

THE

# VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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## T'AI CHI CHIH EXPANSION

The word is out...T'ai Chi Chih is rapidly spreading. Here at Satori Resources it feels like the old seams are ready to burst. We are getting prepared for T'ai Chi Chih expansion in lots of ways.

Christine Sproehle just returned (full circle) to Santa Barbara to support Satori's production of an updated T'ai Chi Chih - Joy Thru Movement book and new video. Jeannine Bourdeaux has also joined Satori Resources, at the "hub" of T'ai Chi Chih, to keep us organized, "balanced", and to add her special creative touch.

Justin Stone continually shares his vision of the evolution and growth of T'ai Chi Chih on a global level. He has constantly advised us to be ready for more and more active participation. He suggests that more teachers emphasize the weight control benefit as well as the simplicity of the movements and stress reduction in their brochures. If we can get into prisons, IBM, AT&T, and the American Medical Association and American Dental Association, why not "Weight Watchers" and "Diet Center"!? Justin Stone often suggests a T'ai Chi Chih program for professional athletic teams. He has offered his help to create a "Maximum Chi" program.

Satori Resources receives several calls daily from all over the United States and Canada. Most of the calls are in regard to finding local teachers, and about where to get accredited. We also get a lot of calls from people wanting articles and explanations of T'ai Chi Chih.

This is a great opportunity to organize your region. It is now time for teachers to converge together and get organized. We can all look to the solid, ongoing success of T'ai Chi Chih in New Mexico, Northern California, Chicago, North Dakota, and recently, Southern California (with the enormous response to Corinn's Los Angeles Times article - 800+ phone calls!!!!)

To organize your region start with an ongoing T'ai Chi Chih practice. Every Saturday morning. Then pick a bi-monthly date when everyone can attend. Begin with a bi-monthly meeting time to get some projects rolling, such as a collective state-wide brochure, or lecture/presentations, or host Justin's Heightened Awareness course, the Seijaku training, or Steve's Meditation Intensives, or even better more T'ai Chi Chih Teacher accreditation courses. Sponsor events and sell the books, tapes, and video. The extra income from retail sales can be very substantial. Make sure your local bookstores and libraries have all the T'ai Chi Chih products. List your number in the yellow pages under T'ai Chi Chih! (Some directories now have a health and wellness section, however most people still list T'ai Chi under the martial arts. You are usually allowed one cross reference, and if your directory doesn't have a health section, demand it.)

New Mexico's success (as those of you who have the joy of knowing Carmen will admit), is due to PRACTICE! Albuquerque has always had ongoing T'ai Chi Chih practice, and secondly, the meetings/activities etc. for teachers to get together.

Northern California has always had meetings and get togethers. The referral system up there is really solid.

The Chicago group put together a very powerful 3-fold brochure that lists all their names!, a brief questionnaire, an excerpt from the Longevity magazine article of May 1990, a brief explanation of T'ai Chi Chih and a blank side for the address!

This article is really about teachers getting together and pooling resources. The growth that we are experiencing at Satori Resources is steady, and constantly challenging us to be centered on our feet. Our word to you all is "Get ready" because we think T'ai Chi Chih is bursting open!

\* \* \*

## NOTE FROM JUSTIN

There is a wonderful book by Gopi Krishna, published by Julian Press, called "Higher Consciousness" that is of immense value. In it he continually talks of "the evolutionary force", the "creative energy" known to him as PRANA or SHAKTI, which are the great instruments in shaping us for the glorious future he foresees. These are synonyms for "CHI", with which you are all familiar. I will talk about his observations at the August 10th Teachers Conference--which all sincere teachers should be attending.

It should be very stimulating to teachers to know that they are passing on the way to tune in to this "Universal Energy", thus helping to shape the brighter future to come. This is not done through words. One can lie on an analyst's couch for years, talking about oneself, and no change or balancing of the Chi will occur. T'ai Chi Chih practice stimulates the creative Kundalini force without going through mental gymnastics; it is direct access to the force the Highest Authority is using to shape the man of the future. Is it any wonder that T'ai Chi Chih people tend to be very creative? Poetry flows, pictures are formed, and the world we know is greatly enhanced.





