NM
Brad S. Tingley, Edgewood, NM
Dora K. Wiemann, Albuquerque, NM
Janet Yannacone, Albuquerque, NM

Cool Summer Showers
Awaken,
Sleeping Boulders

-TF

Attend the Teachers' Conference--August 11-13--Albuquerque--See pages 5-6.

announcing . . .



ALBUQUERQUE CONFERENCE August 11 - 13, 1989

Justin has been experimenting with toning in relationship to Seijaku. He will present these powerful techniques at the Albuquerque Conference this August. Justin and Steve also invite us to join them in shaping our Vision for T'ai Chi Chih.

Vision is essential to the success of any endeavor. Where is T'ai Chi Chih going and how are we all a part of this Vision? What is YOUR Vision?

The foundation of the conference will be the warm and lively sharing of ourselves in T'ai Chi Chih: our Vision, our teaching experiences and innovations, our practice, our concerns and solutions, and our reunion. We all have much to gain and much to offer.

The conference costs \$165.00 per person for double occupancy, or \$230.10 for single occupancy. These prices include hotel costs for Friday night through Sunday afternoon including all meals except Saturday dinner.

Plan a vacation - bring your family. The Sheraton has agreed to extend special rates for two days before and after the conference, so you can have more time to enjoy the "Land of Enchantment". The conference is located next to Old Town Plaza, which was built hundreds of years ago as the spiritual and economic hub of the city.

Please return the registration form before July 15 to:

Pat Jensen
2621 San Pablo NE
Albuquerque, NM 87110

with checks payable to:
Virginia Shilson

Questions? Contact Carmen Brocklehurst at (505) 299-0562.

ALBUQUERQUE CONFERENCE REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

T-Shirt Size: (circle) 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? _____

___ Check enclosed for \$165.00 overnights, double occupancy

___ Check enclosed for \$230.10 overnights, single occupancy

___ Check enclosed for \$100.00 commuter

I would like to room with _____ Non-smoking ___ Smoking ___

I understand my deposit is not refundable after July 15, 1989

Signature

Date

PLEASE COMPLETE OTHER SIDE

CALENDAR

- July 15 TAI CHI CHIH Teacher Conference
Registration fee due.
- August 1 Logo Sketches due. Mail to:
Cliff Taber
P.O. Box 996
Tijeras, NM 87059
- 11 - 13 Teachers' Conference
Albuquerque, NM
- September 14 Meditation Intensives/Steve Ridley
Minneapolis
- 16 - 17 Bimidji, MN
Contact: Jeanne Carlson-Linscot
1-800-508-2759
- September 30- Heightened Awareness with
October 1 Justin Stone
Edmonton, Alberta Canada
\$125.00 before Aug. 30;
\$135.00 after Aug. 30
Contact: Anthea Lee
403-435-4034
or Guadalupe Buchwald
403-489-6748
- September 30- Meditation Intensive/Steve Ridley
October 1 Helena, Montana
\$95.00
- 2 - 8 Teacher Training/Steve Ridley
Helena, Montana
\$355.00
Contact: Melinda Artz
570 Highland Blvd.
Helena, Montana 59601
H-406/443-7403
W-406/443-7300

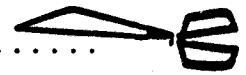
Haiku poems of Don Arenz submitted to VF by Justin Stone.

Coffee fills the cup
I drink and think of Jessie.
No words come to me.
The mind travels far.
The touch of the earth awaits
the soles of my feet.
The tea is ready.
We speak and then are silent.
Gently the earth turns.
We listen and write.
Patient with one another.
Student and teacher.

Don Arenz
Professor of English
Concordia College
Moorhead, Minnesota
Student of Chris Curran

ARTISTS!

At the teacher conference in August we will be considering ideas for a T'ai Chi Chih logo design. Many have asked for a universal logo and some teachers have designed beautiful personal logos. Please send your rough (or refined) sketches for a universal T'ai Chi Chih logo by August 1 to Cliff Taber, P.O. Box 996, Tijeras NM 87059.



