

THE

# VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

Volume 6, No. 3

ISSN 0996-6953

Fall 1989

## NOTE FROM JUSTIN

At the recent very enjoyable Teachers' Conference in Albuquerque, I was pleased to hear frequent reference to the "Tai Chi Community." I do not take this as an organizational reference--Tai Chi Chih does not have an organization--but as a description of a spiritual community that has grown very naturally from Tai Chi Chih. This would include not only the teachers but their sincere students as well. This wave of the Tai Chi Chih Community is slowly spreading throughout the world, furnishing a constructive force that is badly needed to counter the influence of drugs and violence (all prompted by greed). The peace that emanates from Tai Chi Chih practice should have a noticeable effect as Tai Chi Chih continues to spread. It's obvious in the faces of student and teacher alike as they conclude their practice. Tai Chi Chih is truly a "moving meditation," with spiritual as well as physical benefits.

My most pleasant memory of the Conference has to do with the early morning practice, in silence, at the Old Town Plaza--watched by many townspeople--as the sun began to rise over the Sandia mountains. It is interesting to note that the "Sandias" in India are the three periods of the day felt to be most suitable for meditation--sunrise, noon, and midnight. Some would also include dusk in this list.

There were many other highlights, including one discussion session led very ably by Guy Kent. He divided the group into a number of smaller units of nine each, so they could discuss various points about the future of Tai Chi Chih. I have seen many such groups in so-called spiritual movements, and they often wind up with people at each others' throats. None of that occurred in Albuquerque. There was enthusiastic conversation, with each one seemingly supportive of the others, and eventually the results were reported to the whole group. I am not much on discussions, but I was greatly impressed by the love and understanding that permeated the huge room during this time.

I have received many letters from those who learned the sound-with-movement from me, the Toning paired with Seijaku preliminaries. Apparently they feel the same surge of energy that I do. This is a powerful Yoga and a great force in one's life. I will probably make it part of the "Heightened Awareness" seminars, starting with the one in Edmonton, Alberta at the end of September.

Much thanks must go to Carmen, Cliff, Virginia and others who planned the Conference so well. When everything goes smoothly it is not by accident. It is to be hoped that more teachers--many more--will come to next year's Conference to reinvigorate themselves and their Tai Chi Chih.

## CONSERVING CHI DURING PRACTICE

An important consideration of Tai Chi Chih practice is the conservation of chi. There are several ways in which this is accomplished.

While performing each movement we do so in a soft, flowing manner in order to expend the least amount of chi while allowing it to increase in potency and circulatory efficiency.

Another way we conserve and build chi is to move with the ideal alignment and synchronization, which can be improved and refined through time by sensitively monitoring ourselves as the various patterns are executed, always with the Tai Chi principles in mind.

At the conclusion of each movement we contain the chi with palms facing down in front of the lower abdomen while resting in stillness, so that the aroused chi can penetrate deeply and accumulate.

We are careful to avoid extreme positions when we extend, withdraw, rise up and sink down, in order not to dissipate chi unnecessarily. In the most yang postures we do not become completely yang and in the most yin positions we do not contract completely. There is always some leeway so that transitional moves flow smoothly and chi is conserved.

Tai Chi Chih is largely an internal art which is why we direct a good portion of attention toward the tan t'ien or soles of the feet. When the mind is directed outwardly in a fragmented, random manner, the chi is likewise dispersed. In Tai Chi Chih practice we want to cultivate and mature the chi for self-cultivation: physical, mental and spiritual integrity and optimum function. The key to this cultivation is in the interdependent relationship between mind and chi.

Steve Ridley



There was much talk of Seijaku at the Conference, but letters are not coming to me relative to a Course in Monterey in March. If I do not receive quite a few in September, it looks as though there will be no Course, though I would truly like every teacher to have the benefit of this most powerful of practices.

Lastly, I was glad the teachers at the Conference had a chance to come into intimate contact with Steve. When Steve said "No Compromise!," I believe he was voicing the sentiments of all of us.

## ALBUQUERQUE CONFERENCE

Some thoughts about the Teachers Conference:

I want to thank the Albuquerque Teachers Association for organizing and hosting the 4th T'ai Chi Chih Teachers Conference this August. A good portion of our T'ai Chi Chih family was there to share love and creative ideas. I hope that we will enjoy a more complete gathering of teachers in California, 1990.