## PREPARE TEACHER CANDIDATES WELL

Please be sure that the candidates you send to Teacher Accreditation Courses are very proficient in their execution of the TCC movements. The first two nights of class are largely devoted to polishing up movements, which is usually necessary, but the rest of the time is best used for the practice of leading movements, giving oral presentations and exploring the profound principles and philosophy of TCC.

When candidates haven't been sufficiently prepared by their teachers, we must spend extra time in class to attempt to bring them up to par. As a result the majority of the class is deprived of the possibility of delving deeper into TCC and learning about subtle aspects of teaching and practicing.

I have no doubt that all who attend Teacher Accreditation Courses are sincere about wanting to represent TCC in the clearest, most proficient manner, and that they will continue to improve their understanding and execution of TCC through the months and years. Each of us owes it to Justin, to ourselves and to those we teach, to continue in our refinement and development of this art, by practicing conscientiously and working toward mastery. If we feel satisfied with our level of proficiency and comprehension, we are stagnating and have missed one of the major values of TCC practice. We never "arrive", we continue to enjoy and refine, begin anew and listen, as we continue on through this process called T'ai Chi Chih, "Knowing Reality."

If you aren't sure about an aspect of TCC practice or need to know a specific thing about a particular movement pattern, please consult Justin or myself, so that you will be sure to derive the most you can from your practice and be able to convey the movements accurately to others. Correct execution of TCC movements (alignment, synchronicity and pattern) provides optimum results, and each practitioner wants the greatest possible return on their invested time.

Joy in all,  
Steve Ridley  
Denver, CO



## COSMIC CHARACTERS

Readers of the Vital Force might be interested in the following insight:

When I first learned the Cosmic Consciousness Pose, I was intrigued by it because the design made by the thumbs and the space between the fingers was strongly suggestive of a Chinese character. So I asked a friend literate in Chinese what such a character might be.

To my surprised delight, he came up with the character: "全" which means; "Complete, containing all the parts; Perfect; Absolute."

Recently, I found out some further interesting facets to this character. It consists of the characters: "入" (to enter) and "王" (King) i.e. the King Enters or Manifests.

Also, if we take the mirror image (reflection) of the character, add two little strokes: "丿", we get the character "金" which means "Gold." In Chinese philosophy (and other esoteric writings), Gold is a metaphor for Spiritual Enlightenment. Interestingly enough, the top part of this new character is now "人" which means Man!

It would seem therefore that hidden within the simplest and plainest of the T'ai Chi Chih moves, lies a pearl of deepest spiritual truth. I marvel at the spiritual elegance of this gift that Justin Stone has brought to the world!

Yours in joy,

Maxime Wan  
Edmonton, Canada

\* \* \*

## SOME THOUGHTS ON T'AI CHI CHIH AS A SUBSTRACTIVE PROCESS:

Letting go  
Releasing  
Opening  
Flowing with rather than struggling against  
Sinking

Not always easy to do but wonderfully effective when we can be vulnerable enough to the universe to let the chi lead us!

Jean Katus  
Fort Yates, ND

## SOMETHING TO REMEMBER AND TO REPEAT

Even though a student for three years with an excellent teacher, Rev. Joy Carle Barbour, it was with some trepidation I approached the Teacher Accreditation Course. As one of the yearly "Intensives" was taking place on our way at Santa Cruz, we, Joy and John Barbour, had registered to take part in this as an excellent preliminary.

The "Intensive" was in a delightful spot, in the Santa Cruz mountains, aptly named - Happy Valley Conference Center. Majestic redwoods, a bubbling stream and a friendly atmosphere. Teacher Accreditation took place in Alameda, an island in the sea, the magic bridges to San Francisco and Oakland, still standing despite the earthquakes, so many beautiful old homes, the ocean smell, and a feeling of security.

Both the "Intensive" and Teacher Accreditation were of great value to me, physically and spiritually. On the physical level a lesson that there is always energy to do a little more and a spiritual experience of letting go, relaxing into openness and receptivity of "The Chi".....

In the movements of "T'ai Chi,  
We felt ourselves to be,  
A living part of a living world;  
Our hearts and every pore  
An open door  
Welcoming, healing energy.

Another powerful factor was the harmony felt in the unity of practice and desire of students and teachers. The warmth and support of loving fellowship, the joy of healing experiences shared, brings great new spiritual insights into and an escalating reevaluation of this wonderful "way" to wholeness - T'ai Chi Chih.

