

THE

VITAL FORCE



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Spring Equinox 1991



RECIPROCAL CHARACTER OF MIND AND PRANA (CHI)

Justin Stone

The reciprocal character of mind and prana (chi) means that a certain type of mind or mental activity is invariably accompanied by a prana of corresponding character, whether transcendental or mundane. For instance, a particular mood, feeling, or thought is always accompanied by a prana of corresponding character and rhythm, which is reflected in the phenomena of breathing. Thus anger produces, not only an inflamed thought-feeling, but also a harsh and accentuated "roughness" of breathing. On the other hand, when there is calm concentration on an intellectual problem, the thought and breathing exhibit a like calmness. When the concentration is deep, as during an effort to solve a subtle problem, unconsciously the breath is held. When one is in a mood of anger, pride, envy, shame, arrogance, love, lust, and so on, this particular "prana" or "air" can be felt immediately within oneself. In deep samadhi, no thought arises, so there is no perceptible breathing. At the initial moment of enlightenment, when normal consciousness is transformed, the prana undergoes a revolutionary change. Accordingly, every mood, thought, and feeling, whether simple subtle, or complex, is accompanied by a corresponding or reciprocal prana. In the advanced stage of dhyana, the circulation of the blood is slowed down almost to cessation, perceptible breathing also ceases, and the yogi experiences some degree of illumination in a thoughtfree state of mind. Then not only will a change of consciousness occur, but also a change in the physiological functioning of the body. When the body is mastered (T'ai Chi) the mind is mastered. Master the mind (Zen) and the body is mastered.

Being = uncarved block

This journal is dedicated lovingly in honor of our dear teachers,
Justin and Steve
whose discernment guides us with caring resolve
beyond limitation to infinite realization.

Justin Stone is the Originator of T'ai Chi Chih (Knowledge of the Supreme Ultimate).
Steve Ridley is the Spiritual Head of T'ai Chi Chih.

WHAT'S NEW?

A very special announcement and a milestone in the growth of T'ai Chi Chih takes place as of this issue of The Vital Force. Beginning in 1991, The Vital Force will be its own enterprise, under the direction of Liz Salada as publisher, with Lois Mahaney continuing as editor.

As Satori Resources has grown with the T'ai Chi Chih community, we have called upon Lois and Liz many times for voluntary assistance with the production of The Vital Force. For the past five years, Lois Mahaney has contributed the bulk of typing, all of the layout and paste-up, and a good deal of the coordination of printing. Liz Salada has assisted us often with duplication and the actual mailing of The Vital Force.

This past year Satori has grown faster than ever before, with new teachers being accredited at the rate of 70 or so per year (which is increasing), and with the increased publicity due to individual teachers' activities and the articles in major publications such as the Los Angeles Times and *Longevity Magazine*. We have been challenged to keep up with the consequences of growth! Not only that but The Vital Force has grown too. The last two issues have been the biggest ever. Teachers are increasingly active and fortunately many have sent news of their activities along with their own articles for the paper.

After discussion of various ideas and possibilities for simplifying the work of myself and Satori Resources, Liz Salada has agreed to publish The Vital Force, which will now issue forth from the Bay Area and be independent of Satori Resources.

The paper will continue at the subscription rate of \$20 per year, and it will come out quarterly with an additional Conference issue.

Please note the new address. Send all articles, announcements and other submissions to The Vital Force, c/o Liz Salada, 1477 - 155th Avenue, San Leandro, CA 94578. [415/278-3263]. Make all subscriptions payable to The Vital Force.

Satori Resources will continue to support The Vital Force and will work closely with Liz and Lois. Teachers will receive the Satori flyer with each issue. The main support of The Vital Force however, is you, the community of T'ai Chi Chih. Please continue to support The Vital Force with your subscriptions and by contributing articles and news.

Personally, I am very grateful to Liz and Lois and look forward to reading the upcoming issues of The Vital Force under their stewardship. I also look forward to creating news through greater publicity of T'ai Chi Chih as the teaching and practice of T'ai Chi Chih spreads to greater segments of the population, contributing to world health, peace, and evolution in its unique and potent way.

