

THE

VITAL FORCE

Journal of
Tai Chi Chih
(Justin Stone,
originator)

For Teachers Worldwide of JOY THRU MOVEMENT

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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 Tai 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. Tai 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 Tai 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

Tai 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 Tai 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. Tai 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 Tai 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 Tai 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 Tai Chi terminology, and it is the only true stability. To know the Supreme Ultimate is the deepest aim of Tai 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
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for
Justin
Stone's
audiocassette
tape.
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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 year's 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 Tai 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 Tien 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 Tai 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 Tai Chi Chih practice, then on Tuesday I did a practice of mixed Seijaku and Tai 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 Tai 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 Tai Chi Chih doing Tai 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 Tai 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. Tai 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 Whistler.

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 Olivier, Crofton, B.C.
Betty Sommerfield, Duncan, B.C.
Margarhita Ajoute, Edmonton, Alberta
Dennis Froese, Lethbridge, Alberta
Linda McKenzie, Regina, Sask.
Shriayn J. Z. Denning, Mayne Island, B.C.
Iona Felling, 150 Mile House, B.C.d
Donna Moore, Winslow, Washington



SPRING RETREAT REMEMBERED

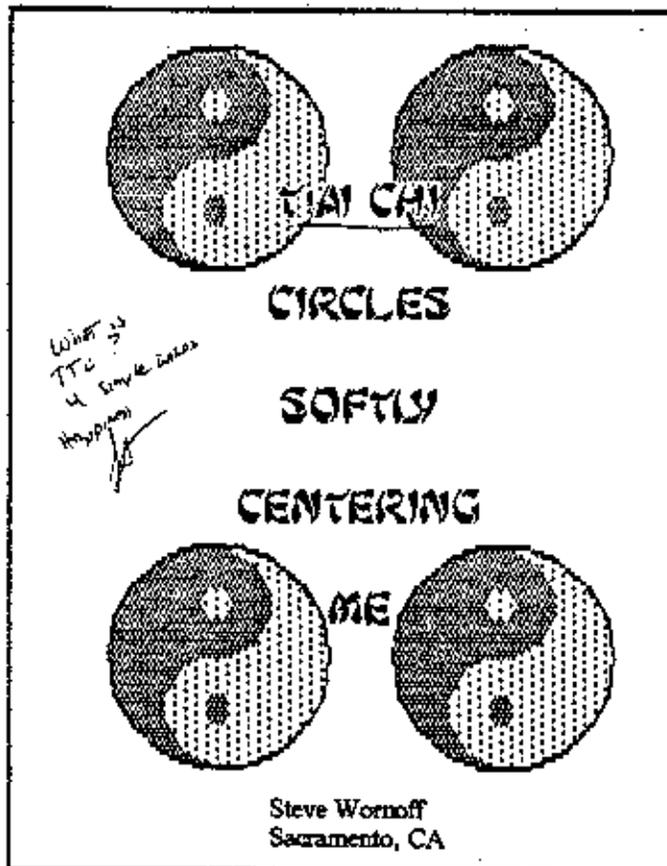
Easter weekend brought 14 teachers and 11 students of Tai Chi Chih together for a Tai Chi Chih-Meditation Intensive with Steve Ridley. It was a successful way to celebrate renewal with passage into springtime. The calm atmosphere at Westminster Retreat (in Alamo, CA) was conducive to the interesting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

Janice Brandt, Albuquerque NM
Donna F. Bundock, Tijeras, NM
Constance M. Fraatz, Albuquerque, NM
Carol Gustafson, Rio Rancho, NM
George Hageman, Pebbie 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 Yarnacone, Albuquerque, NM

Cool Summer Showers
Awaken,
Sleeping Boulders

-TF

announcing . . .



ALBUQUERQUE CONFERENCE August 11 - 13, 1989

Justin has been experimenting with toning in relationship to Sejjaku. 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 Bemidji, MN
Contact: Jeanne Carlson-Linacot
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

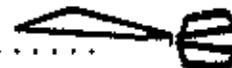
Haiku poems of Don Arenz submitted to VF by Justin Stone.

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

futility. Like a rat on a treadmill, we have followed the way of others, striving for a little security and a little pleasure, and suddenly it strikes us and, in dismay, we begin to search for something lasting, something on which we can depend. And this search is always outer. We read books, look to teachers, and travel, always with the idea that something will be added to us that will make the difference--this despite the fact that we have been told, "The Kingdom of Heaven is within," that basically, we lack nothing and are all Buddhas. I overheard an Indian teacher, when he was being profusely thanked by a disciple, disclaim the credit, saying, "I can only give you what is already yours!" So the task resolves itself into a struggle to realize ourselves, truly to be what we already basically are, and to develop our own inner treasure. The great teacher will always throw us back on ourselves, for the answer we find for ourselves is the only one that counts. And this answer will never be verbal or intellectual. God, or Reality, is not an object, something that can be defined. There is no mathematical formula involved, no sudden discovery of a hidden word or idea. The Zen teacher cautions that "the last thing a Zen student should prize is understanding." Understanding is not the way; explanation is not the aid. Somewhere deep inside we know. It is not that we must uncover light; we are the light, and it is not objectified. As we progress along the Spiritual way, the path to Manifestation of Reality, there will be a growth of something within, impossible to describe. I call it "The Growth of Certainty."

