

THE

VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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THE IMPORTANCE OF "TEH"

By Justin Stone

(Reprinted from Tai Chi, Warfarer Publications
February 1990)

I have stayed with Yogis, in the Himalayan Foothills, who are masters of Prana, the Sanskrit word of CHI. They seem to be impervious to the cold and hunger. Since we ate only once a day, about ten-thirty in the morning (which was not enough for me), one would expect an eagerness to get to meals. However, such was not the case. One time I asked my friend, Mararaj, why he was not at the meal that morning. He replied that he had been meditating.

"When will you eat?" I asked.

"Oh, tomorrow morning, if I'm not in meditation then," he casually replied.

Most of the Yogis bathed in the narrow section of the upper Ganges at about four-thirty a.m., when many other animals were also there. Things went smoothly unless the roar of a tiger was heard, at which the animals scattered and a few monkeys fainted. I have seen the Yogis leave the water, ice-cold at that hour, and not even bother to dry themselves, relying on their inner heat to keep them warm. One newly-arrived Yogi, who had been a lawyer in Bombay before renouncing, tried to do this and became seriously ill; he wasn't ready.

This mastery of Prana and the development of the "Dumo Hear" are the basis of Tibetan Yoga. Some Yogis, deep in Kundalini practice, meditate in water to stay cool while developing this terrific internal warmth. (There is a picture of such a Yogi in one of my books.) I spent two years in developing this internal heat, and the first success was just like turning on a faucet. The overwhelming energy made sleep impossible, but it did not seem to matter. Unfortunately, I was doing this without a teacher and there were some bad side effects, such as internal bleeding. This is all described in my book Meditation for Healing, with instructions. I would not advise one to practice without instruction.

We have all read how an advanced Tibetan Yogi can melt the snow for many feet around him, just using this inner heat, and I know of a Zen Master in Japan who used to stand under an ice-cold waterfall at midnight, in the dead of winter, to test his discipline and practice keeping the concentration in the T'an T'ien. Neophytes who have tried this have invariably fallen ill.

BE A SUPERIOR TEACHER

I feel that anyone teaching T'ai Chi Chih has a personal duty and obligation to continue to qualify themselves by improving their understanding and refining their performance of the art, through time. To impart something as profound as T'ai Chi Chih we must comprehend and embody the essence upon which it is based, as comprehensively as possible.

It is a relatively easy matter to earn accreditation to Teach T'ai Chi Chih, but this accomplishment should be seen only as a beginning, as far as qualifying to teach well. It is a foundation upon which to build increasing proficiency in an ongoing manner. This is a process of self-discovery, through continual nurturing and willing discipline.

I have found that superior teachers of T'ai Chi Chih do the following:

- Practice daily and experiment with the movements regularly, by performing them for extended periods, at various speeds and in different combinations of sequential order.
- Offer classes regularly to a variety of groups, with the intent of facilitating the learning process of their students as efficiently, thoroughly and lovingly as possible
- Attend teacher accreditation courses for review, at least once a year.
- Contemplate the written words of master practitioners past and present, on a regular basis, for deeper understanding and application.
- Cultivate humility and live the T'ai Chi principles as well as possible.

Steve Ridley
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Importance of TEH, continued.

I mention all this because the circulation of the CHI, and the balancing of the YIN and YANG, are the primary goals of T'ai Chi Ch'uan and T'ai Chi Chih. To just think of these disciplines as exercise is to place them in the same category as aerobics, jazzercise, and so on. Wen Shan Huang spoke of Chi a Priori and Chi a Posteriori, that is, the Chi with which we came into this life and that we accumulated (and stored) during the lifetime. This is not "our" Chi; we are a product of this Chi. In Chinese Cosmology, from the ineffable TAO comes

See "TEH" page 2

the Yin Chi and the Yang Chi (the beginning of dualism). This is before there is a Heaven, an Earth, or Man. They are products of the Yin and Yang Chi. To unite with this Chi and to balance it is to return to the "Un-carved Block", and this is what is meant by "Centering." In this sense, Tai Chi practice becomes meditation.

The ancients have stated that the technique of the form is the least important item, yet we continually hear emphasis only on the outer physical aspects. Contests in combat and tournaments only strengthen this emphasis. How can you look inside the practitioner and see his accordance with Reality? Just as there are Hatha Yogis in India who do incredible things with their bodies, without a shred of spiritual progress, so can emphasis only on the outer keep the student from real fulfillment. Real adepts well understand the relationship between the Mind and Chi. For each state of mind, there is a corresponding character of Chi, and, in turn, each aspect of Chi influences the state of mind. If one will study the Buddha's great "Sattipathana" meditation, or the Yasenkanna of Japanese Zen Master Hakuin, one will see how the Chi, the State of Mind, and Spiritual mastery are tied together.

It is my hope that Tai Chi instruction will not just be physical. "Tai Chi Chih" teachers are told that the important thing is "TEH", the power of inner sincerity and integrity.

Justin Stone, originator of Tai Chi Chih, resides in Pacific Grove, California.



CHI FOR ALBUQUERQUE

In October 1989, I taught an 8-week class for the city of Albuquerque, New Mexico. It was wonderful to be able to share with such a large business. The way this came about was that two years ago while doing a Tai Chi Chih demonstration, I met the Director of Health & Wellness activities for the City of Albuquerque. She had an immediate response of relaxation and calm and was interested in knowing more about it. We made an appointment and talked about the possibility of a class for the city employees. After discussing it with her superiors and finding that all monies had already been allocated for other programs, we worked out a special program at a 'One Time Only' very special, very low price. It was a success! The people that came were from all departments and from every level of the business, from managers to janitors. The director was delighted because the class was full (20 people), there was continuous, full attendance and everyone sang the praises of the class. One of the people even became a Tai Chi Chih teacher later.

