

THE

VITAL FORCE

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

For Teachers Worldwide of JOY THRU MOVEMENT

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TAI 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 Tai 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 Tai 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 "Tai 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 - Tai 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 Tai 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 Tai 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 Tai 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 7:05-8:05 pm
In Community Service Centre Memorial Square.
Accredited U.S.A. teacher: Inquire 357479

In TEH gity

TAI 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 Kuan 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



TAI 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) 755-1980

Lisette Tingesdahl
Janesville, WI



A HEALTHY EARTH

Satori Resources is actively involved in healing our planet earth. Along with practicing the healing art of Tai 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 Tai 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 definitely 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 reverence and awe for the grace, beauty and power that is Tai 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 scheduled 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 Tai 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 Tai 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 Tai Chi Chih. Again, thanks to Steve Ridley, it is a pleasure to watch a true professional at work!! And thank you Justin, for Tai 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 Tai 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 Tai Chi Ch'uan which I see as the basic discipline of Tai Chi since it combines health, spiritual and self-defense purposes. After two times through Tai Chi Ch'uan, all students learn Tai Chi Chih.

To me, Tai Chi Chih is not a replacement for Tai Chi Ch'uan but a valued supplement. I explain to my students that Tai 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 Tai Chi people should know it. But Tai Chi Ch'uan is necessary for self-defense and for continued flexibility of the joints, balance, etc. I thus believe, the greatest value of Tai Chi Chih is to be found in partnership with Tai 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 Tai 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 Tai 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 Tai 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 Tai 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 Tai 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, Tai 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 Tai 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 Pertha, a student of Tom Fernandez and Beverley Barefoot from Mendocino, CA., who shared her renewed artistic inspiration and vitality as a result of her Tai Chi Chih practice.

Recently, a hospital medical staff monitored Hilda's heart during her recovery from a medical emergency, while she was practicing Tai 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.")

* * *



TAI CHI SITUATIONS

After reading Justin's message... "Please be willing to share by contributing your writing to the Vital Force (June 1990 edition), it gave me a boost and perhaps the courage I needed to share what I call "Tai Chi Chih situations."

1) One evening we had to call 911 because our chronically mentally ill daughter looked like a limp ragdoll who could only grunt and had a fixed trance-like look on her extremely pale face. After riding in the ambulance with her to our local hospital, the paramedics asked me to stay in the emergency room with her so she wouldn't be frightened and to help keep her calm. As the hours progressed she rested, was tested and monitored, and I did Tai Chi Chih. As I was doing "Daughter on the Mountain Top" someone poked her head through the curtain around the bed where my daughter was sleeping and said to me... "What are you doing?"

"Practicing Tai Chi Chih," I said.

"Oh, we thought you were doing some secret ritual or something."

2) Doing all the movements one or two times a day helped me to spend several hours with an extremely difficult relative who was staying at the same inn I was staying at while attending my son's university graduation.

3) My husband enjoys eating out often, particularly at steak houses. Whenever I can't sleep at night because I ate too much and/or ate too close to bedtime, doing several of the movements helps my digestion and helps me get to sleep.

4) After waiting one-two hours at the emergency room for my husband to be seen for something minor, I slipped outside to do Tai Chi Chih. A passerby said, "Tai Chi?"... I nodded, smiled, and kept moving.

I'm sure we've all had Tai Chi Chih situations and there are more to come. However, I am thankful for the knowledge that doing Tai Chi Chih can help me cope with difficult situations over which I have little or no control.

Dear Justin, thank you again for Tai Chi Chih.

Sincerely,
Vicki Michele Brodie
Burlingame, CA



TAI CHI CHIH

OONAGH PERDUE
Accredited
Tai Chi Chih Instructor

P.O. Box 10266
Phoenix, Arizona 85064
(602) 266-4278

THANKS FOR THE HELP

Recently I had a phone call from a woman I've never met. She said she is an accredited Tai Chi Chih instructor who is currently not teaching. She called because she saw my name, address, etc in The Vital Force. I looked her up in the Tai Chi Chih Teacher's Directory while we were talking on the phone because my born skeptic self told me to do so. I found her listed, so everything seemed legit. She was calling to tell me about a teaching opportunity (in our area) that came her way. She did not want to take it but told them she thought she could refer someone else to them, hence her phone call to me. If this works out as well as I anticipate, I will forever be grateful for the opportunity. If not, I will be forever grateful for the wisdom and support I received from the caller. Not only did she talk with me for quite a long time on the telephone, she sent me helpful information in the mail. Thanks to Brenda Woodard Pierce for all that she shared with me. I look forward to meeting her one of these days...and maybe even doing Tai Chi Chih together.