There is a religious consciousness within each of us, and it slowly matures in spite of everything unless we dull it with drugs, whiskey, hedonistic practices, or other narcotic means, such as endless meaningless diversion. No matter how superficially we live--and Lord knows, we wallow in superficiality and the provincial, afraid to take the chance of new discovery--this Spiritual Consciousness ripens and, one day, there will be fruits. We can help it to ripen, as we can water and fertilize a tree, but it can only grow because it is already present. It is present in the sinner, the drunk, the murderer, and later it will come to fruition; we can follow a path that will stimulate its growth.

The Buddha said that all suffering is the result of Greed, Anger, and Delusion. To be separated from our true Identity is to suffer, and not to recognize all things or relationships as impermanent is to be overwhelmed with suffering. To want and to get is to suffer, and to obtain what we want and then jealously worry that it will be taken away, that, too, is to suffer. And to feel that there is a permanent entity called "I," separate from all other "I's," is to insure that there will be the greatest suffering.

First, let us examine the "permanent I."

When a man dies, his body is usually buried and eaten by worms. These worms, in turn, are consumed by hungry birds. The dead birds' bodies decompose and become the earth, and from this earth grows the tree. Eventually the tree produces fruit, and this fruit is eaten by man. Soon the man dies and is eaten by worms, and the cycle has started again. Now at exactly what point did the man cease to be man and become worm; how did the "I" of the worm cease and meld into the "I" of the bird? Leaving aside the insatiable ego, which claims to be unique and undying, what can we say about this cycle except to say, "There is a Life Force continually manifesting." This Force, this Energy, goes on, never diminishing, but the form it takes is constantly changing. So should we identify with the form, or with the Life Force itself? Should we come and go with the rapidly-changing clouds, or should we place ourselves in the position of Sky--deep, blue, endless, and fundamentally void, meaning without aspect? Where there is aspect, there is change. A God who is "Good," "Just," "Loving," and other descriptors would not be a permanent God because such qualities are relative. "Good" is only good in relation to "Bad." From the Absolute standpoint, there can be no "Good" or "Bad." And we come to "Neti Neti"--"Not this, not that." Only through negation can we indicate Reality. It is for this reason that, though ordinary thinking may be designated as "either-or," Buddhism is the way of "neither-nor." One form of Buddhism, Kegon in Japanese, attempts to reach Reality through a series of over a hundred negations--and the last of these is the Negation of Negation. THAT which can be named is not the truth THAT. "I AM

THAT I AM" is a perfect description of the aspectless Reality, as long as we remember this "AM" is not the opposite of "Am Not," not "Being" as opposed to "Non-Being." It is difficult to push the mind to such overwhelming conclusions, and only through proper meditation do we find that such Realization comes naturally, without pushing. And then the true teacher asks, "What is there to Realize?" to cut off any attachment in that direction. A great teacher is like one who stand over us as we hang desperately from the cliff, treading on our fingers until, in pain and desperation, we have to let go. What is this "letting go"? It is giving up the small identify with which we have saddled ourselves, the personality through which the Life Force is temporarily manifesting. Those who practise the Spiritual Way often have experiences where the personality is completely out of the picture. There is a Knowing, but no one who is doing the Knowing. Then we snap back to the habitual, regain our habit energies, and reassure our comfortable identity. And seemingly all contact with Truth is then lost again.

Early on the Spiritual Path, stimulated by meditation and Spiritual practices, we have many psychic experiences. These encourage us. Occasionally we have a dream that is too vivid to be a dream, and we realize that it was an actual experience that does not leave us when we awaken. As time goes on, however, the mind purifies and we have fewer and fewer of these psychic happenings. Instead, there is something firm that manifests from the center of our Being, the Growth of Certainty. It can never be called "an experience" in the phenomenal sense. There is nothing on which the intellect can lay hold. And it is this very Certainty which begins to guide us. We are surprised to hear the words that come spontaneously from our mouths. If we teach, we know without conjecture what others need. There is no pondering, no indecision--there is a Knowing that derives from the Growth of Certainty. This is the beginning of the Impersonal Life, and it can never be understood by those who do not experience it.

Only the one who is called to it will find this Growth of Certainty, and all others will enjoy the world in their own way, laughing and crying by turns, with the sum total really "signifying nothing." We propagate and we die; this is the life cycle we know. Every Sage has said that this is suffering. We suffer from pain, and we suffer from pleasure. And every day we see unbelievable suffering in the world around us, though we may not admit it.

