

THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement



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NOTE FROM JUSTIN

When I was in Canada recently I was very impressed by the sincerity of those studying and those teaching Tai Chi Chih. A good beginning has been made, and capable people there are presiding in the expansion that is taking place. One young man came down from the edge of the Arctic Circle to take part in my "Heightened Awareness" Seminar in Edmonton. He has been faithfully practicing Tai Chi Chih daily, by himself, for four years, and hopes to eventually become a teacher.

Now Tai Chi Chih has begun to spread in Montana, just as it has in North Dakota, Minnesota, Colorado, New Mexico, and Arizona. Little pockets of enthusiasm have begun to form in isolated places, and these tend to grow rather rapidly. It is exciting to see this. No amount of planning can cause this result; Tai Chi Chih is spreading and proliferating because of what it is and because of the TEH (Inner Sincerity) of those teaching it.

From the beginning I have felt that the future of Tai Chi Chih lay, not in Madison Avenue nor Hollywood, but in the quality and dedication of the teachers. Early on teachers found how rewarding it is to teach Tai Chi Chih, to see the joyous, energetic look of students' faces, and to feel the excitement of the group energy. My trust has not been misplaced. The quality of people who have been led to become Tai Chi Chih teachers is very high. When people come to the annual Teachers' Conferences they find others such as themselves, and the atmosphere is a very positive one.

I believe the workman is worthy of his hire, and feel that active teachers should make a good living from teaching Tai Chi Chih, providing they stick to it and do not expect instant rewards. Some momentum has to be built, and giving presentations regularly, not just in the beginning, is one of the best ways to build it.

So I salute the teachers, who are the ones responsible for the growth of Tai Chi Chih. One request: forward your experiences to the Vital Force, which will now come out six times a year. More material is needed, obviously, for the expanded version. We all look forward to reading new issues as they come out; why not help by contributing material? It is very useful to other teachers.

冬芽

winter buds



T'AI CHI CHIH - A PERPETUAL TEACHER

By Steve Ridley

Learning the movements of Tai Chi Chih is only the barest beginning. I have noticed that there is a tendency among some practitioners to want to move on to more "advanced practices" or study a more complex ancient style of Tai Chi, after only a few months of Tai Chi Chih involvement! It is not that they have mastered Tai Chi Chih that they feel prompted to move on, but rather that they have become bored and are restless, and are still driven by habitual conditionings. They have yet to truly experience Tai Chi Chih or derive meaningful inspirations and benefits. This attitude is reflective of our hurry-worry cultural setting which prizes instant results. If a person can get past this initial resistance to thoroughness, tenacity and patience, great things can happen!

Once we learn the movements of Tai Chi Chih and have a basic understanding of movement principles, we have the opportunity of refining our performance and deepening our knowledge of this profound meditative art for our remaining years. Tai Chi Chih can never be fully perfected nor can the insights be fully plumbed.

Justin has emphasized over and over again that we are to concern ourselves with regularity of practice and to pay attention to the way in which we move, which is with "softness and continuity." There are numerous aspects to this all-encompassing principle of softness and continuity, which is a useful theme for ongoing contemplation. The more we manifest and accord with this principle will we know the full range of benefits reported by accomplished practitioners.

The following considerations will help cultivate maturity in our practice of Tai Chi Chih if applied:

In movement, softness and continuity are embodied as faithfully as possible. It is essential that we move in a unified manner with power and steadiness, through every pattern and subtle change, creating an underlying emphasis of equality throughout the practice period. If we embody the flowing character of a great river and move as agilely as a cloud being mobilized and shaped by wind, we will assist in the more complete nourishment of the mind-body by allowing chi to accomplish every action. As we continue to develop this refined synchronicity of motion and internal openness, we manifest enduring strength effortlessly and we settle into patient, continual study and application of the art. By working steadily with Tai Chi Chih, it is able to work for us, bringing about self-evolution and liberation of consciousness.

FROM THE EDITOR

After five years of publication, we are excited about expanding to six issues a year, a step that reflects the expansion of Tai Chi Chih. This issue contains much news and practical information for teachers, which demonstrates our dedication to serving teachers in the best possible way. The news of new classes, especially in corporate settings such as Apple Computer, the U. S. Health Department and the City of Albuquerque should inspire teachers everywhere to examine such possibilities in their own communities. We are fortunate to have teachers of a highly professional caliber, such as Lillian Susumi, Carmen Brocklehurst, Donna Shaffer, and others who are breaking ground in these contexts. The creativity of Justin Stone and Steve Ridley continues in the form of new books, tapes, and cards that are announced herein.

However, the backbone of our publication is the experiences of teachers and practitioners of Tai Chi Chih, along with articles showing spiritual insight. How can you contribute to the Vital Force? We welcome your artwork (black and white line or brush work), poetry, helpful hints on teaching, photography (black and white only, please), and reports on your new or specialized fields of experience in teaching Tai Chi Chih. Justin and Steve will continue to contribute articles to each issue, but we expect much more from all readers. Tai Chi Chih practice brings beautiful insights and creative experiences to almost every player. Why not take the time to share them with your peers? You are the Vital Force.

In Chi-erful celebration,

Corinn Codye

P.S. Please return your forms for the Directory of Teachers by Special Interest, published in the October issue of the Vital Force. We would like to publish the list in the February issue as a help to teachers in networking and professional development, but it depends upon your participation.