Most sincerely,

Vicki M. Brodie
Burlingame, CA

* * *

TAI CHI WEIGHTLIFTING

I couldn't imagine why Tai Chi Chih or Hatha Yoga were required classes at my massage school. I hated yoga (my balance was terrible), and I wasn't the "Karate Kid." I obtained plenty of movement and exercise at the gym. But, required they were, so I decided to make the best of it. I would tell myself, "Try to stay open about this." Well, I guess I left myself wide open because here I am signing up for "Karate Kid Part II."

These classes should be requirements for life! Tai Chi Chih has come to mean a great deal to me, in all aspects of my life. All my life I've been athletic and had to warm up for something; nothing has been more complete, fun, or as energizing as Tai Chi Chih. As a body builder, I use the stretches and movements for warm-ups, as well as incorporating the concepts into my workout. I practice Tai Chi Chih on a daily basis and use many principles taught to me in Hatha Yoga throughout each day.

I incorporated the movements into my body building routines, which are choreographed to music. The movements allow me to easily create a very fluid, yet dynamic performance on stage. I won the overall title in my last competition, which I credit to my Yin & Yang balance.

Tai Chi Chih-Weightlifting coming to your gym soon!!!

Thanks,
Nancy Wharton
Lakewood, Colorado

(Note from Christine: Nancy won the Overall Title--Miss Natural of Colorado Invitational 1988. It was an amazing reversal for my teaching pattern to begin with the emphasize on fluid, graceful, soft expression versus beginning with the legs and feet (weight shift). Nancy came to class with the most solid weight shift I've ever seen anywhere. As my legs and weight shifting solidified like a mountain, Nancy's movement turned into water. Together we were really learning.)

KNOW ABOUT US

This is a new section which began in the last Vital force. We are interested in publishing short biographies of Tai Chi Chih teachers. Please send us 100-150 word personal introductions about yourself and your relationship to Tai Chi Chih. Please send in photos of Tai Chi Chih instructors.

I've had two very rewarding experiences teaching Tai Chi Chih since Accreditation in May. I came to my community, here in Baltimore, June 1st and taught fourteen older, retired sisters (one of the most enthusiastic is 94 years old!) They loved it and keep asking for more. The second experience was teaching six younger sisters during our Annual meeting week in June. Tai Chi Chih was well received by them also. Almost all are continuing their practice.

Peace and Love
S. Rita T. Tschudi
4433 N. Jay Avenue
Tucson, AZ 85705
(This is a NEW Address)



Bryan James, Lakewood, CO

Dear Justin and Vital Force,

Hi! I'm Martha Lynn Armstrong, one of the newly accredited Tai Chi Chih Teachers. I worked with Steve Ridley in Bemidji. I learned so much, yet each time I move through the form is as beginning anew; and it's this beginning that brings a personal peace to me.

I could never express all that Tai Chi Chih has done for me; there are no words to do so. In less than a year's time I've totally changed physically, emotionally and spiritually. No part of the whole has been left unchanged. Instead of the terror stricken, fragmented woman I was, I'm now whole and full of life, and smiling, enjoying the beauty around me.

I've already begun to share Tai Chi Chih with others and as I see them change, I get a warm feeling inside as I share in their new found joy.

I am thankful to be a part of Tai Chi Chih, to be able to share it, to grow with it and become ever new.

Justin, thank you for being who you are that Tai Chi Chih was born.

Love,
Martha Lynn Armstrong
415 S. 7th Street, Apt #114
Fargo, ND 58103





MAY 1990 CHICAGO TEACHER ACCREDITATION COURSE



AMERICAN MEDICAL ASSOCIATION

THE REPORTER - AN EMPLOYEE NEWS BRIEF from American Medical Association reads, "Fitness month Continues. This past week, employees kicked off Fitness Month by meeting with representatives from various Chicago-area health clubs. Throughout the month of June, the Wellness Committee will continue to offer a variety of activities which promote health and fitness.