So perhaps we turn to Spiritual practice in a half-hearted way. If we make Meditation and Spiritual Practice just one more activity sandwiched in between the movies, television, lectures, and whatever others we do, then our efforts are doomed to failure. Meditation is not a diversion; amusement is not the goal. If one is too trivial to aim at Ultimates, then why bother with Spiritual Practice? Acclaim is no measure of Spiritual Depth, and ease and munificence are not the true results of practice. If there is not something crying out for a "Growth of Certainty," something puzzled by incomprehensible life and death, then why not stay on the superficial level and forego Spiritual Practice? Of course, there is always the possibility that such practice, even though sporadic, will cause a spark and gradually deepen the original aim. In fact, if the sporadic practice is continued, such result seems inevitable. We will all experience this Growth of Certainty one day.

*Editor's note: Abandon Hope is a meaty book with a concentrated dose of spiritual insights along the lines of the above excerpt. The author's friend Paul Reps said about the book, "Abandon Hope is a message of hope!" Other chapters include: *The Guru Business*, *The Three-Step Religions: Buddhism and Yoga*; *The Growth of Certainty, Part II (Certainty through Devotion)*; *The Great Secret--CHI! Your Heritage*. Abandon Hope is available through Satori Resources (see order form) and retails for \$8.95.*



WORKSHOP PROPOSAL

The following **SAMPLE WORKSHOP PROPOSAL** is a good model which teachers can adapt in making program proposals. This one was developed by **JEANIE LEMAIRE** with the help of **Corinn Cadye**. Jeanie submitted it with a cover letter to **Life Spectrum Institute in Maryland** and this summer will be on the faculty.

T'ai Chi Chih Workshop Proposal

Objectives for Life Spectrums:

- To give participants an additional valuable tool for person growth.
- To provide a course in active meditation & movement.
- To support the course with a manual of movements, video & tape.
- To offer a program not currently available in the eastern United States.

Benefits for the participants:

- Balances the mental, emotional and physical.
- Energy flow felt almost immediately.
- Appropriate for people of all ages.
- Requires little or no coordination.
- Very little space or time is needed.

Brief Description for Brochure:

T'ai Chi Chih is a balancing of the mental, emotional and physical through movement. It is appropriate for people of all ages and requires little or no coordination. Very little time or space is needed to do the extremely gently moves, and the energy flow can be felt almost immediately. Circulation and balance of the "Chi" energy, the Vital Force of the body, is made easy thru the 20 movements of T'ai Chi Chih. The rewards in good health, wisdom, serenity and longevity are great for the one who learns the ancient principles of yin & yang and applies them in a modern & simplified way.

History:

T'ai Chi Chih, or Joy through Movement, was originated by Justin F. Stone, an authority on Oriental systems of meditation and healing. Created in 1974, T'ai Chi Chih consists of 20 individual movement patterns that generate, circulate and harmonize internal energy flows. This action, shifting between the Yang or expansive, creative, substantial force to the Yin or contractive, receptive, "empty" position, is said to encourage health restoration and enlightenment. T'ai Chi is often referred to as a "moving meditation" because it reveals inner serenity and tends to refine and expand one's outlook. Through "softness and continuity", sincere & correct movement and regular practice, T'ai Chi Chih has the utmost potential for showing its healing benefits and its life-transforming influence. The goal of this discipline is stated in its title: T'ai Chi Chih ("knowledge of the Supreme Ultimate").

Logistical Requirements:

- A room large enough for participants to stand at arms length from each other
- Chalk and chalkboard
- One table at front of room
- Tape recorder
- No chairs needed

Biography:

- Accredited as Tai Chi Chih instructor with Justin Stone, originator
- Licensed Body Therapist and Personal Growth Facilitator
- Member of the Massage Staff at Life Spectrums
- Over twenty years experience in the field of holistic health

REPORT FROM GOLDEN DOOR

The following letter is by **Deborah Szekely**, owner of **The Golden Door in Escondido, CA** and **Rancho LaPuerta in Tecate, Mexico**. The letter accompanies and introduces a videotape course in T'ai Chi as taught by **Nikki Winston** at the **Golden Door**. Ms. Szekely says that T'ai Chi quickly became the most popular class at the resort. Now Ms. Szekely offers T'ai Chi Chih as well--**Mara Carrico** teaches T'ai Chi Chih at **Rancho La Puerta**.

I became intensely aware of T'ai Chi on my trip to China in 1978. Everything was so new and so exciting. On my first morning, I awoke at 5:30 a.m. and felt secure and safe enough to go out alone, walking about in the half-light of the oncoming day.

Kitty-corner to my hotel was the regional post office with a huge parking lot. To my astonishment I discovered there thousands and thousands of people beginning the day with T'ai Chi, the only sound was the rustle of their garments. Continuing my walk I soon came upon a park. Two old ladies sat at the entrance collecting a few coins. Using sign language I managed to convey to them that I had no money with me. They in turn pointed to the entrance. By this time it was dawn. The air was pink with the new sun, and every tree, bush and shrub has a human shadow - more T'ai Chi.