Such contributions inspired me to promise myself to be present at all these meetings whenever possible, to bring this to the attention of teachers and students unaware of the rich rewards to be gained by participation and a heartfelt "Thank You" to all those present. In conclusion, this poem I share with you as an experience of the "Intensive."

June 1990 T'ai Chi Chih "Intensive"  
Dedicated to Steve Ridley Teacher/Master

Trees embracing,  
Reaching high,  
To grasp the sky;

Teachers' - students glowing,  
Reaching deep  
To seek, to find  
The Supreme Ultimate

Musics of stream flowing  
Onward to its goal,  
The voice of the Master  
Gently healing  
Healing the soul.

Rev. John J. Barbour  
Bullhead City, OK



## VITAL FORCE WANTS YOU!

The Vital Force needs more "stuff." As requested, we are now publishing six issues annually. Please send B+W photographs, art work, poetry, insights, ideas for business, your experiences, student experiences, teacher biographies (see the new KNOW ABOUT US! section), Visions (see Carmen's new VISIONS section), flyers, cards, brochures...send us your inspirational, informative, artistic stuff!

\* \* \*

## NEW ADDRESS CORRECTIONS TO:

Satori Resources (The Vital Force)

P.O. Box 397

Santa Barbara, CA 93102

AND

Good Karma Books

Box 511

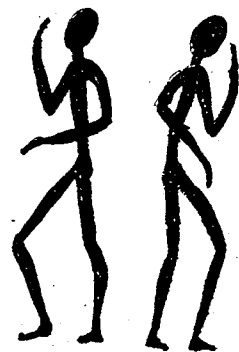
Fort Yates, ND 58538

If your address or anyone listed in the T'ai Chi Chih Teachers Directory is new or incorrect, please send us the corrections. Thank You. Does anyone have the new address for Pam Quay or Wendy Foster?

\* \* \*

Theda Gillespie sent in this flyer from New Zealand, where she reports continued enthusiasm and success in her traveling T'ai Chi Chih. Theda had a good response from this years course, and already has a waiting list for 1991.

All ages, sex, and shapes welcome



## T'AI CHI CHIH

A series of 20 soft flowing movements Recommended for

HEIGHTENED ENERGY,  
SERENITY AND HEALTH,  
LONGEVITY, VITALITY,  
WEIGHT AND BLOOD-  
PRESSURE CONTROL.

can be learned in 8 classes of an hour (\$4/hr)  
Courses begin - Mon. 26 Feb. 5:30-6:30 pm, or  
Tues. 27 Feb. 10-11 am, or 7:15-8:15 pm  
In Community Service Centre Memorial Square.  
Accredited U.S.A. teacher: Inquire 357479

In TEH gritty

## T'AI CHI CHIH WEEKEND

June 1st began a most gorgeous weekend amongst the redwoods at Happy Valley Conference Center in Scott's Valley. Sunshine warmed us and shade of giant trees cooled us during the day. The nighttime was cool enough for sweats, perfect. There were about 32 of us attending Steve Ridley's weekend workshop for Tai Chi Chih and Meditation Intensive.

Being a first time Tai Chi (er) this was a great opportunity to participate with a spiritual group in action with an experienced teacher. The participants ranged from teachers, practitioners, to beginners. We learned sitting and standing eight pieces of brocade, Tai Chi warm-ups and cool downs, we learned breathing patterns at various tempos, we did couples practice and extended use of single movements and connecting movements. I thought Steve looked like the wave upon the ocean, his movements are so rhythmic, connective, and fluid. After a session we settled down to learn various meditation techniques; standing, breathing exercises, mantra meditation, Chi K'uan meditation. Steve advised us to be alert during our meditations, preferably sitting upright or standing so we are attentive and ready to receive the benefit of the meditation. We learned some Tibetan Yoga and Kundalini Yoga exercises for rejuvenation. We even did some singing and sharing.

It was a holistic weekend complete with good food, an enthusiastic group leader, warm weather, meaningful exercise, and meditation. I enjoyed meditating at the outdoor Cathedral of the Redwoods. Several rows of benches face an aged, rustic redwood cross beneath a ring of towering redwoods. A devotional vibration fills the air, aiding the connection with the divine. Let me share with you my gift received during a meditation.