Next week's agenda includes "How to Get the Most Out of Exercise," "Five-Minute Tuneups," and "Tai Chi Chih: Reduce Stress, Gain Control." We urge employees to take advantage of these unique fitness opportunities.

Tai Chi Chih: If you want a simple method to reduce stress and to gain control over your reactions to everyday life, Tai Chi Chih may be just the thing for you. This series of slow, simple movements helps relax your body and mind through focused and controlled movement and breathing.

7 Week program T W Th 12-12:30 Begins July 31,1990

Instructor: Hannah Hedrick is an AMA employee trained and certified to instruct in the ancient art of Tai Chi Chih."

(Ed. Note - The consistent efforts of Hannah to break ground at the American Medical Association in Chicago is finally coming to fruition. Congratulations are due. It is this work that makes it easier for all of us to enter the corporate health industry. Tony Kiser has already initiated the first course to be held at the American Dental Association, to begin this August. Go Hannah! Go Tony!)

* * *

TPA NEWS - The Monthly Newsletter of Test Positive Aware Network (based in Chicago) reads, "There's a lot you can do to improve your quality of life and perhaps prolong your life if you're HIV positive.

1. Reduce Stress at home, at work, in your social circles. Take a class in yoga, Tai Chi Chih, or one of Hannah Hedrick's Relaxation classes at TPA..."

* * *

NEWS ON IDEA INSURANCE

Carol Ann Scanlon writes... "I have been able to obtain liability coverage for \$1,000,000.00 and the cost was - \$58.00 membership in IDEA for one year and \$109.00 for coverage through October." The IDEA application form is in the teacher packet, also called teacher notebook (provided to new teachers upon Accreditation since 1986).

* * *

HEALTH CARE INDUSTRY IN THE 90'S

The "Money" section of COMPASS readings, April 1990 edition reports Health Care as the first industry that may well thrive in the 1990's. "The aging of America, for example, bodes well for the health care industry - everything from pharmaceuticals to in-home nursing care." The next two industries following were Building and Construction and The Environment.

T'AI CHI TREKS

Several people have asked me to explain what T'ai Chi Treks is all about...well that means I have to give you some history. I put together everything that I love to do more than anything in the world. This meant putting my favorite "teachers" in one package--wilderness, people, T'ai Chi Chih, together with the things I like to do with others and alone. Then one day, in the middle of doing what I was looking for, I found it. It's called T'ai Chi Treks. I invite anyone who can carry his or her own pack, wants to learn T'ai Chi, and wants to have a great time.

T'ai Chi Treks has been a six year venture that is operating now in its first year as a business. The treks are 4 to 22 day wilderness trips, with an emphasis on relaxing and simplicity, in order to learn T'ai Chi Chih and simple sitting meditation. In 1991 we will return to the Four Corners Grand Gulch, Yosemite, Anza Borega, Joshua Tree (rock climbing), Lake Tahoe, and new next year are two "River Chi" trips (rafting). T'ai Chi Treks will also be going to Thailand, Mexico and possibly Costa Rica in 1991.



Michelle Bevis in Moab, Utah

Three years ago I began integrating T'ai Chi Chih practice into my outdoor courses. I had been teaching T'ai Chi Ski programs since 1984 and found that the dynamics of T'ai Chi movements can be universally applied to any sport with great results. This brings me to my move to Boulder, CO. in 1986. I joined the Colorado University Outdoor Program staff as the T'ai Chi instructor. They put me everywhere; we found that every program could use a little T'ai Chi. (This is how I built my regular classes as well as had a great time working with athletes.) We offered T'ai Chi Rock Climbing Intensives, T'ai Chi Telemark Skiing [Pam Towne wrote me once to ask me how I was teaching T'ai Chi Telemarketing], T'ai Chi Ski, T'ai Chi Ultimate Frisbee, T'ai Chi Twister (a balancing game played in the dirt with quarters, to learn fluid weight shifting), T'ai Chi Weightlifting and my favorite - T'ai Chi Backpacking. This is really where it all began, in an area of the Four Corners called the Grand Gulch, sacred ruins of the Anasazi Indian.