It seems to me that T'ai Chi enables the billion-plus people of the Orient to survive in peace and orderliness. Five thousand people were practicing that morning in a square that would comfortably hold one thousand. Each person was in a world of his own. The daily T'ai Chi routine allows people to command their own space, to maintain balance and peace of mind.

Now psychiatrists tell us that the combination of outdoor activity and the early morning light does wondrous things for one's internal biological clock. The orient intuited this long ago.

I have come to consider T'ai Chi the one indispensable antidote to the sedentary life. Long hours behind a desk, no matter how elegant the office or successful the job, make one feel compressed, closed in, uptight, stressed, cramped--add your own adjectives to the list.

If you're like me, it's home from the office much too late, much too weary for exercise and the subsequent shedding of tension...and your boxed-in feeling intensifies.

T'ai Chi is like an explosion. The walls tumble down. You become the flow and the oneness of nature. You are freed emotionally as well as physically.

I know of no substitute. There's nothing you can do in fifteen to twenty minutes that can so revitalize and reconnect you to nature.

ARE YOU TEACHING T'ai Chi Chih?

I would like to personally urge all accredited teachers to actively teach T'ai Chi Chih. T'ai Chi Chih is still relatively unknown, yet all people are looking for what it has to offer: serenity of mind, improvement in health, and, eventually, the grace of wisdom and insight. Its simplicity and its effectiveness make it easy to learn and everyone can benefit from its practice. We who have studied and used this fabulous gift for ourselves have a responsibility to continue its work. Some teachers have practiced T'ai Chi Chih personally but have floundered when faced with pulling together classes. Other teachers are active for a while, then become inactive for one reason or another. Now most new teachers have the advantage of attending a teacher's preparation course, during which their teachers help them become organized for teaching as well as giving them invaluable deep training in the movements prior to the accreditation course. As a result, more newly accredited teachers are successful.

But the point must be made that teacher training and inspiration to continue teaching does not end by being handed an accreditation certificate. Rather, the process is just beginning. One of the most important ways of helping yourself and your teaching to grow in T'ai Chi Chih is to stay in contact with other teachers—forming a regional T'ai Chi Chih teacher's association, reading and contributing (experiences as well as subscriptions) to the Vital Force, auditing teacher training courses, and attending the annual teacher's conference.

Avail yourselves of the opportunities to teach that are around you; avail yourselves of the understanding, support, and companionship of other T'ai Chi Chih teachers, with whom you have a deep bond that reaches beyond words or surface concerns; avoid the illusory notion that there is no market for your gift and skill, or embarrassment about previous inactivity as a teacher. No person has been accredited to teach T'ai Chi Chih who was not worthy or capable of being a good teacher.

Now is the time to renew your interest in and dedication to T'ai Chi Chih. As "light workers" in this New Age, we are stewards of a tool that is an invaluable aid to transformation of body, mind, and spirit. Most of us don't realize it, but T'ai Chi Chih specifically is a KEY to the evolution of human bodies that must occur at this particular time of planetary energy shifts. People are searching for the results that T'ai Chi Chih practice offers, right now, in every sector of our continent and beyond. Through our willingness to teach T'ai Chi Chih, we can assist these essential changes and much healing of the planet can occur.

-Corinn Codye

AUDIO TAPE HAS NEW LOOK

Justin Stone speaks on T'AI CHI CHIH, the audio tape on which Justin discusses the spiritual/metaphysical aspects of T'ai Chi Chih, has a great new look. The cover has a striking painting by Justin entitled "JOY", bold black strokes over brilliant colors in abstract design. The tape is shrink-wrapped for protection and includes an order form for it and other Justin Stone publications. The price is \$9.95 and can be ordered from Satori Resources Inc.

TROUBLED MOTHER EARTH

Many of you have had deep connections with nature during T'ai Chi Chih movements. May I share with you one of my recent experiences with Mother Earth. The location is a beautiful Botanical Garden near the ocean in Kailua Kona, Hawaii. We are surrounded by 400 year old lava rock walls, the jasmine, rhododendron and huge wood rose trees fragrant the air. We feel the energy of this ancient and sacred burial place for the Kings family. We move in an old Hawaiian Amphitheater with the full moon in March overhead. A curious little mongoose observes. Silently moving, feeling T'ai Chi Chih, tuning in and ...she speaks... "Forgive them, for they know not what they do, I am still here, I am spirit, I am the EARTH, I will just be wearing a different face, I am in transition."

This information came clearly, it came because of my concern for the land. This beautiful garden had been purchased recently by the Japanese and they are planning to bulldoze it and turn it into tennis courts and condominiums within the year.

My heart is sad as I look at all the land that man in his/her greed transforms in the name of progress.

I am happy to be a peacemaker bringing a touch of peace to the land. As we move in T'ai Chi Chih, let's remember the opportunity we have to bring harmony and balance out of the static energy that many homo sapiens emit. We have a tremendous obligation as stewards of a troubled earth. This is our earth, our water, our air. It's the best we have and we better start taking better care of it.