Oonagh Perdue and Justin Stone
"Passing Clouds" -- Albuquerque Conference

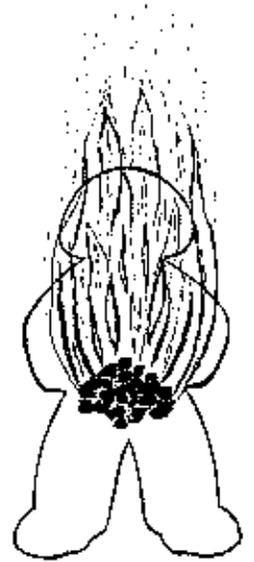
JOY THROUGH MOVEMENT

The embers represent Peace of Mind
The flames represent Joy

Tai Chi Chih movement is like
the gentlest wind to
nourish the HEART-FIRE

And the Energy-being,
the Soul embodies...
FLOURISHES

Jeanne Carlson-Linscott



Jeanne

TAI CHI CHIH TEACHER TRAINING

October 2-7, 1989
Helena, Montana

Instructor: Steve Ridley
Coordinator: Melinda Artz

NEW TEACHERS

Laura Arbenz
1108 Cannon, #2
Helena, MT 59601
406/442-5112

Terrina Beaty
1840 E. Valley Center Rd.
Bozeman, MT 59771
406/388-3359

Debbie Bishop
929 West Silver
Butte, MT 59701
406/782-4867

Vivian Bridaham
Box 2012
Bozeman, MT 59771
406/586-7516

Valerie H. Mintz
P.O. Box 403
Ojai, CA 93023
805/646-1912

Jo Rigg
1715 Kelly Road
Helena, MT 59601
406/449-6369

Bente Sjoldal
P.O. Box 3211
Bozeman, MT 59772
406/586-8087

Robert Turgeon
Box 1095
Helena, MT 59624
406/933-8631



TEACHERS ATTENDING

Jeanne Jacobs
Stanwood, WA

Jean Katus (in her heart)
Fl. Yates, ND

Linda McKenzie
Regina, Sask., Canada

Joseph Pagano
Monterey, CA

TEACHER'S NOTEBOOK

Tips on Selling Books and Tapes

Think back to the last day of your teacher training course, the day you had the opportunity to buy, for the first time, books and tapes for resale to your future students. Did you feel pleased at the prospects of this being an additional avenue of income coming to you through Tai Chi Chih, and privileged to qualify for 40% discount on the products? Or did you have a difficult time picturing yourself selling books and tapes? Did you already have classes to teach lined up, and confidently place an order for 20 to 50 books? Or did refrain from buying any materials, wondering to yourself whether you could "afford" to invest in an inventory before you really knew you could be successful at pulling classes together.

Many newly-accredited teachers have little experience in some of these matter, and becoming a successful teacher involves mastery of many professional skills beyond the core mastery of the Tai Chi Chih movements and their instruction. One of these areas is the sale of books, tapes, and other items to students.

Most teachers have bought and resold copies of the Tai Chi Chih text, which has provided them with a certain amount of additional income. Have you been a one-title teacher until now? At present there is a whole bookshelf of materials offered by both Satori Resources and Good Karma Books. Many teachers have found that sincere students are hungry for more materials by Justin Stone, and often buy more than one title during a given course.

Mysteriously, some teachers appear to not sell any of the books or tapes to students. We would like to see this change, and for all teachers to prosper through all possible avenues of their Tai Chi Chih businesses. Especially now that Satori Resources owns the Tai Chi Chih videotape, with a profit margin of about \$16 per tape, its sales can add up to substantial side income for teachers.

Often it comes down to training yourself to think a little bigger. Tai Chi Chih is growing quickly because teachers now are beginning to think in bigger terms in terms of who can benefit from it and where it can be taught and practiced. As our vision for the practice grows, so can our vision for supporting that growth through the print and tape media. Your students want the benefits offered by Tai Chi Chih. They can learn from the book, from you, from the tapes, and be more successful in their personal practice.

And in order to begin selling more materials, you have to train yourself to think a little bigger in financial terms. The mental adjustment to paying \$23.97 for an item, when you pay nearly \$100 for only four videotapes, can be a hurdle for some people, but getting past that adjustment and finding out the great number of people who want to have videotapes will re-educate your thinking quickly! You may have to adjust to carrying boxes of materials to and from your car and allowing time to set them up before class. But the rewards are worth it. The books, tapes and other things will prove themselves to you. To give you some idea, Christine Sproehne helps run the bookstore at the Whole Life Expo, which has been held in at least four major cities this year. She says that no matter how many copies of the Tai Chi Chih videotape she displays among the other Tai Chi videos offered by the store, Justin Stone's video always sells out first, and the overwhelming majority of buyers are people who have not yet heard of or studied any Tai Chi Chih.

About credit: Are you thinking that you cannot afford the initial outlay for a supply of video tapes, books, T-shirts? First of all, you can purchase materials using VISA or Mastercard, if that is easiest for you. The 800 number makes phone ordering easy. And credit directly with Satori Resources can be arranged. If you have bought materials from Satori Resources in the past and are a customer in good standing, we will in most cases allow you a 30-day period in which to pay for your order. You owe it to yourself to become successful in this area.

Back-of-the-Room Sales: General Principles

Actually, entire books have been written specifically on the subject of "back-of-the-room sales," as they are called in the public-speaking business, and certain proven techniques have been established, such as the following points. [If you are interested in more detail, look up any publication by Dottie Walters.]