.....
BIOGRAPHICAL INFORMATION: (will be compiled and distributed to conference attendees)

Taught by: _____ Occupation: _____

Where and when accredited: _____

Where are you teaching T'ai Chi Chih? _____

What is your VISION for T'ai Chi Chih? _____

OTHER COMMENTS/QUESTIONS? _____

Those of you who have practiced T'ai Chi Chih for a substantial time may have experienced what Justin Stone calls "The Growth of Certainty." Those who have taken classes from Justin may recall him saying of T'ai Chi Chih practice, "It's not that T'ai Chi Chih provides any answers; one finds that the questions begin to disappear." He is referring to the aspect of Chi that is associated with prajna, or wisdom. In Abandon Hope (which is a message of joy), Justin has devoted an entire chapter to this concept, most of which is reprinted here:

THE GROWTH OF CERTAINTY

By Justin Stone

"Lead me from the Unreal to the Real."

This is the great Vedantic prayer that represents the height of Spirituality. In the realm of illusion we inevitably find misery, we are bound and unable to exist in Freedom. Sometimes the chains by which we are bound are golden--we are wealthy, we have health and pleasurable circumstances, and we feel smug in our existential situations--but this is all temporary. There is no contract with Divinity that such pleasant conditions will continue, and if we are at all sensitive, we are only too aware that there is untold suffering all around us. So a sudden death or tragedy may take away the ones we love most, a change of fortune may impoverish us, or unjust accusations may destroy our good name and reputation. Truly, a shift in the wind can take us from the heights to the depths without warning. It is for this reason that the Chinese Sage says: "Go to your triumph like a funeral." Few are this wise, however.

What is the answer? What defense do we have? Spiritually, the answer is to identify with the Real, which is lasting, and be indifferent, though not callous, to what is temporary and passing, however pleasurable, knowing too well how often pleasure is followed by pain.

What do we mean by the "Real"? That which is permanent, that which is not phenomenal and subject to change. In Indian Philosophy, the Real is identified negatively as "Neti Neti"--"Not this, not that." What can be apprehended by the senses is changeable, in a constant state of flux (though, truthfully, it is a symbol of the Reality underlying all phenomena). What is multiple is always in a state of transition, and to tie our hopes to it is to certainly end in disillusion. This very act of ascribing Reality to what is essentially only flux is the cause by which we create our misery.

In truth, our "own" bodies change constantly, from fingernails to hair to beard to waste products, so that, physically, we are never the same person we were yesterday. And do we know we will still be alive tomorrow? Each man lives as though he is immortal, while knowing full well he will inevitably die. To be smug and satisfied in this condition hardly seems wise. We can attempt to pass our time pleurably in entertainment, trying the impossible task of cultivating pleasure while doing away with pain. Or we can clearly see the whole picture and determine, usually after severe suffering, to take the Eternal Road and to dedicate ourselves to realizing the Lasting, whether we call it God, Tao, Buddha, Allah, or whatever, we have, in Buddhist terminology, "entered the stream." We have turned 180 degrees from mere sense enjoyment and begun to tread the Way that will, inevitably, take us to the complete fulfillment of Spiritual Realization. This is the true Spiritual Path, and the starting point of Spirituality is usually the terrible sense of impermanence.

Many equate Spirituality with the vague and ephemeral, with a wishy-washy do-good attitude. Nothing could be farther from the truth. True Sages--and most Saints--have been vigorous and purposeful, possessed of an inner Certainty that gave a strong Center to their lives and attracted others less firmly grounded. The Spiritual task of finding Reality--really manifesting Reality--can be long and hard, but it is, in the end, the only rewarding one. There is no true contentment without it, no matter how smug we may temporarily feel in our own little niche. This Spiritual Path starts with Repentance and determination to renounce inwardly what is not Real, and it does no mean a change in the outer circumstances of our life. If it comes about through some overwhelming and unexplainable spiritual happening, as it sometimes does, well and good. A Saul of Tarsus on the road, overcome by a sudden vision of Jesus, will never forget it, and his future life will always head in the direction of Reality. This type of incident is comparatively rare, however. Most of us came to the Spiritual Path through grief. Something led us to a feeling of