Thank you all for your part in this task. Our reward will be felt and enjoyed by our children and our children's children. Bless you.

Jeanne Carlson-Linscott



NEWS FROM GOOD KARMA BOOKS

Leading Edge Review has this to say about Justin's book: "Out of print for several years, Abandon Hope is now available in a new edition from Good Karma Books. The work that the author/philosopher feels is the best representation of his own writing. Abandon Hope is a collection of vivid, finely written essays. No Pollyana, Stone takes on what he calls "the guru business" and decries the new-born materialism of Japanese culture. But he also reminisces movingly about a rainy afternoon in Kyoto, shares insights into Buddhism and Yoga, and reveals his talent as a creator of Haiku."

Watch for information announcing the availability of Steve Ridley's Insights: Poems and Statements Inspired by T'ai Chi and Meditation. It's the next book scheduled to be published by Good Karma Books.

NEWS FROM TEACHERS-- The News Is DIVERSITY!

In the past few months we have heard from teachers, many of them recently accredited, who report classes in a wonderful variety of settings:

SUSAN PENDERGAST of Cayucos, California (accredited November 1988) is teaching her first classes at the Garden Chapel of the Coalesce Bookstore in Morro Bay California.

MARY PISH of Sebastopol, California (July 1988) teaches two classes a week at Sonoma State University plus private lessons.

HARRIET HENDERSON (accredited since November 1984) is now minister of the Newhall, California Church of Religious Science. She recently taught a one-day T'ai Chi Chih workshop in Lancaster, offers a morning T'ai Chi Chih class at her church, and will lead T'ai Chi Chih at the two-week Church of Religious Science annual conference in August at Asilomar, as she has for the past four years. Harriet offers the use of her facility to any teacher who wants to teach T'ai Chi Chih mornings or afternoons in Newhall, or for a weekend seminar. Thanks, Harriet!

FRAN DUKEHART (accredited since November 1988) is teaching T'ai Chi Chih to children through the Sunday school program at Unity Christ Church of San Luis Obispo, California.

LYNNE BLACKFORD (accredited since November 1988) teaches T'ai Chi Chih at the Unity Church of Missoula, Montana. In May she led a workshop as part of a retreat entitled "One Spirit: A Celebration of New Beginnings" at the Feathered Pipe Ranch near Helena, Montana. She writes: "My T'ai Chi Chih class is a joy! Each class I gain more confidence and the enthusiasm from my students is special. I enjoyed leading T'ai Chi Chih for the group at a retreat in April at Priest Lake Resort in Idaho.

JEANNE CARLSON-LINSCOTT (July 1986) of Bemidji, Minnesota incorporated T'ai Chi Chih classes into her annual "Experience AESCULAPEUS: A Wellness and Renewal Retreat" in May at the Valhalla Resort near Bemidji. Jeanne invites all T'ai Chi Chih teachers to consider attending next year's retreat!

DOROTHY MARKS (July 1988) is up to 65 students in her classes in Independence and Kansas City, Missouri. A number of her students are doctors and nurses at St. Luke's Hospital, where T'ai Chi Chih is offered as part of the Arthritis Clinic's curriculum. The Kansas City newspaper plans to do a series of articles about T'ai Chi Chih, and Dorothy will be speaking before a meeting of the National Health Federation.

MELINDA ARTZ (April 1988) is preparing a group of students to take the instructor's accreditation course in October 1989 in Helena, Montana. Please contact Melinda if you have students to recommend for certification in October. (406) 443-7403.

I LOVE YOU.

WHO is it that loves?
WHO is it that's loved?

-Corinn Codye

POETRY

(The energy of Justin Stone's knowing heart eases my timidity of sharing inner thoughts. I have followed his suggestion and here is a copy of the poem.)

All life is formed of small things.
Little leaves make up the trees.
Many tiny drops of water, blending,
Make the mighty seas.
I do not want my impatience to mar
the Beauty of the whole.
But for the love of mankind,
I seek the silence of my soul.
I treasure each small offering.
Little headaches, little heartaches,
As I play along the path of T'ai Chi Chih,
The pain fades away.

Marilyn P. Harrison
Post Office Box 224
Sasabe, Arizona 85633

TAI CHI CHIH

DOROTHY MARKS
Accredited Instructor



Independence, MO

(816) 252-7624



Dorothy Marks, instructor of the Tai Chi Chih moves that is Tai Chi Chih. Marks was leading class, concentrates on one of the 20 flowing the class through the series of movements.

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

A PERSONAL TESTIMONY ON T'AI CHI CHIH

(This letter of 13 years ago has become famous among Tai Chi Chih teachers. It was first published in the VITAL FORCE in the Summer 1984 edition.)