After the class finished, another was not offered by the department, even though there were several requests. There was no available funding. However, this past year, I met the Director at another presentation and again talked to her about a class for the city. This time she told me that they were just getting ready to prepare the budget and to call her at the office. Within a week we had a class set up, for the same amount of money I would be paid if I set up the class privately. All promotion and space arrangements were made by the city. They were pleased when 30 people signed up for the class. It was great; they even invited me to come in and do special presentations at meetings for department heads which was wonderful exposure for Tai Chi Chih.

Some of the people who attended the class were in a special disability program. Even though several came on crutches, and some with their arms in casts, there was no problem teaching them Tai Chi Chih. One man in particular had a great response. We were in our sixth class when he came on crutches, for the first time. I showed him how he could do it sitting down and he went along with it. At the end of class I noticed that he had a big smile on his face. As I shook his hand good-bye, I asked if he had enjoyed it, and his smile got even bigger. He said, "When I came I didn't think this would do anything for me, you know, it is different than they tell us in therapy. They tell us that it has to hurt before it gets better, and you tell us that in order to do it right we have to be soft and gentle. Well, when I came, my back was hurting real bad, as it has all morning, and now it doesn't hurt any more. I will be back next week." And he was, this time without crutches.

The supervisor of the program was very pleased and now wants to make Tai Chi Chih a permanent part of the City's Health & Wellness Program. I will let you know more as this unfolds. As the Director told me, "You know, Tai Chi Chih is a PROVEN given, nothing strange about it. It just helps people's bodies to feel better."

The many seeds that we all have been sowing are beginning to sprout. Each time that one of us succeeds in introducing Tai Chi Chih to new people, we ALL share in that success. I want to thank all the front line people who have been GRATEFUL enough to Tai Chi Chih to be willing to blaze new paths for its unfoldment and sharing.

Share the Chi,
Love,

Carmen Brocklehurst
(505) 299-0562



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Corinn Codye, Publisher; Lois Mahaney, Editor.

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WHAT IS "SUCCESS" WITH T'AI CHI CHIH?

By Corinn Codye

Success is practicing T'ai Chi Chih. Success is integrity in all aspects of practice, which includes all movement and the continuity of each moment connected to the next within unbroken and encompassing awareness, so that the continuity of awareness extends beyond the physical practice period. Success is rapid evolution through practice. Success is a growing "knowing."

Success in T'ai Chi Chih is not a function of how many classes you teach or how long you have been teaching. But as we practice T'ai Chi Chih, we prove for ourselves the power for good that T'ai Chi Chih is. Then as we practice sharing T'ai Chi Chih with others, allowing ourselves to accord with that force for good, we suddenly find that we begin to magnetize innumerable situations where we can use/practice/teach T'ai Chi Chih. Trust the directions it takes you and the changes it may seem to foster. You may feel led primarily to inner explorations; equally, your practice may lead you to expand your teaching. If we can but accord with the healing flow, we know that it takes us always in the "right" direction.

* * *

Please attend the Teacher Conference in August--an invaluable opportunity to renew your movements and yourself. Come and drink deeply of T'ai Chi Chih in the singing silence of the group practices. Feast on a deeper understanding of the principles of movement through the leadership of Steve and Justin. All accredited teachers should attend, whether or not you are teaching or feel you have something to contribute. You have much to gain, and you are contributing something every time you practice T'ai Chi Chih.

PLANS JELLING FOR CONFERENCE

Another planning meeting was held on Saturday, March 24 to further consolidate suggestions for procedures, activities, and shared responsibilities for the 5th International Teachers Conference. At the next meeting in about a month, things should be nearing final stage. There is a registration form in this issue of the VITAL FORCE. Please get your reservation in early if you can.

Steve and Lia Ridley came and shared in our T'ai Chi Chih practice with which each session is opened. All were thrilled to have them with us and enthusiastically welcomed Steve's words on the principles of T'ai Chi as they applied to our performance. They were a warm and encouraging addition to our gathering--we wished they could have stayed longer.

We were delightfully surprised to be able to share the afternoon with Chris Worcester, his wife and beautiful little daughter.

As for the program--Justin says that he would be willing to speak philosophically, from an Eastern standpoint; would review toning-with-movement for new teachers, and show all a simple way to circulate Chi mentally. Steve would be willing to help us understand the principles on which our movements are based, and help us to refine our teaching techniques and explanations to our students.

CALENDAR

- April 28-29
Edmonton,
AB, Canada
Contact: Guadalupe Buchwald (403) 489-6748
Tai Chi Chih/Meditation Intensive with Steve Ridley. \$125 (\$65 deposit due March 15).
- May 6-11
Bemidji, MN
Contact: Jeanne Carlson-Linscott (800)-548-2759
Tai Chi Chih Teacher Accreditation Course with Steve Ridley. \$365.00 (\$185 deposit due April 10)
- May 8-13
Chicago, IL
Contact: Hanna Hedrick (312) 645-4697
Tai Chi Chih Teacher Accreditation Course with Corinn Codye. \$365.00 (\$185 deposit due April 10)
- June 2-3
Santa Cruz, CA
Contact: Liz Salada (415) 278-3263
Tai Chi Chih/Meditation Intensive with Steve Ridley. Day-Use \$120; Overnight \$135 (Day-Use deposit-\$50; Overnight-\$70; due May 1, 1990)
- June 4-9
Alameda, CA
Contact: Liz Salada (415) 278-3263
Tai Chi Chih Teacher Accreditation Course with Steve Ridley. \$365.00 (\$185 deposit due May 1)
- June 22-24
Edmonton,
Contact: Guadalupe Buchwald 403-489-6748
SEIJAKU ACCREDITATION COURSE by Justin Stone. \$450 includes room and board \$150 for auditing Seijaku graduates. (\$150 deposit due April 1.)
- August
10-12
Contact: Sandra McAlister (415) 582-2238
5TH INTERNATIONAL TEACHERS' CONFERENCE
Vallombrosa, Menlo Park, CA
Pre-conference Special Interest Groups begin at 9:30 a.m. See details on registration form.
Conference fee \$185.00 double; \$200.00 single. Deadline July 1.
- Winter 1991
So. Calif.
(Tentative)
Contact: Lois Mahaney
Tai Chi Chih Teacher Accreditation Course with Steve Ridley.