Love and blessings,

Corinn Codye
Publisher, Satori Resources

AN APPROPRIATE ACCOLADE

Dear Vital Force Journal Reader,

I want to express my appreciation to Liz Salada for assuming the responsibility of publishing this important communication resource for T'ai Chi Chih teachers and practitioners.

I have always known Liz to be an exceptionally conscientious and competent person in all areas of her service oriented life. She is one of the few I have met who is capable of living the spiritual ideals while performing effectively and creatively in the world. Liz is a wonderful example of T'ai Chi in action - dynamically creative and selfless!

I know you join me in welcoming Liz to her new station and that you will happily contribute your support and inventive spirit to The Vital Force Journal in this new year.

In Joy,

Steve Ridley

LETTER FROM NEW PUBLISHER



Dear Vital Force Readers,

T'ai Chi Chih evokes for me a spirited-living--one of conscious action. My outlook continues to be challenged toward increasing my clarity, commitment, and sense of purposeful service.

At this time, it is a natural option for me to consider how to support and contribute to the growing awareness of T'ai Chi Chih. Connecting with the harmonizing influence has over time expressed a gathering of many new awarenesses. Insights of varying intent and influence have arisen for positive application to myself and others.

Continually deepening my commitment is vital. I've found self-facing with compassion and without self-clinging, is a real discipline for me to gauge. It seems the task must be faced though, as dharma describes, in order to allow a further evolution.

Remembering that T'ai Chi Chih is Karma Yoga, that of "selfless action", just makes sense. What better way than "knowing by doing?"

This movement form: T'ai Chi Chih; and formless-idea: Ultimate Reality are much more comprehensive than my basic understanding, yet seemingly complementary and complete in the experience.

So, I gratefully join you and willingly affirm the vital force for peace.

In love and service,

Liz Salada

New Publisher for The Vital Force

"VITAL" TRANSITIONS CLARIFIED

Our new Journal format visually represents many of the changes taking place for The Vital Force. The issue is larger to include a broadening scope of beneficially interesting information. We hope to bring you a pervasive range in content that you will read and value, thereby inspiring you to pledge your consent to our continuance.

Subscription Renewal

Enclosed is an envelope to encourage your "vital" support which is necessary to produce our journal. One hundred teachers on the mailing list are past due, and free subscriptions as an outreach measure will no longer be possible after this issue.. Due to becoming a "self-supporting" venture, The Vital Force will be sent to subscribers only. Please renew today!

Content

The Vital Force is The Journal of T'ai Chi Chih. As the main voice connecting teachers and practicers, the utmost intent is to communicate information useful in furthering T'ai Chi Chih practice and the qualities of self-cultivation T'ai Chi exemplifies.

The writings of Justin Stone, T'ai Chi Chih Originator, and Steve Ridley, Spiritual Head of T'ai Chi Chih are regularly featured, as are those of teachers and students. Please submit your T'ai Chi Chih news of activities, insightful views and experiences, photos, art, poetry, etc., to share with the T'ai Chi Chih community.

If you are hosting a Teacher Training or other T'ai Chi Chih event, remember to provide the pertinent information for the **Calendar**. Announcements from Satori Resources, Good Karma Publishing and Steve Ridley Flyers will be included in each mailing.

Deadline for Submitting Information is the 15th of the preceding month of issue, e.g., the next deadline is May 15 for the June (Summer Solstice) issue.

Publishing Schedule

The Vital Force will be published quarterly and bulk-mailed to subscribers only for receipt by the solstices and equinoxes (near the 20th of these months: March, June, September, and December). Additional special issues (such as Conference Reports) will be compiled for benefit of subscribers with any remaining funds.

Subscriptions

\$20 annually (4+ issues) Teachers may order additional copies of current or back-issues at \$2.50 each.

Inquiries

If you have not received your Vital Force issue by the 20th (of the months listed above) please contact us. We will mail another copy first-class. Please wait until the 20th though, as bulk-rate mail takes longer.

MAILING LIST AND DIRECTORY

As both the subscriber mailing list and T'ai Chi Chih Teacher Directory will be maintained under the responsibility of The Vital Force now, please send your updated name, address and phone information to The Vital Force, 1477 - 155th Ave., San Leandro CA 94578.