Justin,

On this 5th day of April, 1976, my 27th birthday, I want to tell you of the tremendous influence, both physical and psychological, that Tai Chi Chih has had on my life and the lives of those whom I have been able to observe closely. Since I first began doing Tai Chi Chih in October of 1975, there has been an enormous increase in the level of physical energy, and the same has been true of those whom I have observed.

Rapid weight loss was the first and most obvious physical change. I have lost 65 pounds and am still losing slowly, although I appear to be stabilizing at an optimum weight for my height (6'2") and frame of about 185 pounds. My wife has also had a weight loss of nearly 25 pounds since she started doing Tai Chi Chih regularly, about two months ago. My muscle tone and strength, especially in the legs, has improved drastically, and my overall endurance and stamina as judged by athletic performance has increased to a level I never thought possible. Last Wednesday, after swimming a mile, my pulse was 105 and respiration only slightly elevated from normal. Endurance on the tennis and handball courts of both my wife and myself has improved greatly and I now have no problem with fatigue in 5 set matches. The amazing fact concerning my weight loss is that at no time have I attempted to control my diet or restrict my caloric or carbohydrate intake. In fact, I now eat much more than I did when I was 65 pounds heavier. It appears that my metabolism has changed completely, since I have always had a problem controlling my weight, regardless of my level of activity.

My blood pressure under stress conditions has dropped from approximately 140/95 in September 1975 to 120/75 at present. Immediately after doing Tai Chi Chih, it drops to approximately 95/60 and then gradually increases to a resting level of about 115/75. In preliminary studies, it appears that there is a drop in blood pressure when it starts in a high normal or low mild to moderate hypertensive range, whereas people with normal blood pressure seem to be unaffected. They do, however, show a drop in blood pressure while actually doing Tai Chi Chih, which then returns to their normal resting pressure. We have not yet seen a case of blood pressure increasing in the hypotensive, but two people I know of who had circulatory problems have claimed to have improved and have shown loss of symptoms. Of the three hypertensives I have worked with, all of whom had mild hypertension, all three showed a significant drop within 2-4 weeks and all three have stabilized in low normal to mid normal range for their age and sex.

Other physical changes I have seen in myself and others include ability to function better and feel better with less sleep, and an increase in sex drive, particularly in middle-age men and women.

We are only now beginning to study psychological changes in people practicing Tai Chi Chih, but the reduction of nervous tension and anxiety is apparent after each practice session. In my own case, I have experienced profound psychological changes in the last six months. I rarely experience anxiety anymore, and as soon as this state of mind is recognized, it disappears. I no longer experience frequent and emotional highs and lows. I find myself living in the present most of the time now. The past rarely enters my consciousness, and worries about the insecurity of the future seldom occur. I am much less self-conscious or worried about what other people think about me or my activities. This represents a significant change in my own state of mind, and although I have been practicing other compatible meditative techniques, I feel that a major portion of the change is due to the practice of Tai Chi Chih.

I want to thank you for the positive influence you have had on my life. I know of no way to repay you for what you have taught me but to teach the same to others.

Gratefully yours,

John Burchard

We often grow more
by bending with the wind
Than standing in rigid defiance.

-Miko



OPENING JUNE 5TH

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for glowing health, vitality and inspiration.

DAILY CLASSES IN:

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Call Now for Brochure
338-9076

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

FALL MEDITATION WORKSHOPS

Steve Ridley will present a Tai Chi Chih Meditation Intensive Workshop Retreat, September 16 and 17. Food and lodging provided at lovely Valhalla Resort in Bemidji, MN. Steve will be offering a meditation workshop in Minneapolis on September 14.

Contact Jeanne Carlson-Linscott for details and reservations:
1-800-548-2759.

TEACHER NEWS

I began teaching last fall in Duncan, 40 miles north of Victoria on Vancouver Island. I arranged my classes with the cooperation of the Community Wellness Centre in Duncan. I continued to teach my own classes this spring as well as a class at the Cowichan Community Centre. The response to Tai Chi Chih in Duncan and the Cowichan Valley area has been very enthusiastic. I have had 90 students in five classes.

My goal was to identify a teacher candidate that lived in the community to continuing teaching. However, to my surprise and delight, four teacher candidates emerged. Betty Sommerfield, Marilyn Ollivier, Lynn Kobewka and Ken Kobewka. It has been a pleasure and a privilege to work closely with each and everyone of them during my first Teacher Preparation Course. I am very pleased with the results, we learned together which was stimulating and most enjoyable. These four excellent teacher candidates will be accredited at the second Teacher Accreditation Course held in Victoria, British Columbia, 16-22 May, 1989. I am sure they join me in thanking Steve for his patience, encouragement and skillful guidance. Also, our thanks to Renee for her dedicated work.

To complete my teaching in Duncan and the Cowichan Valley I have arranged to co-host a Tai Chi Chih Celebration!!! with the Cowichan Community Centre on the 1st June, 1989. My aim is to introduce the new Tai Chi Chih teachers to the community, provide publicity for them and provide an opportunity for students and their guests to socialize. I am expecting over 60 people and I have invited the local cable TV station. I am anticipating the level of Chi to increase significantly!