### Love in Its Purest Form

Energy currents  
churn through bloodstreams  
combine in light,  
light energy  
overflows and explodes in  
geysers of upliftment  
rainbows encircle everyone,  
we are all together now.  
Joy fills the air  
and I am weightless, as  
a dandelion seed  
floating on God's breath.  
A world suspended,  
sending new life outward  
without a care.  
Light, transparent, delicate  
woven light seeds  
blown where Gods breath  
whispers,  
buoyant in loves purest form.

Dori Gehr  
San Ramon, CA



## SEND IN NAMES

Teachers -- Satori Resources is compiling lists of people ready for Teacher Accreditation in different parts of the world. Please send the names and addresses of potential teacher candidates to us. When we get 10 - 20 people in a general area we will call host teachers. If you would like to be a host instructor, and you already have a list of ready people, call us because we may have more people in your area. There are a lot of people calling in from the eastern states.

\* \* \*

## A CAT'S TALE

A big cat saw a little cat chasing its tail and asked, "Why are you chasing your tail so?" Said the kitten, "I have learned that the best thing for a cat is happiness, and that happiness is in my tail. Therefore, I am chasing it and when I catch it, I shall have happiness."

Said the old cat, "My daughter, I too have paid attention to the problems of the universe. I too have judged that happiness is in my tail. But, I have noticed that whenever I chase after it, it keeps running away from me. And when I go about my business, it just seems to come after me wherever I go."

"APPROVAL SEEKING IS DETRIMENTAL TO  
HAPPINESS."

Barbara Boom  
San Luis Obispo, CA

\* \* \*

DO NOT PUSH.  
IT WILL COME OF ITS OWN ACCORD  
IF IT IS MEANT TO COME AT ALL.  
HOW WE STRUGGLE TO MANIPULATE  
THAT WHICH CANNOT BE MANIPULATED.

From ABANDON HOPE!  
by Justin Stone

\* \* \*

## NEWS FROM GOOD KARMA PUBLISHING

If teachers are interested in hosting a Tai Chi Chih/Meditation Intensive conducted by Steve Ridley, please contact Good Karma Publishing. Jean Katus at Good Karma Publishing is now setting up Steves' workshops.

We have changed our name from Good Karma Books, Inc. to GOOD KARMA PUBLISHING, Inc. We feel the new name more accurately reflects the services we offer.

If you move, please remember to send a change of address to us as well as to Satori Resources.

Jean Katus  
GOOD KARMA PUBLISHING  
Box 511  
Fort Yates, ND 58539  
701-854-7435

\* \* \*

VISIONS is a new VITAL FORCE section suggested by Carmen Brocklehurst. Please write about any visions (about the growth, expansion, and spread of T'ai Chi Chih.) This is kind of on the order of what IBM does at the San Jose office - seemingly unconnected ideas begin to take shape as a real project as people talk and different parts of the puzzle begin to fall into place. Perhaps no one person has the whole answer but together we can gather more of the pieces. I know that sometimes this seems to lead to stealing because people jump in and take and use ideas that are not theirs and sometimes even mess them up. However, if we really look at this and if we truly believe that the universe is FOR us, then we see that what is ours, is ours, and no one can have it. That includes what seemed to just have been taken. Many times the thief ends up with nothing and the other person ends up with a better mouse trap.

Now I would like to seed the pot:

**VISION:**

It was as if I were looking at the world from outer space, and as I did several different places on the globe became clear and I could see a T'AI CHI CHIH CENTER there. Each center helped to connect the world and make it stronger. The Centers seemed to be not only where I was looking but also where I was. Many people were at each Center - much peace and love could be felt at each Center.

**ACTION:**

I have begun the paper work to form a non-profit organization named Chi Foundation. Its purpose is to act as a magnet for those who are interested in coming together to create T'ai Chi Chih Centers across the globe. These Centers will create a way for Justin, Steve and other T'ai Chi Chih teachers to be in residence in different parts of the world for indepth teaching and learning of T'ai Chi Chih and Seijaku. As Chi Foundation grows, people interested in T'ai Chi Chih will be able to come and live on the premises for short periods of time and study with very special teachers. This project is in its beginning stage and any suggestions are welcome.