The Teacher Directory will continue to be available for \$5.00, checks made payable to: The Vital Force. The projection for compilation of an expanded (all inclusive) directory edition is summer. You may order an updated copy in the meantime, which will contain more recent additions and changes. Send your request to our new address above.

CONTACTS FOR T'AI CHI CHI ACTIVITIES

Justin Stone: Originator of T'ai Chi Chih and conductor of

- Seijaku Courses
- Heightened Awareness Seminars
- lectures on T'ai Chi Chih
- lectures on Oriental Philosophy topics

Steve Ridley: Spiritual Head of T'ai Chi Chih and conductor of

- Teacher Accreditation Courses
- Teacher Review Workshops
- Exploring Meditative Ways Workshops
- lectures & group practices in T'ai Chi Chih
- his creative works and supportive materials

Jean Katus:

- publisher, Good Karma Publishing, Inc.
- distributor of specialized materials related to T'ai Chi and spiritual practice

Corinn Codye:

- publisher, Satori Resources, Inc.
- distributor of T'ai Chi Chih instructional and related materials
- 800# for teacher referrals

Liz Salada:

- new publisher, The Vital Force, journal subscriptions and submittals
- publisher of T'ai Chi Chih Teacher Directory
- contact for update to mailing list and directory
- contact for Bay Area CA regional teacher group and area events



SPRING EQUINOX

brings equal times of daylight and darkness,
a point where momentary balance exists.

Coming to this place in the yearly cycle,
where are we within our poles of yin and yang,
within our view of the outer and inner nature?

How do we honor the balance
before the natural shift of the sun,
moving across our earthly-celestial equator,
enlightens our position.

(inspired by The Essene Book of Days and the season)

"Allow yourself to dwell within, the only place where change really happens."

"By taking the yin and yang forces and balancing them,
humanity can work this way
back to the Ultimate Reality."
returning to the original state of immutability-changelessness."

(Justin Stone paraphrased)

Dreaming beneath the sky
of One Life

Ever nurtured
through light and dark

Each breath a gift
Every relationship a song

As passing clouds under the Sun
dancing in a unified expanse

Inhale Joy ...
Relax, be Free
Be ...



Steve Ridley
7-17-90

We are free beings now and always
Though we play the game of limitations
cloaked in bodies of thought.

Steve Ridley
November 1990

(Contributed for the first 1991 issue)

INTERNAL FREEDOM

by Jean Katus

Recently I was privileged to teach a T'ai Chi Chih workshop at the state prison. Although the 15 men I worked with were in the least heavily secured area--their commons area seeming almost like a college dorm with individual rooms surrounding the lounge space--the fact is that they are incarcerated for various crimes and could not walk away at the end of the session as I could. This thought struck me with a great deal of humility and a large sense of responsibility toward those inmates.

At first, there was a fair amount of snickering, smart remarks, and "macho" behavior as the men began moving, their actions seeming much like socially inappropriate adolescents, even though a wide range of age, background, experience or non-experience with other meditative forms and martial arts was represented. (I'd been a bit apprehensive just hearing the many sets of huge metal doors clang shut behind me, and the initial response by the inmates didn't do a great deal for my peace of mind. I wondered what I was doing there.) However, as the chi began to flow for all of us, I was able to relax more and "go with the flow" of the atmosphere, and the men, too, began to quiet and become sincerely involved in the movements.

As the day progressed, some of them even expressed that they could feel the movement of the chi and simply by the subtle changes that had taken place in their behaviors, I knew it was true. Some of the most intelligent and well-thought-out questions I've ever been asked were asked in that place by men who had truly been touched by what was happening to them inside. There were times when I was able to forget where I was because the movements were so much in synch between the inmates, their counselor and myself. The chi had really taken over, something, of course, that we all know happens every time a group of people comes together to practice T'ai Chi Chih, but something that occasionally needs to be brought to the surface in order to be fully appreciated.