(1) Always have books and tapes available at every appearance that you make. This includes both classes and demonstrations. If you expect a large crowd, make sure you have someone trained to attend the table and handle the transactions for you while you answer questions and greet people.

If you teach Tai Chi Chih at a conference, make sure the conference bookstore knows about the books and tapes and that they can order the books and tapes from you or from Satori Resources. [By the way, Satori will give you a 10% commission on any sales to conference bookstores that you arrange.]

(2) Always mention to your audience the titles that you have available, and invite them to buy the materials. Suggestive selling works. Hold up the books and tapes, showing their covers, and invite your class or audience to look them over at the table at the back of the room. Clearly announce the price, that they are for sale at the table, and mention one or two solid benefits people can experience from having the books and tapes to refer to at home.

(3) Allow ample time at the end of class or during breaks in a weekend seminar for people to thoroughly browse through the available books and tapes. Let students pick up and handle the materials. Lillian Susumi, who specializes in teaching weekend seminars, writes that she is constantly amazed at the number of things people will buy during such breaks.

Ten Ways to be Successful.

We interviewed some of the teachers who have been most successful at selling materials to students, to find out specifically what tips they could share. Pam Towne, Lillian Susumi, Carmen Brocklehurst, and Chris McLain generously shared their ideas for this article.

1) Show a limited number of items at the first class.

Most teachers show only the Tai Chi Chih book, video, and possibly Justin's audiotape, at the first class meeting. Carmen shows only the book and video.

Pam Towne, who plays the music tape at every class, offers the music tape from the beginning. [If you do play music, students will want to buy whatever tapes you play]. Pam presents the audiotape on the 4th week, waiting until students are certain to have experienced the flow of the Chi, then encouraging students to investigate the deeper meanings of Tai Chi Chih practice by listening to Justin's audiotape. She brings Justin's other books on the 5th to 8th class meetings.

Ways to Be Successful.

Lillian Susumi offers the video and the textbook on the first evening of beginners classes (Friday evening during a weekend seminar). On Saturday and during review classes she puts out all the materials. On Saturday evening she announces that only on Sunday will T-shirts and sweatshirts be available for purchase.

2) Encourage students to buy at least the T'ai Chi Chih book at the first class.

Pam Towne tells students that she does not consider the book an optional purchase, that she feels everyone needs the book as bare minimum. "You'll definitely want to get a book before you leave tonight," she suggests to students in a positive way, which stems from her clear conviction that the book is important.

3) Speak from the experience of former students.

Carmen tells her beginning classes of the many students who have come to her wishing that they had purchased the book the very first day, and who have steadily reported that having the book is a tremendous help between classes.

Chris McLain also quotes her students. She points out to people the importance both now and in the future of having the book, since attending the T'ai Chi Chih demonstration or even the first class is only the planting of the seed of T'ai Chi Chih. Some people go on to continuous practice, but others take T'ai Chi Chih, then may put it aside for a while, only to take it up again in a year or so in a more dedicated way. At that point, having the book and videotape is invaluable.

4) Assign Books and Tapes as Homework Instead of Discussing Philosophy.

Chris McLain also finds that in eight hours of class instruction, there is very little time to dwell on philosophy and readings. She assigns the book and audiotape as philosophical and background reading.

5) Ask for student comments on materials during the course.

Carmen Brockiehurst always makes a point to ask students who purchased materials at the first class meeting, "What did you think of the [video or book]?" Hearing the specifics of content discussed will involve other class members in seeing how helpful the text and tapes can be.

Even negative comments can be used positively. Shortcomings can be acknowledged, and in some cases even used as an exercise in helping students to Focus only on the movements.

Carmen introduces the video by talking about Justin. She refers to the fact that Justin is simple and humble, like T'ai Chi Chih, and not interested in the Hollywoodish aspects of video presentation. She explains that the film is VERY BASIC, and that purposefully Justin insisted on having no facial lighting, so that people would not focus on his face, but rather on the movements.

The comments from the next week usually include statements such as, "It was just what I needed; the tape really helped me focus on the movements."

6) Use Books as Course Material for Intermediate Classes.

Chris McLain uses Justin Stone's other titles (Meditation for Healing, Abandon Hope, Heightened Awareness, and 20th Century Psalms) as a main part of the curriculum of her intermediate classes. The group does T'ai Chi Chih together, then discuss the readings. She says it is amazing how often the

books speak to the particular issues going on within the group at any given class meeting. "The process leads to deep bonding between the class members," she says.

7) Be professional in your organization and presentation.

Lillian Susumi points out that it pays to attend to details and to project a beautifully professional image in how you conduct your classes. Arrive early enough to be completely set up beforehand. Carefully set up your table. Have someone on hand to attend the table as storekeeper. One of Lillian's students remarked to her, "Lillian, you think of everything!"-- "And that's the way it should be," exclaims Lillian.

8) Set up a Lending Library.

Many students will buy the videotape at the end of a course. Some teachers have encouraged students to rent or borrow the videotape for a week at a time during the course. They keep at least three of each title on hand (one for their personal library, and at least one to lend) just for this purpose. Students must return the materials by the last class.

9) Hand out copies of Satori retail flyers and order form for students to take home.

Stamp your name, address and phone number on the paper and let your students know they can order from you at any time. (See enclosed black-line master of Satori retail flyer on last sheet.)

10) Think big!