Justin states, "T'ai Chi Chih will play a big role in the world, if everyone is sincere."

We, in Alameda and Santa Clara counties, will endeavor to be sincere in our planning to bring all who attend the conference at Vallombrosa an experience that will further the growth not only of T'ai Chi Chih but the spiritual growth of all who attend.

Lois Mahaney

LET EARTH HAVE ITS DAY

April 22, 1990

(reprinted from "Insights for Positive Living" February 1990)
by Jeanne McDowell

It will begin at sunrise on April 22, with church bells pealing for the health of the planet. In tiny chapels and grand cathedrals, Sunday sermons in the U.S. will stress the moral responsibility of environmental awareness. And in thousands of communities around the world, citizens will stage a cacophony of events: parades, proclamations, protests, teach-ins, trash-ins and eco-fairs. In Seattle, residents will demonstrate against pollution in Puget Sound. Environmentalists in West Bengal, India are planning a bicycle procession. School children on Mauritius, a tiny island in the Indian Ocean, will plant trees. And a team of climbers from the U.S., the Soviet Union and China intends to reach the summit of Mount Everest and clean up debris left by previous expeditions. If all goes as planned, at least 100 million people will take part in the largest global demonstration in History: Earth Day 1990.

The April 22 date has special meaning for environmentalists: it marks the 20th anniversary of the first Earth Day. In that memorable 1970 mobilization, which evolved from an idea by U.S. Senator Gaylord Nelson, more than 20 million Americans, many of them students, rallied under the banner of Mother Nature. Their plea for action helped lead to the passage of America's Clean Air Act and the creation of the U.S. Environmental Protection Agency.

The organizers of Earth Day 1990 hope it will have a similar galvanizing effect, that it will change individual behavior and launch a decade of environmental activism. This time the event will be international, reflecting the recognition that all the major environmental threats are global in scope. More than 100 countries, including Hungary and Uganda, have started to form committees and plan activities.

With principle funding from foundations and individuals, Earth Day 1990 has a 115-member American board of directors that includes prominent environmentalists, politicians, business executives, religious leaders, celebrities, labor officials and journalist, among others. There is an international arm with representatives from 33 countries.

At Earth Day 1990 headquarters in Palo Alto, California, 20 staff members are plotting strategy.

One of the main goals of Earth Day 1990 is to help broaden the environmental movement far beyond its upper-class, bird-watcher base. Six major American labor unions have already endorsed the event, and in February a group from Earth Day 1990 will embark on a tour of the U.S. to urge minority-group members to get involved.

Above all, the organizers hope to have political impact. Earth Day 1990 will show how much people care about their planet. The challenge of the next decade will be to channel that concern into strong and sustained action to save endangered earth.

If you are interested in finding out more or helping out, please contact: Earth Day 1990, P.O. Box AA, Stanford University, CA 94305. (415) 321-2040.

NEW OFFERING FROM GOOD KARMA BOOKS

Good Karma Books is pleased to let you know that we are now distributing a book entitled A Potter's Notes on Tai Chi Chuan by Margy Emerson. It is a comparison between the author's experience in making pottery and in practicing Tai Chi, where she points out similar perceptions for meaningful living gleaned from each activity. She sensitively describes the inner side of Tai Chi and relates its spiritual basis with the on-going practicality of daily life applications.

Ms. Emerson's book is a wonderful complement to Steve's Perspectives in Motion and Stillness. It is available for \$9.95 plus shipping. The same 40% teacher discount for purchasing three or more copies is in effect, just as with all our other materials.

We are happy to report that Justin has been paid for his investment in producing his music tape, "This Lovely Moment." Thanks to all you teachers who have helped support this project! It means that you, as teachers, can now purchase three or more copies of the tape and receive the 40% discount, instead of having to pay the full price for multiple copies.

Thank you to those who commented, through Liz Salada, about the direction of Good Karma Books. We appreciate any input that anyone has to offer!

Jean Katus, Publisher
Box 511, Fort Yates, ND 58538
(701) 854-7435

ORIENTAL PHILOSOPHY COURSE

February 19th - March 1st, Justin Stone offered an Oriental Philosophy course in Albuquerque, New Mexico. Somehow, Justin managed to condense such a broad and fascinating topic into just four evening classes, which were enjoyed by over 30 people. He regaled us with comparisons of religious systems and philosophy of India, China, and Japan, - filled with wonderful anecdotes based on his extensive travels and studies.

The NM Tai Chi Chih Teacher's Association sponsored the course. Thanks to Justin's marvelous program, extensive marketing support from Carmen Brocklehurst, and technical support from Virginia and Doug Shilson, Donna Bundock, Pat Jensen, and Guy Kent, the project was a great success. Not only did all who participated learn much of great spiritual value and interest, the Association covered all expenses and raised some funds for operating expenses and future programs.

Thanks again to all who contributed to the program - the participants, the project volunteers, and especially Justin.

Chi!