We had many useful and constructive discussions and debates about how best to facilitate the future growth of T'ai Chi Chih, and we also took time to refine and explore the deeper aspects of some T'ai Chi Chih movements. My favorite activity was our group practice sessions at 7 a.m. in Old Town, which was a wonderful collective generation of peace and joy.

Justin favored us with his spontaneous wisdom on several occasions. The main message he emphasized was for us to keep T'ai Chi Chih pure and not to compromise our sharing of it in anyway. Unless we are on intimate terms with T'ai Chi Chih by practicing regularly and correctly, we should not be offering instruction. The basis of T'ai Chi Chih is integrity and without this foundation our sharing of the art will be less than Justin intended.

Few seem to realize the treasure we have in Justin. He is a spiritually awake being with much to give. My desire is that more teachers will make the effort to be with him at next year's conference, to re-connect with the developer of T'ai Chi Chih and to pay him due respect. Thank you,

Steve Ridley  
1921 Jasmine St.  
Denver, CO 80220



## NOBODY SAYS IT BETTER

Memorable quotes from the teacher's conference:

Lia Ridley, speaking of her work with children, especially limited-English speaking students: "T'ai Chi Chih movements are a universal language."

Sr. Francis Kay (heads Holistic retreat center for her order). Sisters who have stayed at the center always write back with positive comments about how memorable their experience of T'ai Chi Chih was. The directing priest of the St. Paul Retreat Center said, "T'ai Chi Chih is so rich that it can be inculcated into any context."

Theda Gillespie, who teaches at Rancho Rio Caliente resort near Guadalajara, Mexico every September/October, reported the comment of a man who stayed on for three months at the resort: "The price was worth it just for the T'ai Chi Chih."

Steve Ridley: "Be aware of the idea of containing the Chi when doing the movements--even in the resting pose our stance is such that no dissipation of the energy occurs."

Justin Stone: "Do you know why I like to practice T'ai Chi Chih?--Because I enjoy doing it."...."Doing T'ai Chi Chih mentally is a strong way of changing a person's Chi, just as doing the sound (toning) mentally has a stronger effect than doing it physically"...."Inch, time, gem." [Chinese poetry, "This moment shall not come again."...."Not knowing is the greatest intimacy."...."We are writing the music of the formless self."...."The teacher is the servant of his students."

## CONFERENCE HEARTS

Many, many thanks to Justin and Steve for sharing so generously with all of us at the 1989 T'ai Chi Chih Teacher's Conference in Albuquerque, NM. The new toning exercises with the Seijaku movements made our hearts sing and our bodies light, thank you Justin. As always, you share your best with us!

Steve's impeccable T'ai Chi Chih and marvelous patience gave all of us the opportunity to become more at-one with our practice so that we can share it with our students in peace and with confidence. Thank you Steve for your unshaken dedication to T'ai Chi Chih.

To the panel and the Guest speakers Marva and Darva, we tip our hats and our hearts, as they contributed new insights about our practice and our intricate and never ending spiritual journey. And to all the WONDERFUL T'ai Chi Chih teachers who came...THANK YOU for helping to truly make it a time of great love, beauty, fellowship, and learning. What a treat it was to see the beautiful smiles that greeted us at the airport, the train station, and as each person came through the door of the Sheraton Old Town. Each smile was a signature of what was in store for the weekend. It was inspiring to watch the participation of each teacher. With open hearts each one let the VISION of T'ai Chi Chih flow out so that it could be heard and felt. Each one of us began to see that our own personal vision is but a part of a much bigger WHOLE - looking at it closely it looks like the TAO, beautiful and full of JOY.

Our part in New Mexico was to prepare a place worthy of welcoming the wonderfulness with which Justin has blessed us, T'ai Chi Chih. We feel very honored to have been given the privilege of being the host city and appreciate all who helped to make it such a success. Thank YOU!

With Love and Thanks,

The New Mexico T'ai Chi Chih Association



The moon in shadow  
Reflects the light of a pine  
Three hundred years old.

Don Arez  
Fargo, ND



## MOTIVATION

Three ways to motivate students to continue to practice T'ai Chi Chih: [Ideas from discussions at teacher conference]

1) Create social activities: Ed and Noel Altman invite all past or continuing students to the graduation of each new class. The class chooses its graduation celebration--place, time, where to eat afterwards. Encourages a community/family feeling.