There is no reason why each teacher cannot be successfully selling at least the T'ai Chi Chih book and videotape to a majority of students. If each teacher would sell only twenty videotapes a year (and many more than that can easily be sold), the proceeds would pay for a new and beautifully photographed edition of the T'ai Chi Chih textbook. At some point a more professionally-produced video is equally possible. We are dedicated to reaching that point quickly through increased book and tape sales now, for we wish to support T'ai Chi Chih with the best possible in published materials. You can help us fulfill our mutual goals quickly and easily. How can you expand and improve your book and tape sales? Freely use the suggestions herein and write us with suggestions of your own. We will be happy to pass them on to other teachers through the Vital Force.

READERS WRITE TO THE VITAL FORCE

"Thank you for sending me the renewal notice for The Vital Force. Yes, I want to be certain to extend the subscription for another year. I understand it is now published bi-monthly. Hurray! I look forward to each issue, as it keeps me abreast of the growth of T'ai Chi Chih and I find the messages of Justin's encouragement and wisdom to be the best part of all!

I am unable to take part in becoming an accredited T'ai Chi Chih instructor, but the path I have chosen for individual patience and practice, allows me an opportunity to be an ambassador of Joy Through movement. When I am asked by others about the visible changes in myself, I refer them to Satori Resources for additional information and materials.

Widening the circle of love,

Marilyn P. Harrison
P.O. Box 224
Sasabe, AZ 85633

Part of the reason for expanding the Vital Force to six issues a year is the accelerating growth of Tai Chi Chih. Accordingly, all teachers are encouraged to write us often, with news of your activities, proposals, networking needs, and suggestions for classes. Please send news and letters to: THE VITAL FORCE News From Teachers, P.O. Box 397, Santa Barbara CA 93102. Deadline for the February 1990 issue is January 10.

We recently received greetings and letters from the following teachers. Thanks for keeping in touch!

Lucy Hocking, "Have Chi Will Travel," who has begun to teach in Maine, and eager to develop a Tai Chi Chih network on the East Coast.

Chris Worcester who announces his marriage this year and birth of a daughter on October 22. Chris has been practicing Tai Chi Chih, but temporarily not teaching. "until I'm doing the whole form on a daily basis, since I don't want to misrepresent Tai Chi Chih."

Chris McLain, who has just completed a tour of North Dakota and Minnesota giving a seminar for massage therapists called "Healing Using the Body's Energies," in which she features instruction in Tai Chi Chih.

Dorothy Marks, who continues to teach actively in Kansas City area, sends blessings and says, "I enjoy reading the Vital Force and continue to gain new insights with every issue."

Art Herman will co-teach "Awaken the Dancer Within" for the second year running at the Ojai Arts Center. In the workshop, the subtle movements of Emilie Conrad-Da'oud's "Continuum" of micro-movements, sound, and breathing which initiate one's inner dance, starting at one's center and expanding outwards, are contrasted with Tai Chi Chih's 20 movements for circulating the Vital Force.

Tais Hoffman gave a presentation to a men's support group of medical doctors, from which two Tai Chi Chih classes are forming. Tais reports they are very enthusiastic! [We will want to hear more about this, Tais!]

Pam Towne writes that changing her logo from a Tao symbol to using the three birds, without changing any of the wording in an ad in a local paper, has brought in many more calls and students than previous ads.

Cheryl Hamblin continues to teach in the East Bay area in California, and has opened a new office on College Avenue in Berkeley. Besides teaching Tai Chi Chih, Cheryl is a certified masseuse and Reiki practitioner.

T'AI CHI CHIH AT U.S. HEALTH DEPARTMENT

Lillian Susumi has negotiated a contract with the U.S. Health Department in Seattle, which is sponsoring a Tai Chi Chih course in a three-week, six-session format. The Tai Chi Chih class is the first movement activity class offered to employees that has been paid for in full by the Department itself. The Department includes 22 agencies with offices in Seattle.

Montana has just increased its certified Tai Chi Chih instructors 350% with the graduation of seven new teachers today. Only two major cities (Kalispell and Billings) lack resident teachers. Lynne Blackford is thinking about traveling to Kalispell to teach and as you know Jean Katus offers classes in Billings. Joy joy joy!

Thank you Corinn for your persistent encouragement and invigoration. Your phone calls helped me feel less isolated and helped make the whole thing more real as it developed.

I am grateful to the three potential teachers who waited until the last minute to withdraw their registrations. Had they done so earlier, we might have cancelled the training! I was certified because the enrollment maximum was expanded, and now eight students have been certified because Steve Ridley agreed to reduce the minimum--yang and yin.

Other teachers also are in my thoughts: Jeanne Jacobs, Linda McKenzie, and Joseph Pagano who came to learn and teach; Jean Carlson-Linscott who sent flowers, a candle, and several notes of appreciation and encouragement; but most especially Jean Katus, my first teacher. Had she not been willing to teach me, one of only two in her first Helena class, we wouldn't have come this way to this day. Last, but perhaps most important, Steve Ridley--a fine teacher and a constant inspiration.

Again, my thanks and by extension the thanks of the newly-accredited students.

Sincerely,

Melinda MacArthur Artz



Therese Goetz -- "Pulling Taffy" -- Albuquerque

LETTERS FROM TEACHERS

Comments on Teacher Conference

The following are some insights/concerns regarding the next Tai Chi Chih teacher's conference.

1) An ideal format will balance inner development with outer expression. We are there as teachers, not just advanced Tai Chi Chih students. This means dealing with not only deepening our understanding and practice of Tai Chi Chih, but how to bring Tai Chi Chih to more people, as well. I, for one, would greatly enjoy a follow-up next year to this year's vision-building; and a re-introduction of sharing hints for teaching the various movements, as at the last Vallombrosa conference.