Therese Goetz

P.S. from Carmen Brocklehurst: Therese left out only one thing—the tremendous amount of work she personally contributed to hosting the Oriental Philosophy course, without which it wouldn't have been possible. Many thanks to her.

THE INTERNALS AND EXTERNALS OF A HUMAN LIFE

The following is an excerpt from a recently published book, "The story of Two Kingdoms," by Taoist Master Ni Hua Ching. (Available from Union of Tao and Man, 117 Stonehaven Way, Los Angeles, CA 90049, 213/472-9970, \$14.00. Reprinted with permission of the publisher.)

A. Tao

Tao is the path through which all souls pass in the process of continuous evolution or devolution. Some souls develop themselves further during their life in the world, but some souls diminish themselves by wrong-doing in their daily life.

To attain Tao means to achieve and make progress in one's personal spiritual evolution. To lose Tao means to miss the direction of evolution and waste the opportunity of life. Tao is totally impartial.

B. Tai Chi

Tai Chi itself expresses the unity of the natural order of things in a state of normal balance, which can be expressed as two divisions, four divisions, six, eight or many. Tai Chi represents the unity of an individual life.

Tai Chi is the unity of any creation of the human mind with a rightful purpose. Unity is the basic essence of any existence. Movement from the principle of balance as symbolized by Tai Chi is proper.

C. God-In-Self

The holy one lives on the sacred mountain
which is not far from you.

You do not need to take a long journey
in search of this godly person.

This sacred mountain is so close
to your heart and mind.

It is the sublime altar
where you can attain your holiness
by your own spiritual cultivation.

God is the universal spiritual nature of each individual. God does not discriminate between people or things as humans do. The difference between the godly and the human in a person is only a matter of the limitation or discrimination of mind and form.

God is not limited, only humans are. God has no form, but humans do. God has no gender, but humans do. God does not discriminate, but humans do.

God extends itself to all lives in their beginning. By the principle of corresponding energies, God will either stay with a life or withdraw if the life is not in accord with natural principles. Health, vitality and truth are Godly energies. Lifelessness, illness and untruthfulness are not. By this concordance, God reaches out.

D. The Soul

A soul is made up of a group of spiritual entities or energies that reside within a person. It can be united or fragmented, balanced or unstable.

Soul, in general, is a word used to carry the sense of personality: the totality of its natural health and continual achievement, whether it lives with internal harmony or disorder and whether it enjoys or suffers from life experiences.

Life is an opportunity given by nature to a soul to go upward or downward in its evolution, as determined by its own merits.

E. Mind

The mind is the center of connection among the fourfold energies of an individual's life being. Whether the mind gives constructive or destructive service depends on its conditioning, training or education.

A good mind is natural and contains the potentials of expressing intelligence and intuition as well as reaching the heights of inspiration, enlightenment, etc.

An overly specialized mind has been limited; its natural fullness and scope suffers from intellectual restriction in only one subject. This conditioning blocks its possibilities for expansion and upliftment.

The dominance of intellectual knowledge in the mind causes the loss of its natural creativity and elasticity. Thus, one who uses the mind in a narrow, intellectual focus would benefit from restoring his natural mind as a part of his daily cultivation.

F. The Body

The body is a small model of nature or the universe. It is an extremely active laboratory of chemical operations; it can be considered an active workshop of alchemy.

The body can serve as a womb for the creation of a spiritual life which is different from the life of the body, its physical shelter. The body provides good support and natural productive energy. Because its life carries Tao, the body must be well attended to and cared for.

G. Society

Society is a fish pond in which people live. Keep it clean and peaceful; avoid disturbing it and causing it to be trouble. At the very least, one should choose independence and remain in peace. Undeveloped people cannot do this; therefore, it is a great spiritual merit to guide others to peace.

Society is a fish pond of human lives. Its impulsive leaders wish to drain the water to catch the other fish or poison them so they can catch all of them, but finally their foolish notions and actions bring about their own self-destruction.

Human society was like a fish pond that belonged to no one; it was natural. Then, strong people came to call it their pond and make other people as their fish. They became the owners of the pond and were titled as this monarch or that monarch.

They assumed the power to eat any fish they wanted. For the most part, monarchy has been destroyed, but now in some regions collective forces continue to eat the fish.

Society is a fish pond that belongs to no one but itself. If an individual in this society retains his sense of being in a fish pond, he is limited to the evolution of a fish.

One must attain spiritual independence from one's small society as well as from the larger human society in order to evolve, develop and grow.

One's spiritual growth may not be the same as the rest of the world, so maintain harmony with society and courageously live your own unique way. Most of the time, one needs to conceal one's light so as not to irritate the surrounding environment.

H. The World

Before you attain your achievement and enlightenment, the world is a refinery that you can use to refine or consummate yourself; if you do not succeed, you will be smashed by the big pressure of time and turned into ashes. There is no mercy.

Do not follow the world; it has so many people at different stages of growth and with different problems. Also do not make the world follow you; if you do, there are two problems

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which can occur. First, the expansion of your ego destroys your moral perfection. Second, your dominance harms the subtle organism of the world.

However, you can help the world in various ways without extending your ego. The Tao Teh Ching gives us three guidelines; 1) Help its growth without ruling over it, 2) Do your duty without putting it under your title, control or calling it your own, and 3) Do what is creative and helpful because your own nature is creative and helpful.

Do not pursue or obscure your undertakings on the relative sphere, and work only for the worldly reward or payment you receive; virtuous fulfillment is in a different category. Radiate a positive influence in the world through your upright life and in turn, choose virtuous models for your own life.. Do not be affected by its slow growth.

I. Religions

Religions have accomplished some good work in terms of taming undeveloped people. However, credit for their accomplishment is offset by the establishment of a false conceptual framework which created God as the ruler of the world.