To give you a small sense of what the T'ai Chi Trek experience is like, here are some of my journal entries from various treks. There is a huge part of me that insists on finding the words to express how powerful these trips have been, and yet I also want readers to know there are no words to say what is really happening. It is easier to paint the pictures with words (and give you a feeling), than to describe the specific events that change people (and leave you with an empty analysis).

November 25, 1988. Thanksgiving day in the gulch. Grateful seems like a small word; it needs at least ten thousand more letters. I feel open. That is the best role I can assume - with no thing to teach. To try to facilitate anything out here would be to miss the whole point. But, aren't I here to teach T'ai Chi Chih? Good question grasshopper, let's go up into the amphitheatre and see who wants to move. So, I am open to the lessons of this day. Everything occurs so spontaneously out here. I am ready.

Sprinkled powder sugar snow dusted over crimson canyon walls and green juniper and sage. White, red, green, and blue above. It was glorious, until Kelli opened her tent door and gasped and screamed. She jumped out, jumping up and down, wearing long johns and a hat, and went running off our landing down into the riverbed below. Everyone was jarred awake now and scared from the commotion. I was the first to make it down to her (fearing all sorts of EMT scenes), where she was stooping low to the ground, hunched over her hands in the dirt and snow. "Are you ok? Kelli what's the matter?"

"It's the first snow I've ever seen in my whole life! It's so great, so white, so beautiful! It snowed for me. God is snowing on me. I've got to make a snowman." Yes, God is snowing on you. This, is the definition of glorious. [Kelli is from Hawaii, and it was a very rare occasion for it to snow in this canyon...a rare blessing indeed.]

March 27, 1989. Turkey Pen Ruin- Grand Gulch
Leaving the vans, pavement, oreo cookies, and textbooks far behind us, in the pitch black of late night we walked into the belly of the Grand Gulch, trusting the innate feeling of our feet, lucid sound, and no-vision to guide us. The trek begins in the Yin. Intentionally calling upon our intrinsic feminine qualities of the dark, the cool, the contracted, the receptive, the intuitive... the canyon colours hidden in the black and grey shadows of night.

TAI CHI TREKS CONTINUED:

A dusting of frost hints of the still dark sky. It is 4:30 a.m. I lie back down staring at the bold line between black cliff and starry sky. I always wake up early the first morning here; in fact I don't usually sleep, haunted by my own anticipation of seeing the faces when everyone sees where we are camped. The view is so incredible it defies the senses for about two days, until one draws a new frame of reference and allows for a great deal of no-scale scale. The canyons are familiar; I've been here before (and brought many people), and yet I am restless with what lies ahead.

Unzipping my warm sleeping bag cocoon jars away the dreamy fuzz in my brain, as I gulp frozen air and throw on sweats. The three gongs of the saute' pan signal everyone to wake up, crawl out of their bags and gather together. (When we laid out the bags last night I informed everyone that the sound of a gong would wake them in just a few hours and that we would be walking a short distance in the dark to watch the first light in the Gulch.) This sleepy group, layered in clothes, so droopy and testing...this better be worth it. I see the questioning minds...didn't we just get into bed? Is she crackers? What did I sign up on this trip for? Where's my flashlight?

Under the beam of a flashlight we walk up a sandy slope until it levels, and then spread out so everyone has a flat spot. We sit in the roaring silence of night, just before dusk, and without any words everyone begins to listen, and breathe. (Some question...What are we supposed to be doing? Do we get to sleep tonight? Today? When is she going to tell us what to do?) As the stars disappear and the black sky softens and pales, giving way to an eery shadow of light. All heads roll straight up to see the towering amphitheatre bending far out over our heads and around to the thousands of feet of vertical canyon walls that feel like an arms reach opposite us and down into the riverbed below, defined by the meandering canopy of green junipers and sage.

There are no words for instruction, there is only feeling and embracing the breath of the canyon. "Joyous Breaths" seems to 'begin' us as a welcoming. In the morning, silence is tricked by one cricket song, then an entire choir, then silence. There is a moment of stillness just before the first wind, that hints of the sun's approach rising to touch the rim of the canyon, then the sky is light, but no sun. Palms together, we bend and stretch in salute to the morning stream of sunlight gently settling on the rim of red baked rocks.