2) I am personally disappointed that we're heading back to Vallombrosa, even though I enjoyed the last conference there. It feels to me like a retreat to the past, and back behind closed doors. Tai Chi Chih is both intensely personal and universal. It honors the past and ancient oriental roots, but evolved for people actively involved in the western world: a forward-looking, open society. We grow from our honored roots in the past, but we are not meant to stay buried with them! Tai Chi Chih will soon be forced to leave Vallombrosa by the sheer numbers of teachers who will want to participate in the conferences--the time is now to begin to find creative, satisfying alternatives to a secluded retreat. Tai Chi Chih in Albuquerque's Old Town Plaza was one of the most powerful aspects of our whole 1989 conference. Clearly we must grow from that point.

Chi!

Therese Goetz



GREETINGS TO THOSE AT THE VITAL FORCE

I'm writing as a newly accredited teacher of Tai Chi Chih (May '89) and just wanted to let everyone know how much I LOVE teaching.

Me!--a person who couldn't normally speak to a group of more than 3 persons without having a panic attack, has become a regular spokesperson, thanks to Tai Chi Chih. I've been engrossed in giving demonstrations, have two weekly on-going classes at a local fitness centre, and varied private clients. I feel confidence in myself thru speaking about and teaching Tai Chi Chih. So besides all sorts of personal benefits, I get to share this chi-ecr with others. It's a real feeling of joy and pleasure to see students delight in the form.

I really would like to thank Justin for the thoughtful imparting of the Form, and Steve for his refined expression of Tai Chi Chih. I'm especially beholden (nice old word) to my teacher Carole Gates of Victoria, B.C., for introducing me to the joy of Tai Chi Chih, and for her cheerful, nourishing support.

A big 'hi' and a smile for all the Victoria, B.C. May '89 accreditation class!!

Marilyn Ollivier
Box 396
Crofton, B.C. V0R 1R0
CANADA

TEACHER LETTER

Dear Vital Force and Tai Chi Brothers and Sisters,

Yet another healing experience took place at Valhalla in Bemidji, MN as Steve Ridley presented his Tai Chi Chih/Meditation Intensive.

Several of the participants commented on the ability to let go and feel the freedom in their heart and chest as they released tensions and allowed healing to take place through this Body, Mind, Spirit intensive.

I feel blessed to have been exposed to Steve's healing sense of humor, joy, love and humility. This was a beautiful bonding time for all as was his willingness to share and experience the knowledge of body work available through yoga techniques.

The depth of movement in Tai Chi Chih was once again intensified as we joined energy and BECAME the fluid, gentle movement. Sometimes as a teacher, I forget many of the other qualities of Tai Chi--as we moved among the trees on the shores of Turtle Lake, I remembered.

Through meditation we had the opportunity to internalize. Steve had us focus on application of breath and sounds to intensify and experience the bliss that meditation can bring.

Yes, under a luminescent moon and to the dance of the Northern Lights we learned old/new ways to care for our earthly bodies, we are stewards of our soul, with an obligation to do our best to thrive.

Thank you Steve, for your Golden Rule in action through the Tai Chi Chih Meditation Intensive.

Very truly yours with love,

Jeanne Carlson-Linscott

Light at the Top of the Head on Eye on L.A.

The television show "Eye on L.A." recently aired a program that featured Rancho Rio Caliente outside Guadalajara, Mexico. The program mentioned classes in Tai Chi Chih and showed students practicing "Light at the Top of the Head."

800 NUMBER WORKS FOR TEACHERS

Satori Resources has recently implemented an 800 number to assist teachers and customers in ordering our publications and materials. But it has already proved very useful and will increasingly serve as a directory to accredited Tai Chi Chih instructors in the United States and Canada.

For example, in 1990 the number will be listed in Warrior Information Network News (published in Stockton, California), and in Magical Blend and Internal Arts magazines. The number will also be included in an upcoming article on Tai Chi Chih (January 1990) in the Los Angeles Times Saturday View Section.

NEW OFFERING FROM GOOD KARMA BOOKS

We are once again very fortunate to offer Justin's and Steve's creativity to you in the form of full-color postcards, two designs from each artist. The cards come in a mixed pack of eight cards for \$5.00 (plus \$.60 shipping for the first 8-pack, \$.20 for each additional 8-pack). Accredited Tai Chi Chih teachers may purchase five or more 8-packs (40 cards) for a 40% discount. Many thanks to Justin and Steve for making these beautiful cards available.

For those teachers who placed pre-publication orders for Perspectives in Motion and Stillness by Steve Ridley, thanks for your patience during delays at the printer. Please let us know if you have any changes of address. A huge thank you to all teachers who continue to support Good Karma Books!

Jean Katus for

Good Karma Books
Box 511
Fl. Yates ND 58538
701-854-7435



Pam Towne and Sandy McAlister
"Working the Pulley" - Albuquerque Conference

CHRONIC FATIGUE SYNDROME

I am doing my Tai Chi Chih daily and it really makes a difference. I am able to ground myself, feel my feet and have a new sense of my body and alignment. I thank you for your inspired instruction. You have a wonderful way of building the motions from simple starts to more conscious deeper movements.