Religions usurped and distorted the natural spiritual truth that God is within, in the inner nature of the organic world, and can be reached by harmonizing the spheres of our being.

God does not and never will exercise dominance or control over any life. Those religions have their banners on the battlefield because they have fostered unnatural separation among people by promoting allegiance to their own cultural values and placing them above others.

To many individuals, religions are the opium and morphine which numb their senses to spiritual reality. Only the achievement you have attained by means of your own self-effort and internal cultivation is truthful.

Religions are man-made and can be thought of as small fish ponds that someone else lives off of. You can choose to remain there and be raised to be a good fish according to their standards, or you can choose to live in the vast ocean and get your own strength and attain your spiritual independence from nature itself.

J. Self-Cultivation

Even if you are a big fish who lives in the ocean, like a dictator in the world, you are still not safe. Dictators are nurtured in the psychology of fear. Even a king is managed by his physicians, who are managed by the limitations of their education.

Those who look for safety in the corral of religion will not find it there, either; they become like cattle driven by the precepts of religious dominance and sacrifice.

The only healthy way to manage yourself is to develop and achieve spiritual transformability and independence. This is why the ancient wise ones with all their experience and achievement gave us the path of spiritual self-cultivation; it builds a truly mature person. So achieve yourself using all their good methods, wise counsel and example.

K. The Friend of Tao

One cannot become achieved alone. To achieve oneself without extending to others has no meaning; it is an escape. It is fulfilling to have friends with the same awareness and achievement. It is meaningful to work together in friendliness.

But do not let them make you as their cattle, nor make them your cattle, although it is all right to influence or attract people by your good example. So, you can organize groups to study the books of this tradition or join someone's study group and achieve together.

"Even softer than soft."

"To go back to that remembrance of the rocking you did as a child, as a baby, in the womb...before you were born."

"The movement is like a golf game."

This JOY of sharing personally, of preparing with integrity, of letting go anticipation of anxiety--concerns embraced at the Fargo Pre-Teachers' Training Preparation Course.

Seasoned instructor Jean Katus and her certified students Jeanne Carlson-Linscott and Chris McLain were moving with six aspiring Tai Chi Chih teachers when the door cautiously, slowly opened and instructor Steve Ridley sneaked in! We had just "carried the ball to the side" and we all dropped it and ran to greet him. Shocked with jubilation, we laughed and shrieked! We did not know Steve was coming!

Thus the second Tai Chi Chih Pre-Teachers' Training Preparation Course was off to a spontaneously surprising start. (We've planned a third for the Minneapolis area early this spring.)

This is the second time we three instructors have conducted this course. Each time we have learned more and will share with you the format we incorporate and some of the issues processed. We feel that the team teaching effort offers students greater benefits than the single-teacher approach because they, as teacher candidates, are given an opportunity to see and hear things in perhaps a bit different way from what their original teacher expressed and demonstrated--while allowing them to realize that the form is the same no matter who does it.

The format focuses on perfecting the movement and on giving each potential candidate many chances to lead the group. Practice in giving the presentation is included--one aspect we all recalled having felt apprehensive about. The recommended books written by Justin Stone, originator, plus Stone's audio tape are to be familiar territory for the student. Primary attention is directed toward moving together and becoming more conscious of the ever-subtle awarenesses that evolve with dedicated and intense Tai Chi Chih practice.

Key issues we have discussed in planning these courses are:

1. How do we continue to support each other as instructors?
2. Are OUR ears open and receptive to correcting OUR personality traits that have integrated into the basic form?
3. How do we maintain our integrity and humility as teachers being open to one another's constructive observations?

Teaching as a veteran triad under the gentle directions of Jean Katus' "13 plus years-of-experience" gave us "five-years-of-experience" instructors continual fresh insight. Add to this Steve's ever-evolving ability to articulate input...and, WOW, did those six candidates leave with a whale of a lot of information to integrate...and they were SMILING!

Dedication to the purity of the form and the integrity that Justin stresses remain the cornerSTONE of our combined efforts with preparing instructors.

Chris McLain and Jeanne Carlson-Linscott

TEACHER LETTER

Dear Justin,

Well, this letter is much later than I had planned to write to you. My intention was to write immediately following the conference when my thoughts were fresh. I will do my best to express now what I wanted to then.

First, I was/am so grateful for the conference, it was just what I needed in the way of encouragement, support, clarity, information...I could go on. After all, it had been 9 months since I had received my accreditation and within that 9 months I moved to Montana and felt totally isolated from any form of contact with Tai Chi Chih. Of course, I felt totally isolated from the rest of the world to. It was cultural shock when we moved here, arriving four hours prior to the Alaska storm hitting Missoula. Temperatures dropped to 40 below with the wild-chill of 75 below. For an L.A. native the change was...well, need I say more, it was beyond words.

I honestly must say that I went thru times when I didn't do Tai Chi Chih daily. I was in a space of feeling I "should" do it and not from a deep desire: unfortunately, my depression overrode the desire for Tai Chi Chih. Mind you, I did enjoy it immensely when I was doing it, and have many fond memories of blessing the world with Tai Chi Chih while visiting Hawaii, Washington, Colorado, and most recently Idaho (which I will share a special story on later).

Now, Tai Chi Chih is my life, it just took some sifting thru some strong feelings during my transition. I do realize that Tai Chi Chih was the best thing for me during so many changes, however, I also recognize how we as humans choose to let go of that which is often the best for us.

I started my first Tai Chi Chih class in April this year (1989) at the Unity Church of Missoula, where my husband is the minister. It was wonderful sharing this joyful movement with the loving people who were so anxious to learn. It was a large group of 30! I immediately called Corinn and said..."what do I do?" Don't worry just do the best you can. Oh, yes...that's all that is expected of me isn't it. I did just that and I was blessed to gain so much confidence from my first teaching experience.