I begin to move and those who feel it follow in their first Tai Chi Chih. The Cricket song fades into a steady soft hum, in time with the first sunlight rolling down the canyon walls like a theatre curtain, a golden bronze seam of light closing the shadowed night down into the cool sands, striking juniper trees into a vivid green. Soft glow caresses the eager faces and shoulders relax in the soothing warmth. Soon we are all moving to the ringing silence of this desert canyon. Absolute ringing silence. A swift rush through us circling, skimming the red rocks as if only two inches away. Crows visit, black circles in a blue sky. Layers of outer clothing are discarded in heaps in the sand as the sun warms us. There is no teaching, only listening to the canyon as it moves us and grounds us in its grandeur. Embracing the Yang, we are in touch now with light, the heat, the dry, the creative and intelligent, the expansive.

In some faces, there is the realization of the intentional Yin Yang entrance into the gulch. The furtive glance, 'Oh I get it, we left in the dark, and now we're in the light...cool.' In other faces is the calm look of pressures far away, and in others...time to eat. Me, I feel satisfied.

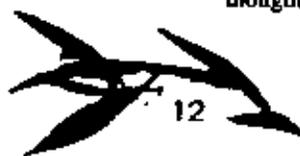
The mind attempts to take it all in, yet the view is too large to be held. It is the sand beneath my toes which calls my attention, seems to hold me together, as everything around expands. It is only in the final conscious pose that I embrace the grandeur of these screaming canyon walls, the yelping crimson and oranges, the created universe. As I begin to disappear, it is my feet that recreate my own presence. Roots.

We did Tai Chi just as the sun was breaking over the Second Story ruins today. I'm sure that no one saw them until after we stopped moving. The attention seems to be so complete. It's as if I can see them leaving all their thoughts back in the vans, and they don't need them out here. Our needs are at a minimum out here and we are left just to enjoy who we really are. The sharings are honest and to give voice to our souls is all that is necessary. I have no worries with this group; they are all very caring and responsible. I am able to relax and enjoy too.

Today we released our voices in spontaneous toning harmonies in the Turkey Pen kiva. Justin said [in Heightened Awareness] that toning was healing and cleansing, but this felt like a big group mantra, all of us returning to some primal source together through sounds. It was really fun, and as always very spontaneous. Red Moon & Blackbird just started on-ing to hear the acoustics in the kiva, and it was such a wondrous sound that eventually we all ended up down in the kiva toning our hearts out...whatever sound wanted to come out. What a way to wake up.

This whole day was mine, all mine, in the silence of this grand red canyon. Everyone is out on 'solo' and I feel so relaxed. Every cell in my body burst today as I spied Zenith moving Tai Chi forms high up on the cliff edge, evoking personal and impersonal chi, expressing learned and freeform movements, creating a universe all her own. I watched her private dance and felt blessed in the witnessing of another's intention to tap into the source of All. I felt more religious in that moment than ever in my life. Then the whisper to leave her alone to her dance pulled me out of the stare onto a walk down the river bed. And I realized I've been trying too hard to be perfect. I just want to be simple, to listen, to move the dance that flows through me, to move in awe and react from awe and walk in awe, and to celebrate as many magical journeys into the bellies of this wild earth as is possible, and to bring those of ready spirits...ready and awake, deep into our centers. Please let this be my bliss.

Zenith told me today that she saw me from her cliff, a pink speck down at basecamp and that she was so happy to see our connection, from such a distance, but that she realized at that point that we were connected no matter where we are, by our Tai Chi dance, by the great Tao that dances us all. And I thought I was crying yesterday. Wow.



ONDAY, APRIL 23, 1990
 chard Suenaga, Living Editor: 322-8889

T'ai Chi: Meditation in motion

By JULIE ATTAWAY

Staff writer

This exercise class in a Palm Springs park begins with a series of quiet, elegant stretches — stretches with names like "fish crawls the Earth," "swallow sweeps down" and "rhinoceros turns head."

There's no high-energy music booming from a stereo system inside a sweaty gym or people in neon-colored, high-fashion exercise spandex suits.

Just birds whistling to one another in the cool, outside morning air, and people dressed in baggy cotton pants and t-shirts.

Saturday morning's T'ai Chi Ch'uan class, taught by Palm Springs doctor Jacques Moramarco, also an acupuncturist, is one of the few taught in the Coachella Valley.