I wish to thank Betty, Marilyn, Lynn and Ken for their enthusiasm, commitment, dedication and warmth. I have thoroughly enjoyed my teaching up Island. I know that Tai Chi Chih will be taught by each and every one of them with integrity and spirit. Congratulations and the very best of luck to these new teachers.

As always, very special thanks to Justin for these enticing, beautiful and beneficial movements.

With love and appreciation,

Carole Gates
Victoria, B.C. Canada

TEACHER PREPARATION COURSE INFORMATION

Teachers who are planning to give a Teacher Preparation Course but are at a loss as to how to begin to publicize it--what to include--how much or how little--might take a clue from the course planned by Carole Gates.

Carole's flyer included the following: Objectives (5 listed); Prerequisites (3 listed); Course Length and Format (specific days, time, and location); Cost (amount and when payable); Includes (tapes, handouts etc.); Content and Expectations (13 or so items listed); Please Bring (materials to be brought by teacher candidates); lastly, a Registration Form.

There could be no doubt as to what was expected of the candidates and what they could expect to receive in return. (Ed. note: You might want to contact her but it would be nice if you included a SASE with your request for information.)

Carole Gates
418 - 335 St. James Street
Victoria, B.C. V8V 4S8

NEWS BRIEF

Wedding congratulations to new teacher Cheryl Valois and teacher candidate Bruce Brummitt. They were married in March after an explosive introduction at a Teacher Training Course in Fargo, ND. Both are student of Jeanne Carlson-Linscott. One never knows what life enhancing changes can take place at a Tai Chi Chih course! Cheryl completed her Teacher Training in January at Bemidji, MN.

The couple are looking at the Peace Corps for the near future. Exciting, giving, loving Tai Chi Chih people. Currently living in Osage, MN. I'm sure you all join me in wishing these two beautiful people a joyous and long love life.

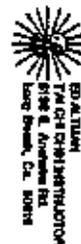
Jeanne Carlson-Linscott

PEACE OF MIND

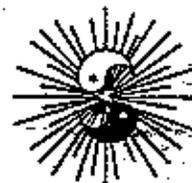
The mind of the Perfect Man is like a mirror. It does not lean forward or backward in its response to things.

It responds to things, but conceals nothing of its own. Therefore, it is able to deal with things without injury to its reality.

-CHUANG TZU-



T'AI
CHI
CHIH



JOY
THRU

MOVEMENT.

Dear Justin:

I am glad that I was able to talk to you, by phone, a week ago. I feel quite isolated because I'm not in touch with anyone doing Tai Chi Chih. It is nice to talk with someone who understands the effects that Tai Chi Chih has had on me. The following is a list of a series of events that have happened to me since starting Tai Chi Chih.

I started Tai Chi Chih in late October 1988. The class ended in November. I had sensations during class that effected my palms.

I started doing exercises daily. Sometimes I preceded Tai Chi Chih with Reverse Meditative Breathing and/or Nei Kung (soles to Tan Tien). I had sensations that I could shoot beams of energy out of my hands, from palm area. I felt that there was something between palms when bringing palms together.

My palms heated up on me unexpectedly at church in December. I had unusual sensation with a crystal. When I held a large crystal lengthwise in my right hand and pointed to my left palm I could feel a pencil point of energy.

I was advised to read a book on healing. I read Hands of Light by Barbara Brennan. I tried several things suggested in the book.

I could point right index finger, in pistol style, toward left palm. I felt broad beam of energy. I could direct energy from palms to areas on my face. I imagined focusing energy into sinus cavities. I could feel a tingling sensation on my skin. My right hand seemed stronger than my left.

I could pick up energy from plants via palms. Pine trees especially have a lot of energy.

I started seeing energy from plants. It was most apparent in pine trees. I could not integrate this energy into an aura. The energy looks like threads. It looks like the diffraction in the air above a hot object.

I started to see an envelope of energy as an aura around plants. I see this only for a few seconds at a time. I am not able to hold it but improving with practice.

I started seeing energy field around people. I cannot integrate this into an envelope. I see threads.

AT PRESENT

I can see auras around plants. I have to concentrate and I cannot hold it. Pine trees are easy to see.

I can see energy field around people but not able to integrate into an aura. I have been able to see the etheric layer occasionally around heads.

The idea of healing has led me to take several introductory classes in Massage & Reflexology. My next step is finding someone to practice on. My goal is to just rub hands and feet. I'm currently visiting a shut-in thru my church.

Sincerely,

J. R. L.

Dear Miss Codye,

I have received the videotape and I am quite happy with it. I am seventy-five years old, so I will be able to learn all the movements easier with Justin Stone instructing on the videotape than going to classes once a week.

Again I thank you very much.

Yours sincerely,

Norma Treasure
Crofton, B.C. Canada

Happy Spring/Easter Greetings from "hot" (already) Arizona!