Lots of Love, and share the Chi,  
Carmen L. Brocklehurst  
9500 Prospect NE,  
Albuq., NM 87112  
(505)299-0562

How gently It works  
with me  
Caressing, whispering, calling  
Leading me, showing me  
what It is  
Each time a little more  
of me  
is gone  
--and It Smiles  
Flows  
Moves.

Carmen Brocklehurst  
Albuquerque, NM

Tao Te Ching  
By LaoTsu

Empty yourself of everything.  
Let the mind rest at peace.  
The ten thousand things rise and fall while the Self watches  
their return.  
They grow and flourish and then return to the source.  
Returning to the source is stillness, which is the way  
of nature.  
The way of nature is unchanging.  
Knowing constancy is insight.  
Not knowing constancy leads to disaster.  
Knowing constancy, the mind is open.  
With an open mind, you will be openhearted.  
Being openhearted, you will act royally.  
Being royal, you will attain the divine.  
Being divine, you will be at one with the Tao.  
Being at one with the Tao is eternal.  
And though the body dies, the Tao will never pass away.

\* \* \*

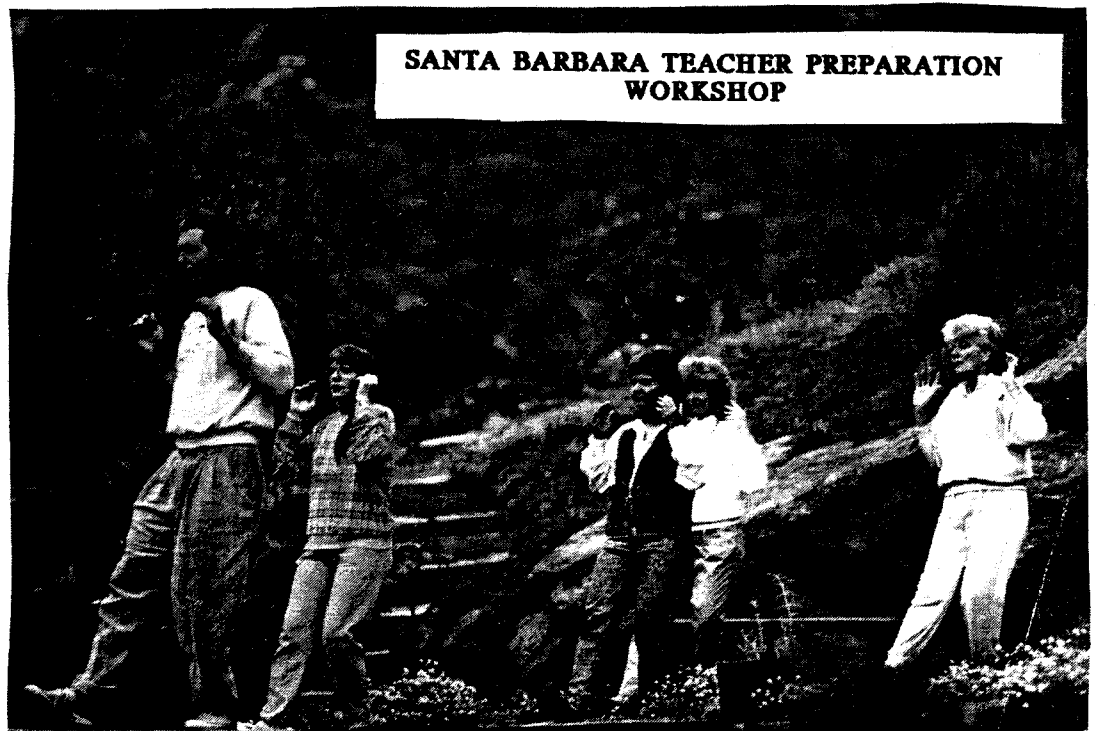
**NEWS FROM ALBUQUERQUE**

"T'ai Chi Chih In the Park" continues to meet during the summer. 2nd Saturday of each month in Alvarado Park, 9:00. 4th Sunday of each month in Taylor Park, 11:00.

T'ai-Chi Chih will be a part of the 1990-91 curriculum offered by the Ayurvedic Institute. Virginia Shilson was delighted to be invited to instruct classes, one in the fall and another in the spring.

\* \* \*

**SANTA BARBARA TEACHER PREPARATION  
WORKSHOP**



# T'AI CHI CHIH



Tai Chi Chih - 15 to 20 minutes a day for a longer, more joyous life.