I feel Tai Chi has helped me recover from the Chronic Fatigue Syndrome (Ebstein-Barr virus) in many ways. A few are (1) a new awareness of quieting my busy mind and simple concentration on something in the present moment, i.e. my feet, arms, balance, breath etc. as taught in Tai Chi. (2) A sense of Ease in motion. All directions, I became aware of which motions held more tension for me. In the beginning of your class I couldn't last an hour on my feet. I felt weak and nauseous. Gradually I built up tolerance for the whole lesson. Now I find I use my Tai Chi to ground or center myself between clients as I go through my day.

Debbie Bosse
(Student of Liz Salada)
San Ramon, CA

WHICH T'AI CHI FORM IS BEST?

This is a question that you may have to contend with occasionally as you continue to offer classes in Tai Chi Chih. I personally practice Tai Chi Chih and Tai Chi Ch'uan daily and value both forms. The way I see it is though there are numerous systems of movement called by the same name, Tai Chi is one. The true Tai Chi (Supreme Ultimate) certainly cannot be contained by any particular movement format, regardless of origin, though by diligently practicing our preferred Tai Chi form, we can know the true Tai Chi, which is formless and also creatively forming as the world process. This is the ultimate potential to be directly realized through any authentically inspired Tai Chi form.

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

NEW SATORI TEACHER STORE

Satori Resources has expanded its offerings to include the T-shirts and sweatshirts designed by Carmen Brocklehurst and Ed & Noel Altman, which many of you have seen and purchased at teacher conferences. Single shirts are priced at \$12 and \$20, with significant savings (and savings in shipping cost) available for quantity orders, so that teachers can make the shirts available to their students. Tai Chi Chih balloons, designed by Chris McLain, are also available, at cost (\$11.00 for 100 balloons).

The current Tai Chi Chih teacher directory is available for \$5.00, and copies of the Tai Chi Chih teacher packet, which includes the current teacher directory, for \$15.00. Other contents of the teacher packet are:

Business information on ordering materials from Satori Resources and Good Karma Books, information for students about becoming Tai Chi Chih instructors, reproducible class handouts, reproducible attendance, registration, and gift certificate forms, liability insurance information, articles about Justin Stone, background literature on Tai Chi Chih, yin/yang concepts, and oriental philosophy, articles on planning and publicity for your classes, suggested music cassettes, sample articles, advertising, and flyer formats, and more.

In 1990, look forward to Tai Chi Chih stationery, flyers, and brochures available from Satori Resources.

Please take advantage of our convenient 800 number and Visa/Mastercard service for ordering. We are here to help you be more successful teachers and ambassadors of Tai Chi Chih.

A reproducible retail flyer of Satori Resources products has been included with this Vital Force. You can mail or give this to your students, with your name stamped on it, as a catalog of the products they may purchase.

CALIFORNIA TEACHERS: NOTE SALES TAX INCREASE

Beginning December 1, 1989, and continuing through the end of 1990, a temporary increase in sales tax of 1/4% goes into effect. The tax is designed to raise money for earthquake relief and rebuilding. This tax affects the books, tapes, and other items you sell to students. For more information and convenient pre-figured tax schedules, please contact your local State Board of Equalization office.

TEACHER LETTER

I am one of the newest Tai Chi Chih teachers, having been certified just last week here in Helena. I mentioned to Steve before he left that I felt I needed to write about the week and he suggested that, if I did, I send the results to you for consideration for "Vital Force." I wrote it as soon as possible because I wanted to express what I was feeling then. I'm finding as time goes by that my feelings are changing, but I think I'd like to leave it as it is rather than "muddy" it up with a different perspective. Maybe I'll update it at a later date.

So--there it is--for what it's worth. Use it if you feel it has any value to other students/teachers.

I am very happy to be a part of the Tai Chi Chih Community--it feels good and right to be here.

Sincerely,

Jo Rigg
Helena, Montana

TEACHER TRAINING

A Purely Personal Perspective
By Jo Rigg

I considered titling this "Tai Chi Till You Drop" because sometimes that's how it felt. Not that Steve was a slavedriver (he didn't even bring his whip!), he simply wanted us to do it right so that we will be able to teach it right. Understandable. That's what he and we were there for. But the night it took 2 1/2 hours to go through the form, it felt like we weren't doing anything right! I went home that night with my ego in the soles of my feet. But it wasn't all like that. There were times of humor and fun and, best of all, times when I knew I was "doing it right." There was even a moment, practicing a move at home "after hours," when I felt the way Steve looks when he does that move--a real high.

Maybe I went into it with the wrong attitude. Being a person of scientific bent, I wanted to know why we do Tai Chi the way we do: why hold our hands just so, why move them just that way, why not do it this way--it looks nicer. I had heard of Justin Stone's non-answers to such questions and was prepared for the same from Steve. And that's mostly what I got when I asked. However, in the middle of the week, a realization dawned--my "Why" questions were being answered: in re-teaching and "teaching us to teach" each movement, Steve was explaining it in terms of controlling, holding on to, moving and absorbing the chi. Every part of every movement reflected that concept. Maybe this had been obvious to everyone else all along--I'm sometimes slow on the uptake, especially when my mind is already made up! At any rate, it made all the difference in the world to me. Thank you, Steve!

And thanks, too, to all my classmates for your presentations. Getting mine out of the way early on, left me free to enjoy and appreciate yours. Your creativity, sincerity and insight were nothing short of inspiring. I hadn't realized what awesome company I was in! I know I'll do a better job of presenting Tai Chi Chih after having seen you do it.