I also participated in a few workshops my husband held at some beautiful retreat sights in Montana and Idaho. Everyone is so open and receptive to Tai Chi Chih; it has been such an incredible gift for me to experience the joy of giving and of course, the inner sincerity from which I am giving is a gift in itself. I recall what Steve said at conference--"immerse yourself in Tai Chi Chih and every good thing will come to you."

I am now teaching another class at a dance studio here in town allowing me to branch out into the community. I have 6 students (quite a change from the 30 in my first class) who are extremely anxious to learn and are interested in everything they can get their hands on to deepen their knowledge of Tai Chi Chih. Of course, I remind them to practice, practice, practice.

Via the flyers I posted around town, I received a call from The Sports Fitness Center (a quite large and beautiful new center here) asking me if I'd be interested in participating in their Wellness Program beginning in January '90. "You bet!" I said, and quickly provided them with the appropriate information. They are setting this program up on a seasonal basis, providing the promo materials, space, etc. They are also offering Aikido--two complementary courses, don't you agree? I'm excited and that really motivated me to send off several proposals to the Community Hospital, St. Patrick's Hospital, The Women's Club, and the University of Montana.

I knew upon return from the conference I would be recharged to shout it out to the world. I share with you the following personal affirmation I wrote while at the conference: "I commit myself to daily Tai Chi Chih and to being confident and peaceful in my presentation and teaching of Tai Chi Chih. My purpose is to expand Tai Chi Chih so people will be doing Tai Chi Chih daily for their individual joy and peace and, encouraging future teachers."

One Sunday last month during our church service, I did Tai Chi Chih while my husband spoke the meditation. It was wonderful for both of us; the powerful feelings we each experienced in our oneness of giving and receiving. We received many comments: "I didn't think I'd enjoy the meditation but I would open and close my eyes and the energy was powerful"; "it was beautiful to feel the energy as you shared the meditation time in such a powerful way with your husband"; and "when is your next Tai Chi Chih class." Even some of my students got up and joined me as they did the movements in the aisle. That I didn't expect and was an added joy.

I mentioned I was going to share a story from an experience in Idaho. I do realize this letter is quite long, but I do think you will enjoy it.

My husband and I attended a Unity Church regional conference in Coeur d'Alene, Idaho, at a beautiful resort on the lake. This resort has a floating boardwalk known to be the longest in the world. Anyway, I decided to expand my Tai Chi Chih practice by allowing myself to do more Tai Chi Chih in public (this became clear to me at our Tai Chi Chih conference) so I asked my husband to join me outside somewhere on the boardwalk. We found a perfect place where we wouldn't be run over by the joggers near the yacht harbor. By the way, my husband shared this story with our congregation.

He explained: "Tai Chi Chih is very graceful and that it was designed to be a centering technique, in other words, joy and peace thru movement. The eyes are opened and it's a letting go of the world thru movement and a return to center, which is a wonderful metaphor. It's a wonderful example of what we're here on this earth for. To be walking in this earth, being about this earth and not shutting people out because we've got to keep our mind on God, but being centered in God so that we're completely aware of everything about us. The reality of us; that you and I are more than just bodies, more than personalities."

See Teacher page 8

BOOK REVIEW:

PERSPECTIVES IN MOTION AND STILLNESS
Inspired Commentary on Tai Chi and Meditation
by Steve Ridley

A PERSONAL EVALUATION BY LIA RIDLEY:

I am writing this review of Steve's new book in order to alert Tai Chi Chih practitioners and meditators to this spiritually inspired and profound work. As Steve's wife and friend I believe I am in the unique position to comprehend not only the deep value and meaning of this offering but also the well integrated person behind this work. I am pleased and gratified to witness the availability of this important reference, dependable guide and aide for spiritual awakening for sincere seekers, beginning through advanced.

Section one, "Tai Chi Perspectives", is a perfect blend of subtle instruction, philosophy and principles of movement, charged with authentic understanding of the art's essence. It is presented in concise, individual statements that are ideal for contemplation. The contemplation of these statements can assist our transformation toward ultimate health and happiness. Each statement is complete unto itself, though not overly explained or spelled out, which leaves ample room for exploration and interpretation. Words can never reveal the Truth, though by penetrating to the heart of these spiritually potent statements we can arrive at the place in consciousness that originally prompted the insights. Deep contemplation ultimately reveals our own authentic breakthrough in perception.

"Tai Chi Poetry", which occupies the next section of the book, points to Truth through sensitive observation of nature and its seasons. Each poem is like an impressionistic painting that hints at the scene and its timeless essence. Each message reflects the colors of nature, the movement of the cycles and the sustaining principle behind all forms and changes. Though these free-form poems are worded simply, they are quite substantive. If ingested slowly with a serene, focused mind, they are capable of bestowing meaningful direction and insight; similar to Tai Chi Chih movements which appear simple at first glance yet continue to inspire and awaken us. These poems are alive, which means that with each reading, new and subtler insights can dawn.

"Meditative Perspectives" are meaningful statements derived from superconscious meditation. For those who meditate regularly, occasionally, or haven't yet begun, these sutra-like comments will serve as inspiration and instruction, as well as substantive food for thought. Taken separately, each thought points to an aspect of meditation practice and internal realizations that can renew one's resolve to deepen internal understanding; taken together this section is a useful treatise on this subtle art. Steve eloquently states: "...all hunger is essentially spiritual hunger". This recognition prompts us to delve more deeply into the understanding that at the soul level we are always "whole, complete and content", and we have the opportunity to realize this and learn to manifest it. Steve provides general meditation instruction and two additional techniques at the end of the book, that can be utilized by everyone with benefit.