Tai Chi Chih's 20 simple gentle movements strongly harmonize the Vital Energy ("Chi") within the body. The balance results in increased energy, flexibility, inner calm, creativity, concentration, and better health.

This moving meditation is safe and easy for all to learn regardless of age and physical condition. This is stress relief in a stress-free activity meant to recreate a better you whatever your occupation/interest/activities might be. It is joy thru movement.

Joy Thru Movement

**LISETTE TINGESDAHL**  
*Accredited Instructor*

*For information on classes, schedule and location call: (608) 755-1960*

Lisette Tingesdahl  
Janesville, WI



## A HEALTHY EARTH

Satori Resources is actively involved in healing our planet earth. Alongwith practicing the healing art of T'ai Chi Chih (which we believe heals the individual, then the individuals heal the earth), the VITAL FORCE is printed on 100% Recycled Paper and mailed to you in a 100% Recycled envelope. We recycle every paper product (white, colored, and newsprint) that we receive. We use newspaper and shredded paper in the product shipping department (NEVER accept products from companies using Styrofoam "Popcorn"....write them and refuse their product until they change to earth-safe packaging materials). And now with this letter we encourage you to do your part.

Everyone can have all promotional brochures, letterhead, cards, flyers printed on 100% Recycled paper. It now even comes in beautiful colours.

\* \* \*

Dear Vital Force,

The Teacher Accreditation Course was the most intense experience I've ever had. The awesome power and polarity of the Chi energy field generated by a group of twenty plus persons doing T'ai Chi Chih movement together was awesome and created a whole new experience for me. I was able to sense and feel both sides of an emotional experience at the same moment. As I said to Steve Ridley, Accreditation week was most definely a capital "E" experience. Looking back I realize it was probably one of the most worthwhile, intense and enlightening adventures I've experienced in a long while.

There is no way I could go through Accreditation without experiencing a major positive change in my outlook and attitude. I came away with a reverance and awe for the grace, beauty and power that is T'ai Chi Chih. (Thank you, Steve Ridley.) It felt like a shout within myself, "Behold!!!!, all things are made new."

There were many moments during Accreditation week when I doubted my competence, and really wondered if I belonged in the group in the first place. Fortunately, that passed. Also, in the back of my mind there was always the horribly sneaky feeling that, just maybe, I wouldn't graduate. Well, I MADE IT!! I am very proud and honored to say that. I earned it!!! The week was over, I survived, I felt numb to the very core, but I made it!!!

The most valuable part of the workshop from the practical aspect was the chance to spend time with Steve in order to fine tune my expression of the form to a point where I now have something of great value to present to my students.

Since I have returned to Florida, all manner of interesting things have been happening. I've schedualed five presentations and have two private students in progress. I also have a Chiropractic Physician definitely interested in instruction. I've also received an invitation to present T'ai Chi Chih instruction and practice sessions as a regular part of the Southeastern Unity Ministers Conference in October.

Now that I've started actively teaching, I know that the Course was a necessary, worthwhile and effective experience. Coming to my students with the humility and knowledge from Bemidji, I know that I am a better, more compassionate, more effective teacher than I could have ever been without the Accreditation process.

There is a lot of interest in T'ai Chi Chih here in Southwest Florida. All is going really well and I am excited to finally be really involved in spreading the good news of T'ai Chi Chih. Again, thanks to Steve Ridley, it is a pleasure to watch a true professional at work!! And thank you Justin, for T'ai Chi CHih and your good wishes. Best wishes to you also.

Jean Katus was right on, Teacher Accreditation IS A MUST!

It is almost like a rite of passage into the inner circle of the real experience of T'ai Chi Chih.

Sincerely,  
David Belz  
4530 Seminole St.  
Fort Meyers, Florida 33905

## NEWS FROM TEACHER NETWORK

### NEWS FROM SWITZERLAND

In my school I teach many different forms. First, all students learn the T'ai Chi Ch'uan which I see as the basic discipline of T'ai Chi since it combines health, spiritual and self-defense purposes. After two times through T'ai Chi Ch'uan, all students learn T'ai Chi Chih.