Last, but far from least, are the new friendships formed this week. Our shared experience creates a network that includes our little core group of teachers here in Montana and extends all the way to Ojai, California and Regina, Saskatchewan, Canada and, of course, to Denver and our "Fearless Leader." The memories of late-night coffee and "sinful dietary indulgences," early morning breakfast and assorted ethnic dinners, all spiced with conversation light and heavy, will be some of the most vivid and lasting from this week.

All in all, it was a yin/yang experience: exhilarating and depressing, encouraging and frustrating, energizing and wearying, not to mention, in the purely physical sense--sweating and shivering. (This is a purely personal perspective--most of my classmates were "up" all week--or so they said.) It went by far too quickly--just when it was getting good, it was over. But for me it ended on a high note and that is the perspective from which I view it now. I'm glad I was there. I'll never forget it.



ON-SITE T'AI CHI CHIH BREAKS AT APPLE COMPUTER HEADQUARTERS

Donna Shaffer, who has been teaching Tai Chi Chih for employees at Apple Computer in Cupertino, California, has been negotiating an on-site program for Apple employees that will feature 15-minute "Tai Chi Chih" breaks. Donna will move from department to department, two afternoons a week. The program is projected to begin early next year. [Editor's note: From my own experience, I'll predict that the afternoon productivity in those departments that have Tai Chi Chih breaks will go way up. Those workers will find that a few minutes of Tai Chi Chih around 2:30 or 3:30 p.m. will make the rest of the afternoon fly by, with refreshed and renewed mental focus. Tai Chi Chih beats Snickers bars and coffee any day.]

Donna has also been teaching CFS (Chronic Fatigue Syndrome, also known as Epstein-Barr) patients at an acupuncture clinic in San Jose. Donna also has a proposal before a local police academy for making Tai Chi Chih a part of the regular training program.

T'AI CHI CHIH CLASSES THROUGH ELDERHOSTEL

Joy Barbour of Bullhead City, Arizona, was invited by the local Elderhostel campus to teach Tai Chi Chih. People from all parts of the country attended the course, and some remarked that they came to Bullhead City, which is right on the Colorado River, specifically for the Tai Chi Chih. After a few classes, one student remarked, "Joy, I feel 40 years younger!" [Editor's note: This is the first Elderhostel-sponsored Tai Chi Chih class that we know of, but with the interest and success of this class and the many Elderhostel campuses in each state, we would encourage teachers to find out about offering Tai Chi Chih through the Elderhostel program.]

CALENDAR

SEIJAKU COURSE INFORMATION

There have not been enough names to warrant reserving the hotel in Monterey for a March Seijaku Course (a minimum number of rooms must be reserved and paid for to obtain the facilities necessary for the course). However, a Seijaku Course will be held in beautiful Edmonton, Canada at the beginning of June—either the 1st or 2nd weekend. I suggest you try to be there. I think you will find Seijaku worth the effort, and accredited Seijaku teachers are becoming quite successful.

Tuition is \$300. Guadalupe can let you know about accommodations and meals, costing about \$150 (I found the best vegetarian restaurant I know when I gave the "Heightened Awareness" Seminar there in September). Please write for details to:

Guadalupe Buchwald
15925 - 93A Avenue
Edmonton AB T5R 5J5
CANADA

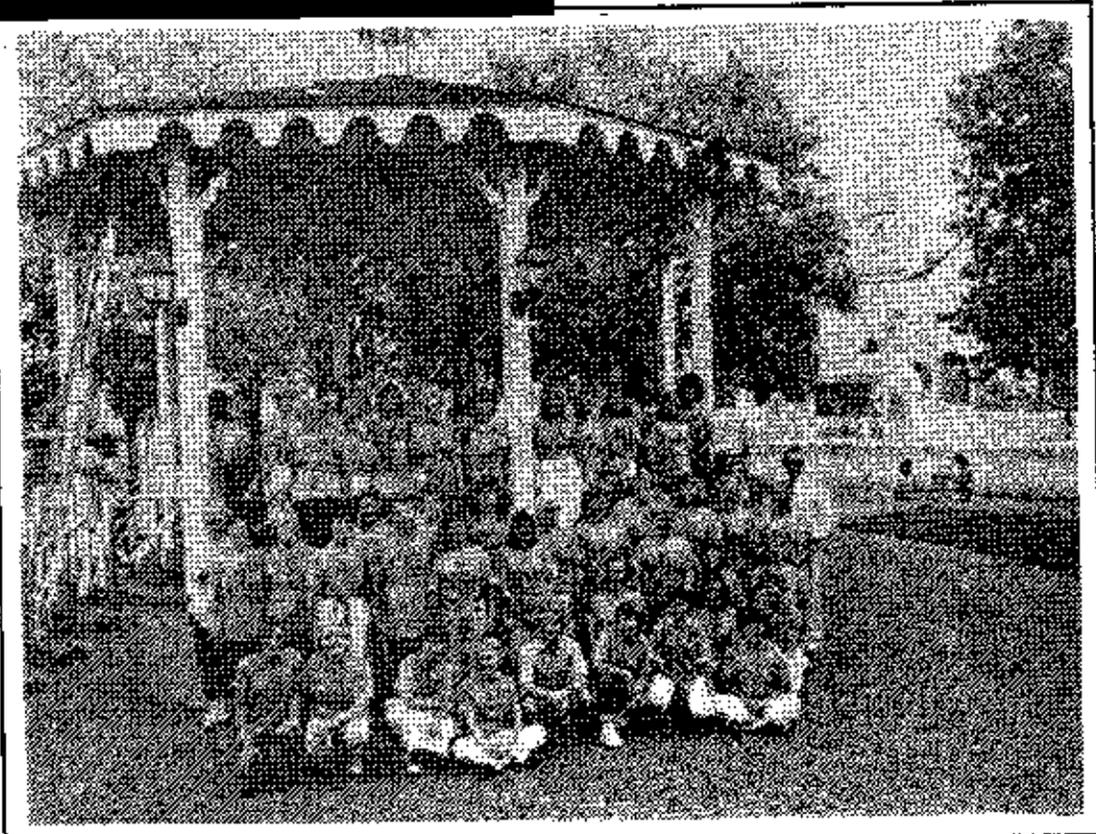
Do me a favor and don't procrastinate. Let her know right away if you're interested or not interested.