2) Create a core-group of continuing students: people will continue if they have a support group and opportunity to practice together.

3) Create a regular drop-in practice time, such as every Saturday in the park at 9:00 for your own personal practice; students welcome to drop in. Tais Hoffman has from 2-12 students drop by every Saturday.

## MEDITATIVE PERSPECTIVES

The perfection and completeness of Reality exists simultaneously throughout the time-space continuum. Wherever we are, Reality is. The more refined our powers of perception are, the more evident this is. We recognize that every place is a "sacred place" and that every being is Reality in expression. For those of us who have "eyes to see and ears to hear," Reality is obviously at hand.

Steve Ridley  
Denver, CO

## WE'RE GETTING BETTER ALL THE TIME...

This conference was excellent in innumerable ways; each year's conference seems better than the last.

Many good ideas emerged regarding the next conference: Have it be one day longer so that specialized interest groups can meet on first day, optional attendance....Then Friday through Sunday can be used for concentrating on review and teaching of the T'ai Chi Chih movements, T'ai Chi Chih group practice, and learning new techniques from Justin....Have more integration time--so much happened and was scheduled that there was no time to breathe and digest...More unstructured time...Have it in more natural, spiritual setting--high intensity of energy could be absorbed and cushioned better by natural surroundings such as at Vallombrosa Center....Have opportunities for newer teachers to work/talk in small group setting with more experienced teachers....Have the public invited to parts of the next teacher conference--doing T'ai Chi Chih outdoors in public in the morning was wonderful....Each teacher needs to really perfect their own practice and perfect the movements. Teacher conference is the ideal opportunity to do this.

THANKS TO EVERYONE WHO PARTICIPATED IN THIS  
YEAR'S TAI CHI CHIH TEACHER'S CONFERENCE

## CALENDAR

1990 January 20	TEACHERS CONFERENCE Planning Retreat Vallombrosa, Menlo Park, CA Contact: Corinn Codye (805) 687-8737
March	Seijaku, Monterey, CA Contact: Justin Stone (408) 647-8151
May 6 - 11 Deadline April 1	Teacher Training Bemidji, MN Cost: \$365.00 Contact: Jeanne Carlson-Linscott W -(218) 741-3173 H - (218) 854-7428
late May-June (possible)	Teacher Training SF Bay Area Contact: Liz Salada (415) 278-3263
June	Seijaku, Edmonton, AB Canada Contact: Justin Stone 214A Congress, Pacific Grove, CA 93950 (408) 647-8151
August (9) 10-12	TEACHERS CONFERENCE Vallombrosa, Menlo Park, CA PLAN and SAVE the DATE!

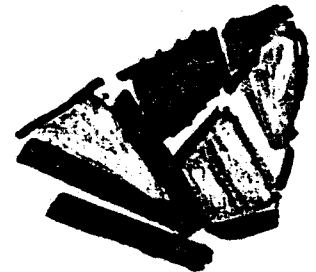
## SEIJAKU COURSES

Accredited T'ai Chi Chih instructors have two possible opportunities to become accredited to teach Seijaku--the powerful "advanced" form of T'ai Chi Chih. Justin says comparing T'ai Chi Chih to Seijaku is like comparing a 100-watt light bulb to a 1000-watt bulb. The Seijaku course last year was the deepest experience of moving energy and joyous, singing "silence" that many of those present had ever experienced. Seijaku is as yet an oral tradition, and since Justin continues to experiment with the form, each course has been unique. Two dates for Seijaku accreditation courses by Justin Stone are being contemplated, one for the first weekend in March 1990 in Monterey, California, and another for June 1990 in Edmonton, Alberta. The courses will be scheduled only if Justin receives 20 written requests from Seijaku teacher candidates for each course, within the next few weeks. The tuition will be about \$450 (includes room and board) for a Fri.-Sun. course. At present there seems to be most interest in an Edmonton course in June. Write to Justin Stone at 214A Congress, Pacific Grove, CA 93950.