The Joelyn Cove Community Senior Center in Palm Desert hosted its first T'ai Chi Chih class Saturday, taught by Tais Hoffman of San Clemente. The center is considering whether to offer this type of class on a regular basis.

But regardless of the form of T'ai Chi, the Oriental "meditation in movement" exercise is quickly gaining popularity.

Studies have shown that daily practice of T'ai Chi — "chi" being the life force through the body — lowers the blood pressure, increases the immune system efficiency and relieves stress.

The National Institute on Aging recently launched a \$1.5 million study of the effects that T'ai Chi has on Americans over the age of 60 who practice it.

T'ai Chi practitioners say they feel more in tune with their bodies and their spirit and have learned to increase their concentration.

The difference between the T'ai Chi Ch'uan, the oldest form, and T'ai Chi Chih, created in 1974, is the simplicity of the movements and the reason for standing the Oriental art form.

T'ai Chi Ch'uan is the umbrella term for several styles that date back more than 5,000 years. The number of movements varies with each style — the "Six-Harmony, Eight-Method" one of the oldest methods, for example, has more than 800 movements. The popular Yang style has 108 movements. Both take several years to learn and many more to master.

Moramarco's master teacher is 80 years old and has been practicing for about 70 years.

"You need to have a lot of patience to practice T'ai Chi Ch'uan," said Moramarco, who teaches the "Six-Harmony, Eight-Method" and the Yang styles.

Most of the movements in T'ai Chi Ch'uan are done with the legs slightly bent, which gives the legs an isometric workout. Additional-



DOUG PARK/Staff photographer

T'ai Chi METHOD Tais Hoffman reaches a class Community Senior Center. The center is seeing if there is adequate interest in the class.

Where to go for T'ai Chi:

Tais Hoffman, of San Clemente, and the Joelyn Cove Community Senior Center in Palm Desert is testing the interest for a class in T'ai Chi Chih. Information: the center, 340-3220 or Hoffman, (714) 498-5711.

Jacques Moramarco, a Palm Springs acupuncturist. Current class is full. Class limited to serious T'ai Chi Ch'uan students only.

322-5467.

"The Short Form By Terry Dean," a videocassette of the popular shortened Yang style of T'ai Chi Ch'uan, \$49.95, available through Wayfarer Publications, 1-800-888-9119.

"Joy Through Movement," a video cassette of T'ai Chi Chih by Justin Stone, the form's originator, \$39.95, available through

Wayfarer or Hoffman.

Tai Chi magazine, a publication for all forms of Tai Chi. Write: Wayfarer Publications, P.O. Box 26186, Los Angeles, Ca. 90025.

Internal Arts magazine, a publication for martial arts and Tai Chi. Write: P.O. Box 1777, Arlington, TX, 78004-1777. 1-800-233-6984.

ly, some of the movements are said to heat certain body parts.

Taught and practiced correctly, many of the movements in all forms for T'ai Chi Ch'uan can be used for self-defense. T'ai Chi Chih movements, however, cannot be used for self-defense.

T'ai Chi Ch'uan also requires more discipline than T'ai Chi Chih.

Bob Oblemann, captain of Cathedral City's Police Department, said he got interested in T'ai Chi Ch'uan about two years ago. After research, he found Moramarco and joined his class about five months ago. He said the only other teacher of Moramarco's styles lives in Orange County.

"It's about the purist form of exercise there is," Oblemann said. "When you're over 40, you don't want to pound your body to death."

But many people don't have the patience or dedication to learn T'ai Chi's long form.

That's why Justin Stone, a Carmel artist and musician, created T'ai Chi Chih in the early 1970s. He taught T'ai Chi Ch'uan for many years and found that some people, especially older students, had difficulty in executing some movements and nearly everyone had difficulty remembering the long sequence.

Stone developed a series of 29 movements designed to yield the same stress-reducing benefits without the degree of difficulty. He called his style T'ai Chi Chih, meaning "knowledge of the supreme ultimate."

He began teaching it in 1974, and it has blossomed in popularity.

"It gets your life force flowing," said Hoffman. "You have amazing

results.

"It's shorter and the benefits are felt sooner."

There were about 18 who attended Hoffman's class at the Joelyn Cove Community Senior Center on Saturday.

"This is fluid and that is what I can do," said Dorothy Guideo of Rancho Mirage who participated in the senior center's class.