Thanks. Very best,

Justin Stone

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6 - 11
Deadline
April 1
Teacher Training
Bemidji, MN Cost: \$365.00
Contact: Jeanne Carlson-Linscott
W - (218) 741-3173
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Seijaku Course (Edmonton)
Cost \$300
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Edmonton AB T5R 5J5

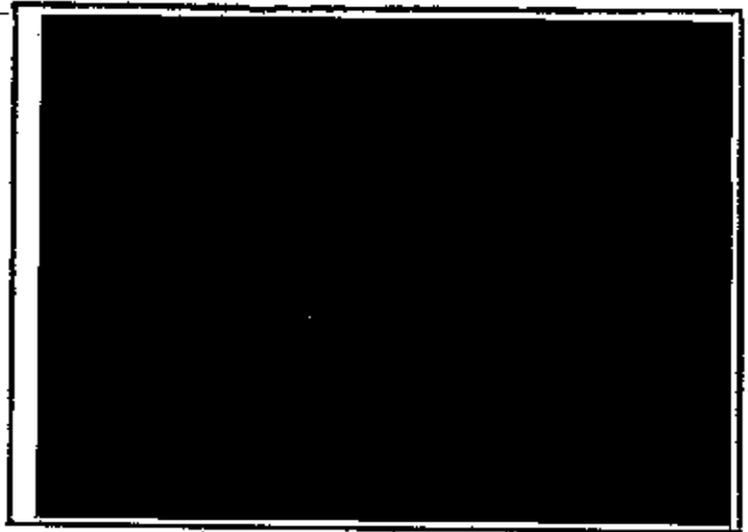
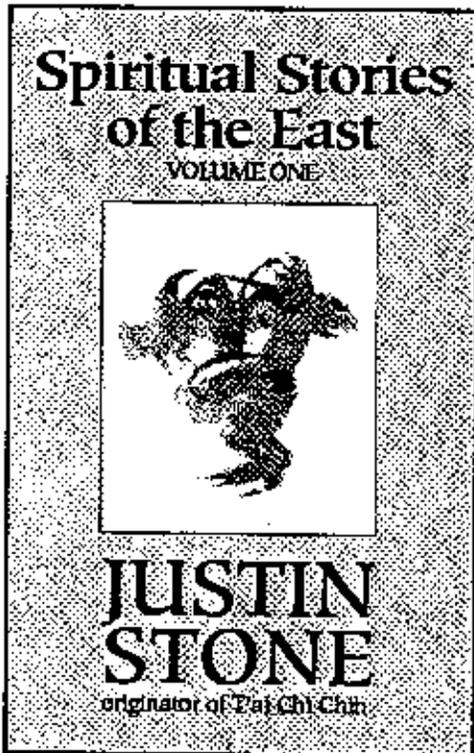


T'al Chih Conference August 1988, Albuquerque



T'AI CHI CHI PROGRAM FOR CITY EMPLOYEES ON DISABILITY LEAVE

Carmen Brocklehurst just completed an eight-week pilot course for the City of Albuquerque wherein city employees could attend Tai Chi Chih class at noon at a central location, and wherein all city employees on disability leave were required to attend. The class had between 20 and 30 attendees each week, including injured police officers, fire fighters, and refuse workers, some of who came to class on crutches and began the movements sitting down. They were surprised to experience the disappearance of pain and a rapid increase in flexibility. Perhaps Carmen will write us about this pioneering experience.



"Spiritual Stories of the East"--New Spoken Audio from Justin Stone PRE-PUBLICATION SALE

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The tape will be available approximately January 15, 1990 and will retail for \$9.95. Satori Resources is pleased to offer a pre-publication special price of \$7.49 each (25% off) from now through January 15, 1990. Accredited Tai Chi Chih instructors will receive the special price of \$4.97 (50% off) for orders of 5 or more copies until January 15, 1990, and Satori Resources will pay the shipping costs. Several teachers have already placed large orders (10 or more copies), rightly anticipating the enthusiastic demand for this long overdue work. Use the order form below or call toll-free 1-800-955-1905 to place your order by Visa or Mastercard. Payment must accompany orders to qualify for the special price.

Send orders to: Satori Resources, P.O.Box 397, Santa Barbara CA 93107. 1-800-955-1905

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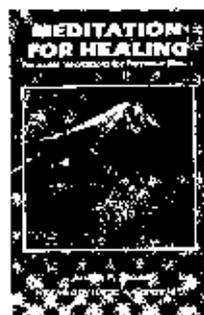
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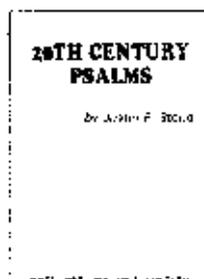
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