While there were certainly still some skeptics at the end of the day, I felt very gratified when several of the workshop participants came up at the end and shook hands with me, asking me to come back and teach them some more movements of T'ai Chi Chih. All I can say in reflecting back on this quite wonderful experience is: Thank you, Justin, for bringing T'ai Chi Chih into my life and for letting it be shared in a place where it's so desperately needed.

EXCERPTS

LETTERS TO JUSTIN

Dear Justin,

I think of you often as I practice or teach and feel a surge of truth rising in me, slowly but surely.

T'ai Chi Chih has changed my life for the better. My body (is) healing (from) an auto injury to my neck/back and T'ai Chi Chih has started me on a path of interior healing that is both joyful and mysterious.

The inward journey scares me sometimes since I have invested so much habit energy to looking outside of myself for the answers. T'ai Chi Chih has opened the door for me to see for myself-my true nature, in a gentle and supportive manner.

Each session of T'ai Chi Chih encourages a new step ahead on a clearly lit pathway. (It allows me to) sense my off balance points and become soft and continuous. In other words, find another way to think/feel/act that is more (T'ai Chi Chih) loving. I'm finding it easier to be able to dip into the bubbling spring of calm and fill my tank full of peace.

Thank you for sharing this gift of T'ai Chi Chih practice and principles. My students are having wonderful results also. Love and Thanksgiving,

Fran Dukehart
San Luis Obispo, CA

Dear Justin:

I don't think I ever recognized at the time of the training what a profound transformation I was experiencing. I only began to feel and really see the joy, to sense the vastness, the power and the wholeness of T'ai Chi Chih. Difficult to explain when words seem so small.

I feel like an infant in all this, realizing I intimated another level of existence beyond the one my life has been about until now. No more pockets of disbelief are inside me...without wanting or trying, I simply feel and believe in the Chi in T'ai Chi Chih. My respect and gratitude for you and all the teachers at the training is increased. Thank you. Joy to you,

Amy Hackenberg
Los Angeles, CA

TEACHERS TRAINING

IN A LARGE ROOM WITH MANY PEERS
IN SANTA BARBARA AT THE END OF THE YEAR
THE MASTER WAS THERE FILLED WITH CHEER
WE CAME TO WORK, IT SEEMS LIKE YEARS
THE CHI WAS FLOWING FROM TOES TO EARS
THE TEACHERS IN TRAINING WILL NOT SPILL TEARS
THE 9TH OF DECEMBER WILL LAST FOR YEARS

by George R. Balliet
San Mateo, CA



MORE EXCERPTS from Letters to Justin

Dear Justin,

The more I practice, the more I'm convinced that doing T'ai Chi Chih on a regular basis prepares us for and helps us cope with unexpected, unavoidable, difficult times. Here are a few more T'ai Chi Chih situations I'd like to share with you and others.

While waiting two and a half hours for my car to be towed, a lot of Bass Drum helped me keep my cool.

While waiting during routine medical appointments, I usually do T'ai Chi Chih. If I finish all the movement, I'm in much better shape to face the traffic going home.

On a very warm day, I started to feel lightheaded. I went outside, sat down, then doing T'ai Chi Chih movements in my head, I began to feel better.

When I had oral surgery I was told to take it easy for several days and not do anything strenuous. I practiced T'ai Chi Chih twice a day and felt well enough to go to a potluck garden party three days later.

Providing board and care for a chronically mentally ill person often presents difficult challenges. One is getting the person out of bed each day. Doing T'ai Chi Chih and Toning With Movement instead of physically pulling her out of bed is so much more pleasant for both of us. It brings down my frustration level and gets her going on a more positive note. We both win!

Have you ever felt like doing T'ai Chi Chih in a park at night under a starlit summer sky? One evening when I did, there were some very obnoxious youngsters in the shadows. I ignored them and just kept moving while my daughter stood nearby looking at the stars. The noisy ones had left the park by the time I got to "Push Pull", so I just continued to enjoy the quiet beauty of a summer night while doing T'ai Chi Chih under the stars.

Thanks again for T'ai Chi Chih and sharing your wisdom with all of us.