Center officials said they was a trial class to test the interest and they will decide later whether to offer this weekly.

The T'ai Chi Chih style is especially suitable for senior citizens because of its simplicity.

Dr. Evan Hadley of the National Institute on Aging said his group is studying T'ai Chi on the premise that, "frailty and impaired strength, balance and endurance are not inevitable parts of old age."

CALENDAR

- August 10-12 **5TH INTERNATIONAL TEACHERS CONFERENCE**
Vallombrosa, Menlo Park, CA
Contact: Sandra McAlister (415) 582-2238
- Sept. 29-30 **TAI CHI CHIH/MEDITATION INTENSIVE** with Steve Ridley
Bemidji, MN
Contact: Jeanne Carlson-Linscott (800) 548-2759
- Nov. 14-18 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Santa Barbara, CA (Tentative)
Contact: Corinn Codye (805) 687-8737
- Jan. 26-Feb. 2 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Bemidji, MN
Contact: Jeanne Carlson-Linscott (800) 548-2759
- Spring 1991 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Southern CA (Tentative)
- May 1991 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Chicago, IL (Tentative)
Contact: Hannah Hedrick (312) 645-4697
- June 1991 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Alameda, CA
Contact: Liz Salada (415) 278-3263
- July 21-28 **TAI CHI CHIH TEACHER ACCREDITATION COURSE**
Victoria, B.C.
Contact: Carole Gates (604) 383-5367 & Renee Wilson (604) 563-8564

A COURSE OF TAI CHI CHIH MIRACLES

Last night I jumped in my van (Cinnamon) and headed for the hills (Figueroa Mountain in northern Santa Barbara county, to be exact). This morning I was sitting in the sun reading a very heartening article about plants as teachers, and the feeling that the nineties would be beginning of dedicating the next century to the plant world made me happy. As I was sitting there the flies began to bug me. I asked them nicely to go away, then not so nicely. I sent them love. When one of them flew into my eye, it momentarily stopped (the love I was sending). I decided I would build my energy field so they just wouldn't penetrate--or at least not get so close. That reminded me that a good way to strengthen that field is Tai Chi, and here I was in a very beautiful spot to do Tai Chi Chih. As I began the rocking motion the flies disappeared--and left me to practice.

During my practice (one of those moments when my mind slipped off the tan tien) I thought about other interesting spots where I had done Tai Chi Chih. Two came to mind that occurred recently while I was in Peru. There were nine of us and almost all were Yogis and Yoginis. We had planned to do a lot of yoga asana practice on our journey through Peru. As it worked out we were using energy, flexibility, and pranayama while hiking the Inca trail, river rafting, or any of the other of our numerous adventures. Formal asana practice did not lend itself, as everything was yoga practice. Doing Tai Chi Chih seemed to be the absolutely perfect thing to do on several occasions. One time arose at the Lima airport; we had arrived there early--like about 5 am. By 9:00, still no plane. Rumors of strikes. Without thinking much about it I began to do Tai Chi Chih. Then one guy from our group joined, then another. We went through the rest of the set, and the positive energy was tremendous. I was told later that every one around tuned in, either staring directly or out of the corner of their eyes, or at least those furtive glances. It was neat to have the atmosphere so mellow in the midst of the possibility of hostility. I really felt we had a direct effect on the harmony of our environment. Shortly after that, through a course of miracles--to coin a phrase--we were on a plane.

Another high experience doing Tai Chi Chih was at Machu Picchu. It was that dusky time of day when silhouettes stand out. I was on top of the highest temple and decided to do Tai Chi Chih. It was closing time, and everyone was supposed to be out. I did the entire sequence and was so into it that when I came to the healing sounds I did them without any inhibitions--with great vigor. I heard them echo across the ruins. Shortly after that, while finishing the cosmic consciousness pose, the guides whistled for me to leave. I thought it was fantastic that I got to finish the whole set before being bothered, AND the Tai Chi Chih itself was the most incredible experience. I could feel such a strong exchange of energy from the Earth to me to the Earth. I truly felt it was acupuncture to the Earth, and that I was receiving energy from the Earth in order to give it back. Talk about getting high on mountains...

Rip Riparetti
Santa Barbara, CA



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"KNOWLEDGE OF THE
SUPREME ULTIMATE"