To me, T'ai Chi Chih is not a replacement for T'ai Chi Ch'uan but a valued supplement. I explain to my students that T'ai Chi Chih is great for raising the chi quickly, much quicker and in greater quantity than the Ch'uan, and that it is very good when you do not have enough time or space for the Ch'uan. And further, that it is better for healing purposes. Thus, I believe all T'ai Chi people should know it. But T'ai Chi Ch'uan is necessary for self-defense and for continued flexibility of the joints, balance, etc. I thus believe, the greatest value of T'ai Chi Chih is to be found in partnership with T'ai Chi Ch'uan.

Please feel free to give my address to anyone coming to Europe. I received a telephone call from a California TCC person who was visiting Switzerland last week.

John Lash

Runihubel CH 3043  
Uetligen Switzerland

\* \* \*

I am forever grateful to Justin and the gift of T'ai Chi Chih. I continue (after almost 1 1/2 years) to marvel at my awareness and continuous flow of growth in my private practice and teaching of this unique gift.

The Teacher Accreditation in Bemidji was one more step in uncovering and discovering, for myself; my own pace of teaching is a gift of patience (even when it seems like it's not enough).

It was a unique group of students. My experience was seeing the light that each one is and feeling the love that they expressed.

I was delighted to have my friend and student, Judy Murphy, become a teacher. My first, of what I trust will be many...

It was also a joy for me to observe and participate in this training, under the leadership of Steve - to feel his gentle energy and guidance, through his teaching of T'ai Chi Chih.

Blessings of Peace and Joy,  
Lynne Blackford

Missoula, MT

\* \* \*

Bev Bach is traveling with a group of people calling themselves "Global Walk for a Livable World." They are walking across the United States from Santa Monica to New York in nine months, and are presently in St. Louis. Mail is being forwarded to Bev at POB 4806 Arcata, CA 95521.

\* \* \*

Yehudit Goldfarb, a T'ai Chi teacher for over ten years, is a founder and spiritual leader of the Aquarian Minyan, the Associate Editor of AGADA, and an instructor in Jewish and Chinese mysticism. Yehudit is combining the principles of T'ai Chi with the wisdom of the Hebrew letters in a course called "Hebrew Letter Movements for Healing & Renewal" in Berkeley, CA.

Excerpts from her brochure read, "According to the Jewish mystical tradition, the Hebrew letters are the building blocks of the universe. Each letter is a particular channel for connecting the Infinite with the finite: within its shape spiritual light and life force exist in a state of contraction which allows for the transformation of energy into matter.

Yehudit Goldfarb's Hebrew Letter Movements are slow, gentle, flowing movements. They are similar to T'ai Chi but are based on the shapes of the Hebrew letters. Their simplicity and repetitive quality promote a sense of balance and integration together with a renewed vitality, as if a portion of the spiritual light and life force contained in the letters were made accessible to the mover.

\* \* \*

Ehsida Jaymes, T'ai Chi Chih and Seijaku instructor, of Thousand Oaks, CA reports her courses at the Ballet Studio by the Sea in Malibu, CA are going well.

\* \* \*

Tais Hoffman may do a workshop in Sedona in September. In July she gave a presentation at La Costa to nine people on staff. \$10.00 for the introduction followed by a six week course.

\* \* \*

Valerie Smith wrote us that along with working with the kids gymnastics program through Hayward Rec, she is teaching convalescence hospital exercise classes, two T'ai Chi Chih classes per week, one in Alameda and another at husband Steven's Aikido Dojo in Oakland. ("...it's a beautiful location - quiet, serene, spacious & uncluttered.") and being the loving mom of Simone, 2 1/2.

\* \* \*

Some of you may remember an earlier letter from Hilda Perth, a student of Tom Fernandez and Beverley Barefoot from Mendocino, CA., who shared her renewed artistic inspiration and vitality as a result of her T'ai Chi Chih practice.

Recently, a hospital medical staff monitored Hilda's heart during her recovery from a medical emergency, while she was practicing T'ai Chi Chih in bed; and found her heart was much stronger while she was moving, than before or after she stopped the practice.

\* \* \*

Renee Wilson says she was glad she took Seijaku a second time and now has a much better grasp of it, and is enjoying it immensely.

(Ed. Note: Justin Stone wrote, "I have heard this a few times. Seijaku is so powerful it overwhelms them the first time. It seems almost necessary to take it a second time - and I feel it's well worth it.")

\* \* \*