## 1990 TEACHER CONFERENCE

Mark your calendar now: August 9-12, 1990, Vallombrosa Center, Menlo Park, CA.--had talked about waiting 18 months, but that seems too long, with so many new teachers being accredited each year. There is a need for teacher conference organizers. California teachers--share the CHI for the next T'ai Chi Chih teacher conference: we need California teachers to help plan and facilitate the conference--please contact Corinn Codye at (805) 687-8737 now. An overnight "conference planning retreat" is scheduled at Vallombrosa on January 20, 1990. Vallombrosa has lovely serene grounds, great food and a beautiful chapel where we can have group practice. But since the maximum occupancy is only 98 and the number of active T'ai Chi Chih teachers is growing rapidly, this may well be our last conference at Vallombrosa! Teachers will have the option of coming one day early for 1990 teacher conference (Thursday, June 9 instead of Friday) to meet in special interest groups.

"This Lovely Moment"  
Justin Stone  
piano



## THIS LOVELY MOMENT

Justin Stone's jazz piano cassette tape (he says it's his best), "This Lovely Moment," has been brought out by Good Karma Books and sells for \$9.95 plus \$1.50 shipping and handling (\$2.00 for rush handling).

Good Karma Books, Inc., Box 511, Fort Yates, ND 58538.

## T'ai Chi Chih Teacher's Accreditation Course

San Clemente, CA - July 17-22, 1989

Carroll Buckwald (Donna Shaffer)  
2328 Sunrise Drive  
San Jose, CA 95124  
(408) 371-3847

Lori Conser (Pam Towne)  
3801 Parkview Lane-#20A  
Irvine, CA 92715  
(714) 651-9428

Jean Doan (Pam Towne)  
19802 Windjammer Lane  
Huntington Beach, CA 92648  
(714) 960-3105

Susan Heath (Tais Hoffman)  
29131 Kensington  
Laguna Niguel, CA 92677  
(714) 249-8401

Anthony Moir (Corinn Codye)  
1232 Coral Street  
San Luis Obispo, CA 93401  
(805) 544-2765

Susan Noble (Tara Stiles)  
1504 Clipper Ct.  
Roseville, CA 95661  
(916) 786-0736

Corine Reeber (Carmen Brocklehurst)  
P.O. Box 729  
Pt. Hueneme, CA 93041  
(805) 984-1974

Greg Reinke (Pam Towne)  
195 Claremont, Suite 256  
Long Beach, CA 90803  
(213) 438-6656

Tina St. Paul (Tais Hoffman)  
31066 Calle Santa Rosalia  
San Juan Capistrano, CA 92675  
(714) 496-4349

Phil Scott (Ed & Noel Altman)  
117 Morristown Lane  
Costa Mesa, CA 92626  
(714) 668-9772

Sue Weintraub (Tais Hoffman)  
c/o Weintraub & Co.  
55 Van Dyke Ave.  
Hartford, CT 06106  
(203) 247-7783

Helen Worrell (Pam Towne)  
8881 Garfield Circle  
Buena Park, CA 90620  
(714) 995-5990

## LETTERS FROM TEACHERS

To Justin, Steve and Fellow Teachers,

The T'ai Chi Chih Teachers Conference, which was a first for me, can best be described by quoting from our Native American brothers, "My heart soared like an eagle. So much was contributed by everyone. In spite of the degrees of experiences, assortment of personalities and varying ideas, there was the harmony of One mind.

What can I say about the new techniques we learned? The Chi was truly with us. I imagined as we were toning that the vibrations drifted into the atmosphere blending with the trilling of our Arab brothers then pulsating into the resounding Om of the Himalayas. Perhaps some day those sounds will be picked up by future astronauts as once before music was heard from another time.

I particularly enjoyed the presentation of our Native American sisters from the "Sky City" of Acoma. I have long had a keen interest in Native American culture. To have them at the conference sharing with us was a richly rewarding educational experience, adding another piece of the puzzle toward our wholeness.

Without a doubt T'ai Chi Chih will flourish. It will be like a myriad of stars showering light, love and wholeness around the world.

My birthday was August 11. Thank you for the beautiful gift of spiritual inspiration and Renewal.

Think Big! Think Positive! Think T'ai Chi Chih!

Doris Dandridge  
Albuquerque, NM

Dear Justin:

My first class was given last Saturday morning and the students are very enthusiastic. My computer-wizard son helped to design a flyer to interest others to form a second and third class. Three classes per week is my goal at present.