My classes here at this beautiful Resort have been going "beautifully", too--have had over 60 students, mostly over fifty years old and retired--very active, busy men and women, who tell me how much Tai Chi Chih helps their daily lives, energy and focus--even their golf games improve--activities, problems, awareness! Great Joy!

I also teach another wonderful class held in a nearby community, on my night-off on Wednesday, to a group of men and women (1/2 working, 1/2 retired--ages 25 to 78 years old) and includes a couple M.D.s, and chiropractors. Wonderful students!

I'll be one of the opening speakers at the National Council of Aging, New Orleans, LA Annual National Conference--and, doing a Tai Chi Chih demonstration workshop and classes also during March 29-April 1. My talk (45 min.) is titled RE-Creation Through Art of Your Own Story-- and Tai Chi Chih" or, "There's Gold in the Silver" of Power, Potential, Persons of 'over 50' population--We've Just Begun to Shine!

I'll also be a feature performer participant at the annual CONTACT/Astro Space/Anthropologist, Science Fiction Writing/Projects Annual Conference, April 28-March 1 in Phoenix, AR and lead Tai Chi Chih for participants!

Will leave here for mountain R&R early in May--return to California home probably in June. Much love,

Ruth Marie Arguello-Sheehan
Surprise, Arizona

POETRY

Bathed in the same sun and blessed with the same rains,
Trees grow and flourish differently
Each according to their own characteristics.

Mark Harrell
4783 Pinemont Drive
Campbell, CA 95008

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T'ai Chi Chih!

Joy Through Movement

20 easy movements that circulate and balance the Vital Force. Excellent aid to BLOOD PRESSURE/WEIGHT CONTROL.
Corlan Codye, Accredited Instructor.

Thursdays, April 6 - May 23, 5:30 - 6:30 p.m.
at Unity House, 1028 Santa Barbara St. - Tuition: \$75
For information call 687-8737

COINCIDENCE?

I'd like to share something with you that I consider rather wonderful. Normally, I get up, make a cup of decaf and glance at the morning paper. Then I put on a tape and do my daily T'ai Chi Chih. But this morning, after glancing at the newspaper dateline and realizing that a deadline was approaching for a calligraphy project I had promised, I went into my workroom, found the paper I planned to use, got out the samples of styles, found the pens and then...where was the poem I planned to use? It should have been with the lettering samples and the preliminary layout sheet I had started. But no, it was not there. I searched and searched through stacks of this and piles of that—but the poem was nowhere to be found.

Resigned to a tedious research for the poem, I decided to do T'ai Chi Chih, then look for it later on. So, I put on the music, opened the patio door, felt the cooling breeze (I needed it by this time) and did my T'ai Chi while looking through the welcome rain at a barren apple tree. After completing the movements and a lengthy Cosmic Consciousness Pose, I turned off the tape, walked directly to my purse, put, my hand into an open side pocket and withdrew—you've guessed it—the poem. I can't say for certain why I would look in my purse, but I have an idea why I was LED to it.

Lois Mahaney
San Lorenzo, CA

SIMPLICITY POEM

O Master, what is life,
my purpose?
The Master stood up—sat down—
drank water, carelessly wiped his mouth,
blinked, burped, smiled slightly
&
said
"Simplicity itself, my friend."

Richard Brier

(Ed. note: Richard says to read in a spirit of fun-full-ness! Also, see the flyer on page 13 with Richard and Sherry Brier posing on a sculpture, U.C. Santa Cruz Campus. Richard's pose is signifying masculinity, Sherry's posture embodying the feminine.)

DANCE THE DANCER WITHIN

Jessie Reeve Foster & Arthur Lee Herman

"We are all dancers.
Dribbling with movement just beneath the surface of our existence.
Join an exploration of ways to awaken our sensitivity to that dancer.
Let the outer dance reflect the inner spirit..."

Classes will feature the subtle movements inspired by Emilio Cossu-Darvas's "Cosmicism" - which includes micro-movements, sound, and breathing—to awaken one's inner dancer, starting from a cellular perspective and expanding outward.

These will be contrasted with a form of moving meditation called Tai Chi Chih ("knowledge of the supreme energy") which consists of 26 easy, slow movements which circulate the essential energy force (Chi) within us.

The integration of these two fine expressions of the "dancer within" creates a strengthening of our muscles while experiencing a deeply relaxing, deeply healing activity.

No previous dance training is necessary.

Jessie Reeve Foster has studied subtle energy and eastern dance for many years and has been deeply influenced by the Corporation and by disciplines such as Kung-Fu, Tai Chi, and Yoga. She is a dancer, teacher, and performer with remarkable ability to facilitate the discovery of inner depth. Arthur Lee Herman, who is a certified Tai Chi Chih instructor and has earned a Doctorate in Condensed Education, seeks to integrate the learning modalities of mind, feeling and body in both ancient and modern movement forms.

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