Vicki Michele Brodie
Burlingame, CA

GAELIC BLESSING

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you
Deep peace to you

(Shared at the February Teacher Training in Bemidji, MN)



"NURTURE THE NOWNESS"

from *Abandon Hope*
by Justin Stone

POETRY

Awakening pearls
wait silently below
the rough surface of Mind

Those who dive deeply
through the vast energy sea
may retrieve them from
the soles of the feet

Ed Altman

Even the sunrise
awakens
gradually.

Ed Altman

T'ai Chi Chih

JOY THROUGH MOVEMENT
PEACE AND TRANQUILITY
HANDS, ARMS AND LEGS
FORM ANCIENT PATTERNS
WEAVE A DELICATE BALANCE
WITHIN BODY AND MIND
YIN AND YANG
FRAGILE AND CALM
ENERGETIC AND STRONG
HEALING, SOOTHING
T'AI CHI CHIH

by Gwen Cameron
(Gwen, a T'ai Chi Chih student, practices the movements regularly.)



Alone in light room
nude.
I bow to the Great Light
within myself.
Asking no questions,
we begin.
Every fiber, muscle, joint, calling ever faintly
then steadily, sometimes screaming
for a sip of nectar,
a drink of the river
to be consciously charged with
an everflowing, everglowing, pure Chi
Moving through my body. From ancestors and pasts
times known and timeless revelations.
There is now,
painless joy
and
joyless pain.
Graceful conclusion
we are free.

Rachel Buchler, San Luis Obispo
Student of Billie Blair &
Fran Dukehart



HEALTH FROM WITHIN

Steve Ridley

The pranic body or "chi body" interpenetrates the physical body and all its constituent systems. Enlivening, cleansing and balancing the chi body is key to maintenance and optimum functioning of the physical body. Understanding and utilizing this information is certainly a prime ingredient and consideration in the overall process of healing and health-building.

Through the correct and consistent practice of T'ai Chi Chih we can activate our chi body into greater expression and coax its bipolar nature into harmonious balance, directly impacting (enriching) our physical body. Also, through the practice of T'ai Chi Chih our physical body is rendered more receptive, more capable of absorbing the influence of our chi body from which it draws its strength, vitality and endurance.

T'ai Chi Chih practice is an efficient way that we can assist the ongoing process of physical cleansing and rejuvenation. This is why **daily practice** is so important, even though mental conditionings and mood swings may attempt to sway us from our resolve of consistent involvement. We only deprive ourselves of the opportunity for potential benefits. Through self-discipline we can assist self-evolution; the unfolding expression of our innate wholeness. By giving in to ingrained tendencies we may be retarding our possible good. Be a warrior spirit and practice each new day!

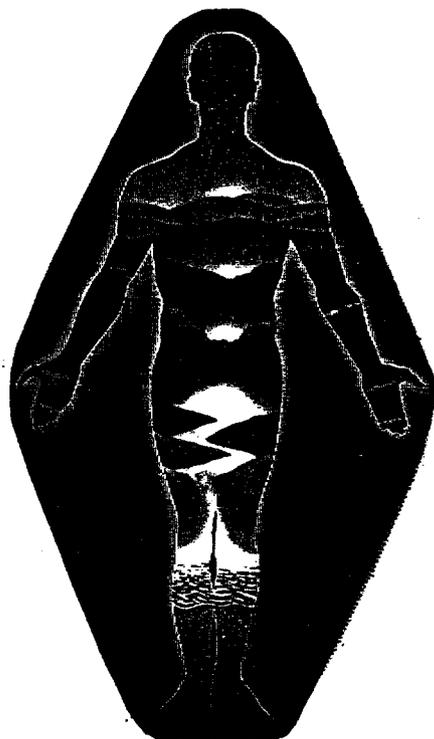
LIFE IS A JOURNEY

Life is a journey that is unique to each, yet common to all. We each share in a profound process that resolves more and more into Love. We have come into this life to live and express the Love that we are. Love is the supreme wisdom sanctioning life. Loving is the ultimate action performed through illumined minds.