I have received an invitation from the Patrons of Golden West College to be the featured speaker at their October luncheon meeting. (This came out of the blue triggered by the curiosity of the Patrons' president!) Since I do volunteer tutoring in English As a Second Language, and am a paid tutor in the Department for the Disabled, I am hoping this speech and demonstration will lead to teaching T'ai Chi Chih to some of the disabled students.

My personal benefits from the practice of T'ai Chi Chih thus far have been the discontinued use of medication prescribed for hiatal hernia and gallbladder spasms, control of a chronic inner ear problem, and overall firming of the body. T'ai Chi Chih has been a great blessing for me!

Jean Doan  
Huntington Beach, CA

P.S. I have been assigned as a reader for a blind student who was a former marathon runner. She has requested instruction in T'ai Chi Chih and is an apt pupil. She will be appearing with me at the presentation in October!

## VISIONS FOR T'AI CHI CHIH

[from discussions at the Teacher Conference]

Bringing T'ai Chi Chih out of the closet--wide use in seminars, business settings.

Share T'ai Chi Chih with people who influence others: peace officers, teachers, clergy, airline flight attendants, nurses, TCC courses for credit on college and university campuses.

T'ai Chi Chih International: a clearing house for matching teachers with geographical demand; special interest group of traveling teachers.

T'ai Chi Chih in Elderhostel programs at universities.

T'ai Chi Chih promotional videotape: 15 minutes, for use in approaching corporations, seminars, local TV stations, show different groups doing T'ai Chi Chih: children, convalescent hospital, senior groups, arthritis, sports, corporate group. Opening talk about stress.

T'ai Chi Chih in daily use, as a normal part of humanity's everyday life--recognized with the same importance as eating or sleeping.

To see a unified, balanced, centered and focused world doing T'ai Chi Chih and evolving at a much faster pace; to see it practiced by thousands of people across the United States and World!

T'ai Chi Chih can be a great personal force for peace, wisdom, serenity and enlightenment--extending world wide.

To share T'ai Chi for the empowerment of people with life threatening conditions so that they can live and die consciously.

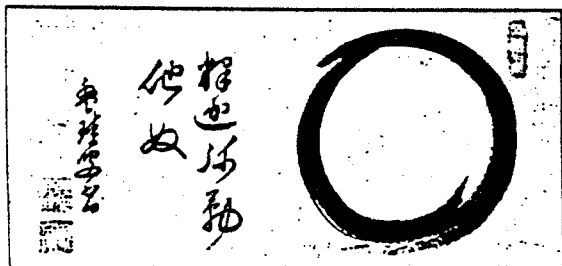
To establish a "Center for Heightened Awareness" focusing on T'ai Chi Chih and meditations in the San Juan Mountains near Lake City, CO.

When practicing in a public place, whether a park, the mountains, or ocean beaches, to be joined by others--strangers, all sharing in the experience and energy.

To see T'ai Chi Chih as an integral part of mental health in America.

To have 1,000,000 and more people doing the movements regularly around the world by the year 2000...bringing peace and healing our planet.

T'ai Chi Chih will serve millions through the years to come, because it is useful in assisting the process of Self-Actualization.



Enso by Bankei

## TEACHER DIRECTORIES AVAILABLE

For those teachers who did not attend the conference in Albuquerque, a current teacher directory is available from Satori Resources for \$5.00 (see order form on last page). T'ai Chi Chih is growing--since the 1988 teacher conference nearly 70 new teachers have accredited.

The following are additions and corrections to the August 1989 directory:

### Name corrections:

Helen Brungardt  
Jeanne Jacobs (formerly  
D. J. Jacobs)

### Phone corrections:

Sharon Melvin (403) 243-9963  
Sr. Francis Kay H: (612) 632-8829  
B: (612) 632-2981  
Anthea Lee (403) 435-4034 only  
delete other number

### Address corrections:

Ed & Noel Altman  
8100 Park Place #268  
Stanton, CA 90680  
(714) 891-7594  
Carol Gustafson  
1300 Georgia NE  
Albuquerque, NM 87110  
(505) 255-2326  
Greg Reinke  
195 Claremont Ste 256  
Long Beach, CA 90803  
(213) 438-6656

## VIDEOTAPE PACKAGE IMPROVED

Good news! The T'ai Chi Chih videotape, formerly owned by Aura Productions, has been acquired by Satori Resources. We have revised the cover to give more information about T'ai Chi Chih and an insert also comes inside each package that has a complete list of the movements, some guidelines for practice, and information about Satori Resources and how to locate T'ai Chi Chih instructors. The videotape has been selling well in the East Coast, where there are virtually no T'ai Chi Chih teachers (a temporary condition!).