The last section, "Meditative Poetry", is my favorite, as I find it to be the most profoundly and uniquely expressed poetry I have read on this topic. Each poem invites us to discover, awaken and witness our own meditative process. The poems are original and powerful. Until one probes the depth of meaning underlying inspired words, intellectual comprehension is all that is possible. By penetrating to the inside of Steve's poems, direct, intuitive recognition can awaken. I recommend that each poem as well as the statements in this light-filled book be contemplated, one at a time, so that the essence may be gleaned.

Each photograph and drawing helps highlight and complement Steve's words. I view them as statements and poems unto themselves.

I am sure you will agree that this is a deeply meaningful work that will continue to serve and inspire thousands through the years, and I know that you will be grateful to make it available to your students.

Sincerely,

Lia Ridley
1921 Jasmine Street
Denver, Colorado 80220
(303) 322-7717

Teacher cont. from p. 7

As we found a place, there were people walking around and my husband said he didn't want to do it and I said, "Oh, come on...if the joggers can do it we can." I was persistent, we had gone thru this once before and he won, this time I was going to win. He later shared with me that he was even trying to dig up scripture as to why we shouldn't do it, i.e. Jesus said, "when you go to pray, shut the door". So, his mind shifted into "okay, I'll do it just to prove you wrong. You'll see when people come up and we both feel totally uncomfortable we won't get centered at all because we're dealing with all these people around."

So we started to do our Tai Chi Chih and the first couple came near us and he said he held his breath...and he went.....: within. And, the next couple came by and he held his breath again...and went, within. 15 minutes into this experience and he said he was so centered. He discovered a whole new realm of this "joy thru movement." As more people started to walk by he felt them as birds passing by as he was doing his (inner) work. He said: "I thought of Jesus and of beggars because if there's one thing in this world I'm afraid to be it's a beggar. To walk around and come up to people to say I have nothing can you give something to me. I thought, what a wonderful consciousness. Because the only place I had to be safe was within, and as I went within, then the world became my friend." He had to let go. He was afraid that people would come up to him and laugh, saying "can you believe this, look at this idiot." But that wasn't what happened at all. It was "serenity in the midst of activity" in its purest sense.

Well, Justin, you asked me to write you and I have abundantly.

Blessings of Peace, Love, Light,

Lynne Blackford
1903 E. Broadway
Missoula, MT 59802

NEWS FROM TEACHERS

[Editor's note: We include these as a way to show and to appreciate the rich variety of contexts in which Tai Chi Chih is being taught and practiced. They can provide new ideas for you, give you additional information for referring people to teachers in other parts of the country, or inform you of who to contact if you are planning something similar. We also welcome news of your "inner" growth in Tai Chi Chih.]

Bullhead City, AZ Joy Barbour (602/763-8727) is scheduled to give a demonstration to a "snowbird" RV park near Bullhead, and continues to work with a variety of groups.

San Jose, CA Donna Shaffer (408/378-3485), who has taught Tai Chi Chih at Apple Computer for some time, is now teaching a pre-natal Tai Chi Chih class at the Apple facility in Cupertino. She also offers a class at the South Bay Healing/Acupuncture Center in San Jose.

Palm Springs, CA As a result of the article on Tai Chi Chih in the "L.A. Times", Tais Hoffman will offer a workshop in Palm Springs. Tais found that based on the "Times" article, local papers are interested in doing articles about Tai Chi Chih classes.

"Longevity" Magazine will run a short article about Tai Chi Chih in its May 1990 issue. Look for it!

Surprise, AZ Ruth-Marie Arguello-Sheehan (RMNAS)'s home in Santa Cruz was damaged in the earthquake, then she suffered a damaged leg from a fall off a ladder during an aftershock. Later during a trip to Texas she was hospitalized for a series of operations on her leg. By the time she left the hospital in Humble, Texas, the doctors and nurses were requesting a class for the staff at the hospital. Ruth Marie teaches Tai Chi Chih at the Happy Trails Resort in Surprise, Arizona. She finds she has more opportunities to teach than she can keep up with among her retiree constituents. Ruth Marie, an accomplished professional storyteller, was a featured speaker at last year's National Conference on Aging. She comments about the need for more Tai Chi Chih teachers serving older adults. "People over 50 are under tremendous stress, even those who look affluent," she says. (602) 975-5021 or 975-5451.

GRATITUDE

Dawn Tai Chi Chih
at a now-dry riverbed

My gaze gravitates to the horizon
where a gift awaits me

The pale moon shows her full face
just before she sinks--
round, whole, complete,
a perfect yin-yang contained within her borders

Yet that is only half the gift

I turn to the eastern sky
and see the sun gently rising from that horizon

by Jean Katus

EARTH DAY 1990

(Reprinted from "Insights for Positive Living" March 1990)

"Spaceship Earth came without an operating manual." --
Buckminster Fuller

Anxiety is in the air. People sense that our planet is in trouble, but most feel helpless in the face of such awesome threats as global warming, ozone holes, rain forest destruction and other worldwide problems. Though it is clear that action is urgently needed, no one knows what that action should be.

EARTH DAY 1990 is being organized to overcome this sense of despair. It is rooted in a belief that people--individually and collectively--do indeed count, and working together can accomplish extraordinary things.

Many other groups are forming to address the global crisis that we are all facing. Our hopes are that each of these groups and each of us will coordinate and celebrate our efforts on EARTH DAY (April 22) 1990 marking the beginning of a long-term commitment to building a safe, just, sustainable planet.