from Perspectives in Stillness and Motion

by Steve Ridley

Available from Good Karma Publishing



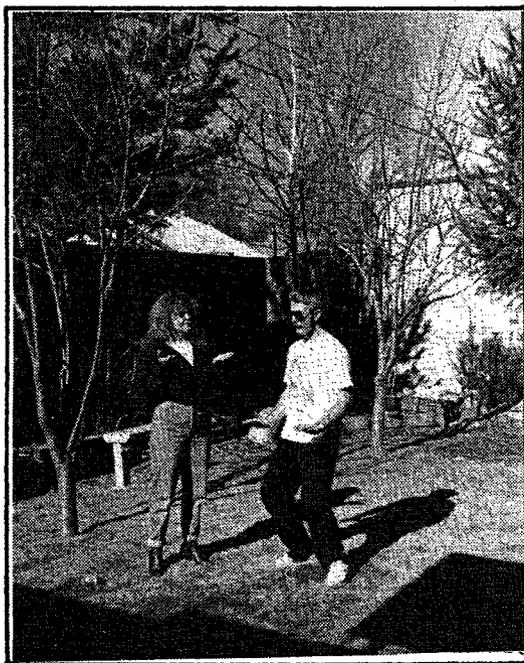
JOYOUS BREATH in Review

an energizer and cleanser

Joyous Breath can be a powerful energizing exercise when practiced correctly. It is beneficial to begin T'ai Chi Chih practice by performing one to three rounds of Joyous Breath. It has a definite stimulating influence on the circulation of chi and helps open the meridians. The blood becomes oxygen rich, contributing to the process of detoxification and the vital functioning of all internal systems.

From my observation, more practitioners could derive stronger effects from this exercise by improving their execution of it, not only by improving the mechanics of the movement, but also by applying the appropriate emphasis or attitude. Attitude and emphasis change according to the particular T'ai Chi Chih movement we are performing. For instance, the emphasis we apply to Light at the Top of the Head greatly differs from the emphasis that is used during Joyous Breath. In general, the more consciously we perform each of the T'ai Chi Chih movement patterns, the greater our benefits will be, related to: mind-body harmony, healing, vitality level, intuitive knowing, etc.

It may be useful to review the key points of execution in Joyous Breath. Follow through with me now to make sure you are receiving the strongest return possible while performing this exercise:



Lia and Steve Ridley demonstrating the extreme positions of Joyous Breath.

NOTES TO NOTICE:

- Teachers and students who want to listen or practice with Justin Stone, check the calendar for his schedule of lectures and area visits.
- It is expected that the April 10-14 in Albuquerque, NM will be the last Teachers' Course Justin conducts, with Steve Ridley handling the courses in the future. Steve has been giving courses after many years of training with Justin, and the latter says he and Steve are one in Consciousness and Intent in their preparing new teachers.
- We do not know how many more Seijaku Courses Justin will give. (He feels that it is the strongest discipline he has seen in East or West.) Only teachers are eligible for Justin's Seijaku Course. A Seijaku Course in Minneapolis is scheduled (August 11-13) to start a few hours after the finish of the T'ai Chi Chih Teachers Conference (August 9-11).
- Refer to the central **Calendar** for more information on whom to contact for these and other T'ai Chi Chih events.
- Enclosed with this mailing of The Vital Force, you will find a flyer and advance registration form announcing the "family style" **6th International T'ai Chi Chih Teachers Conference**.
- Also enclosed are order forms from the various publishers representing materials of instruction and insight on T'ai Chi Chih and the related practices. We share their support in promoting the creative writing and works by Justin Stone, T'ai Chi Chih Originator, and Steve Ridley, Spiritual Head of T'ai Chi Chih.
- Carmen has a free tape of Justin's comments on "Evolution through Chi" just for the asking (read ahead, teachers!)

TAKE TIME TO SHARE

I read, with a lot of Joy, the letters sent to The Vital Force by T'ai Chi Chih teachers. Someone has taken the time to share her or his experience, and it is very valuable to everybody in the friendly world of T'ai Chi Chih. These experiences do not have to be startling or spectacular. Just an account of what happens in your teaching is valuable to all. Those teachers reading this: Won't you make the effort to write to The Vital Force? It's helpful to those working hard to get out the paper, and sharing is very much the T'ai Chi way.

Justin Stone

Note: May 15th is the deadline for submitting information to be included in the next issue.