If you have not yet offered the video to your students, please consider that the videotape is one of the best means for students to practice at home between lessons and to continue with T'ai Chi Chih after completing a beginning class. Some teachers have a lending library for current students, keeping two copies of the videotape (and other books/tapes) on hand to loan, to be returned by the end of the course. We recommend every teacher keep on hand at least three videos to bring to each class meeting. You may be surprised at the interest in the video! The 81-minute T'ai Chi Chih videotape includes instruction in 17 of the 20 movements, plus a 30-minute complete practice session (all 20 movements). It sells for \$39.95 (teacher discounted cost \$23.97).

In the open quiet  
of stillness in motion  
Birds sing, wind blows, clouds sail  
and Unification impresses the Heart.

Steve Ridley 7/29/89



### LETTERS FROM TEACHERS

I was gratified to learn that when I recently had my eyes tested, my nearsightedness had improved and the power in my prescription had to be lessened. My optometrist had no explanation, but I do! It's most certainly the result of an accumulation of chi from many years of T'ai Chi Chih practice.

Jean Katus  
Fort Yates, ND

As a new graduate of the recent Teacher Training in San Clemente, CA, I would like to thank all the "old" teachers who contributed to our teacher packet.

The material is invaluable and should save us countless hours by not having to reinvent the wheel in several areas.

Their willingness to share materials that have been forged in the field is a wonderful graduation gift.

It says to me: "We love you; we support you, and desire your success as you join us in our common goal to give the gift of T'ai Chi Chih to the world."

Thank you. Love

Corine Reeber  
Pt. Hueneme, CA

### Sharing for VITAL FORCE.

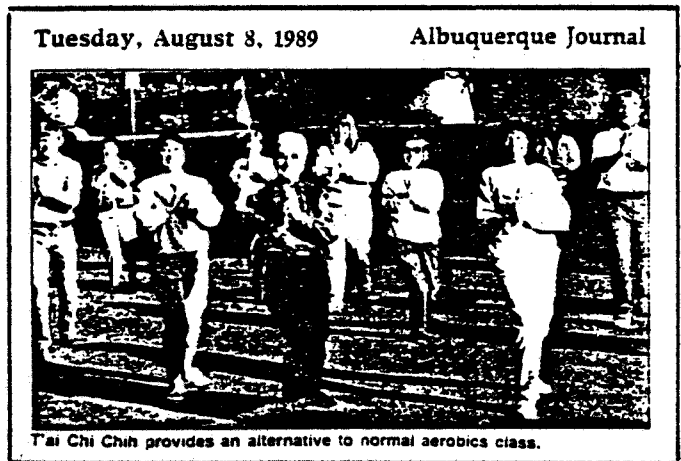
My heart opens in gratitude to everyone who contributes even the smallest sentence in the VITAL FORCE as words here and there touch deep remembrances within. Please keep sharing yourselves so we can all grow! While deep in meditation one afternoon I found myself doing "Passing Clouds." How incredible! Here I am sitting silently, yet I'm also doing "Passing Clouds!" Or are the "passing clouds" doing me? Suddenly, I find myself rising up out of the movements, out of my body, yet my body is still doing "passing clouds" and still deep in sitting meditation! This is too much! Time to come back to "reality!" But a lasting impression has been made. Another one reminding me who I truly am. Who we all truly are! Consciousness! Bliss! Creation itself! Constantly evolving! Constantly "pulling the sticky taffy" from our minds and bodies so we can merge with and live as the "light at the top of our heads!"

With blessings to you,

Tim Stuetz  
Anaheim, CA

### GREAT PUBLICITY

Therese Goetz did a great job in publicizing the conference in Albuquerque. Not only did the local paper, Albuquerque Journal, have an article and picture, but Therese was able to get SUNSET Magazine to include a picture and a promotional bit titled "Seeking a new exercise? Try t'ai chi chih in its home town of Albuquerque." Both articles included reference to our sessions at 7 a.m. in Old Town Plaza. Good job, Therese!



### Desert Travel Guide SUNSET Magazine August 1989