EARTH DAY will launch a "decade of the environment", designed to promote biological diversity, human health and regenerative agriculture. It will seek to involve a broad cross-section of society to create a groundswell of support for environmentally sound products, investments and policies.

Among the specific accomplishments hope to be achieved are:

1. A worldwide ban on chlorofluorocarbons--which destroy the ozone layer and contribute to global warming--to be fully implemented within five years.
2. Slowing the rate of global warming through dramatic, sustained reduction in carbon dioxide emissions.
3. The preservation of old-growth forests, in both temperate and tropical areas.
4. A ban on packaging that is neither recyclable nor biodegradable and the implementation of strong recycling programs in every community.
5. A swift transition to renewable energy resources.
6. Dramatic increases in residential and industrial energy efficiency.
7. A comprehensive hazardous waste minimization program, emphasizing source reduction.
8. Heightened protection for endangered species and habitats (especially human beings).
9. A new sense of responsibility for the protection of the planet by individuals, communities and nations.



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BIRTHDAY INSIGHT

Amidst ...

birth and death,
light and dark,
day and night,

Within ...

summer and winter,
joy and sorrow,
wealth and poverty,

Above ...

sun and moon,
embrace and withdraw,
sky and earth,

Encircling ...

peace and war,
hope and fear,
full and empty,

Behind ...

like and dislike,
open and close,
waking and sleeping,

Surviving ...

mountain and valley,
long and short,
inbreath and outbreath,

There is Freedom, Wholeness
And Eternal LOVE ...
We can know IT!

Steve Ridley



Corinn Codye
(with thanks to Richard Brier)

Fargo, ND Pre-Teachers' Training
Preparation Course January 1990
(Photo by Steve Ridley)



In the pursuit
of learning
Everyday
something
is acquired.

In the pursuit
of the Tao
Everyday
something
is dropped.

HO JOO JE CHANG

PRE-CONFERENCE SPECIAL INTEREST GROUPS

There has been a growing desire for teachers to exchange information on how to approach teaching special populations. The Friday morning and afternoon sessions will allow time for people with like interests to gather and pass on experiences and knowledge in specific areas.

By means of these special interest groups, we can begin our conference--coming together in a way which allows for close personal sharing. Even though this meeting time has been labeled "pre-conference" it is a vital aspect of the conference and may prove to be one of the most valuable parts.

Everyone is encouraged to arrive by 9:00 am Friday, August 10 and participate in one of the groups.

Please signify area of interest whether or not you are attending the Friday sessions.

-
- | | |
|--|--|
| <input type="radio"/> Higher education settings
(teachers, colleges, educators) | <input type="radio"/> Corporate settings |
| <input type="radio"/> AIDS | <input type="radio"/> Sports |
| <input type="radio"/> Blind | <input type="radio"/> MS |
| <input type="radio"/> Arthritis | <input type="radio"/> ALS |
| <input type="radio"/> Weekend seminars/convention/
resort hotel | <input type="radio"/> 12-step program |
| <input type="radio"/> Elders/Elderhostel/retirement center/convalescent/wheelchair | <input type="radio"/> Children |
| | <input type="radio"/> Pregnancy |

Biographical Information:

(Will be compiled and distributed to conference attendees.)

Taught by: _____ Where and when accredited: _____

Occupation and/or interests _____

Where and/or what special group are you teaching _____

How has your personal experience or practice of Tai Chi Chih evolved: _____



VALLOMBROSA CONFERENCE

Menlo Park, California



Giving and Receiving in a peaceful and tranquil setting! The 5th International Tai Chi Chih Teachers' Conference will be held at Vallombrosa Center, Menlo Park, California, about 20 minutes south of San Francisco. Those who attended the '86 and '88 conferences are familiar with its peaceful and nurturing setting. This will probably be our last year to enjoy this lovely place, as the expansion of Tai Chi Chih will move us on to larger settings.



Conference check-in begins 4:00 pm Friday, August 10. We will begin with group Tai Chi Chih at 5:00 pm. The conference will close at 3:00 pm on Sunday, August 12. Special interest groups (see next page) will begin at 9:30 am on Friday, sharing vital information which will be of value to us all. We encourage everyone to come early (Thursday evening) so you may participate in these groups. The object of the groups will be furthering the visions which were begun and shared at the last conference in Albuquerque, and expanding our own knowledge to better work with these specialized groups.

Justin will review his toning-with-movement technique taught at the '89 conference, show a simple way to circulate chi mentally, and share his wisdom and knowledge of Eastern philosophy. Steve's gentle guidance will help us in refining our moves and in gaining a deeper understanding of the principles; two important aspects of this conference.

Join fellow Tai Chi Chih teachers this weekend in an opportunity to enrich your understanding and knowledge of Tai Chi Chih, to share effective teaching techniques and personal experiences, and to learn from Justin and Steve.

REGISTRATION FORM

Name _____ Phone _____

Address _____

I will be driving _____ or flying _____ to the conference.

I will require space to sell Tai Chi Chih related items _____.

- | | |
|------------------------------|--|
| _____ Single Occupancy \$200 | <u>Conference fee:</u> Friday 4 pm to Sunday 3 pm.
includes room Friday and Saturday, grounds fee,
Friday dinner, three meals Saturday; breakfast
and lunch Sunday, and conference materials. |
| _____ Double Occupancy \$185 | |
| _____ Thursday Evening \$.25 | Room fee for those who wish the option of arriving
Thursday evening. |
| _____ Friday 9 am-4 pm \$18 | Pre-conference/special interest groups fee includes
day use fee and lunch. |

_____ Total Enclosed -- Check payable to: Sandy McAlister-TCC Conference.
Mail to 24835 Second St. Hayward, CA 94541

PLEASE COMPLETE BIO INFORMATION ON REVERSE SIDE