



THE

VITAL FORCE

For Teachers Worldwide of JOY THRU MOVEMENT

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Summer Solstice

June 1991

THE MYSTERY OF MYO

Justin Stone

These days one hears a lot about 'enlightenment'. Generally, I believe, it is thought that 'enlightenment' is a super-intellectual state where the brain has great knowledge and knows many answers (or concepts). Nothing could be farther from the truth; it has nothing to do with I.Q. rating or knowledge assimilated. When the individual energy (CHI) merges with the Universal Energy (CHI), something acts thru one, and that something is infallible. This is Prajna, the Inherent Wisdom. Give it Theological terms if you will. Just as my Zen teacher said "Love is Manifestation", so is 'enlightenment' known by this manifesting, not by words, phrases, logic, or dialectics.

In his fine book, "Zen and Japanese Culture", D. T. Suzuki speaks of MYO, which he says is a hard word to define. "It is a certain artistic quality perceivable not only in works of art but in anything in nature or in life. The sword in the hands of the master swordsman attains this quality when it is not a mere display of technical skill...for MYO is something original and creative growing out of one's 'unconscious' (I wish he wouldn't use Western psychological terms)." What he is referring to, of course, is the action propelled by Prajna, not one's discriminating consciousness.

The fencer, the swordsman whose life depends on instantaneous reaction far more rapid than mental response--intuitive sensing, if you will--and the jazz pianist, who has no time to think as he improvises, all cultivate something far beyond necessary technique. It is not enough to be a mere technician, no matter how skilled. When one goes beyond technique, it is MYO, the great mystery. It is the reason enlightened Zen men tend to be artists, poets, etc., all on a spontaneous basis, the manifestation of enlightenment. When I tell T'ai Chi Chih teachers to "Sink into the Essence", this is what I'm referring to--let T'ai Chi Chih do T'ai Chi Chih.

* * * * *

Steve Ridley's response to the query, "What is Enlightenment?"

As I see it, enlightenment is the natural, authentic condition of each being. The degree that this essential nature is actualized through the mind-body represents the individual's level of enlightenment. So, I would say that enlightenment appears more and more completely as one allows seeming conflicts of the mind-body to dissolve. Nothing to achieve; a matter of allowing.

This journal is dedicated lovingly in honor of our dear teachers: Justin Stone, Originator of T'ai Chi Chih and Steve Ridley, Spiritual Head of T'ai Chi Chih.

Reflections . . . Along the Way

Since the birth of spring's new beginning for The Vital Force, the totality of our involvement in "journaling" Tai Chi Chih has become more real. It has been a project bringing much breadth of scope to the service aspect of this work. Again, "knowing by doing" has been the way; thru discovery and discernment en-acting.

Many have acknowledged the energy directed toward focusing teachers/readers on the vitality and strength we share in Tai Chi Chih! This is a means of noticing the many faces of joy in this movement--and graces revealed--hearing their resonance with each envelope opened. To: the vital force, a thankful toast, an opportunity for recognizing what is collectively embraced in potential for elevating us all.

Thanks to each of you who contribute to the content forming these issues. Every little note you pause to write and send is appreciated and most are excerpted herein. We will continue to enclose an addressed envelope to prompt your convenient, regular response. Along with subscription renewals which support continued operational workings, remember your individual voice contributes most meaning-fully!

Please complete the enclosed Questionnaire to help update your information for the new Teacher Directory, and to input on how this journal may better assist and reflect your joy in practicing and conveying Tai Chi Chih!

With this writing/compiling a second volume of The Vital Force, what 'it-al' may be that carries many to this avocation is contemplated. Those long-remaining-true in Tai Chi Chih continue to lift us to aspire, and those newly-coming-through prompt vibrant encouragement to the many viewed as one.

Through these continuing connections, may we harmonize and uplift as a whole.

Sincerely, in mutual accord,

Liz Salada for The Vital Force



SUMMER SOLSTICE

Guiding brightness
shines powerfully
over head
into feet

See in' Summer
sun in' her
Self

Fully
a ray ed
In the Abundance of Life!

The outward joy
a gathered dis-play
of S O u L !

EXCERPTS FROM READERS' LETTERS:
Feedback on the new Vital Force

Christeen Sproehle says: "The Vital Force is a vital focus." Three cheers for Lois and Liz. The NEW Vital Force is Beautiful! I am so grateful to you two for taking over the newsletter. It is the perfect evolution that is now in your hands; and even more professional....And Happy 7th Anniversary--Class of '84!

Virginia Shilson (Albuquerque, NM) says: "I never dreamed that The Vital Force could look so attractive, so vibrant. Please accept my congratulations"

From **Cheryl Hamblin** (San Leandro, CA).I love what you have done with The Vital Force--Really Wonderful! I'm very glad you are taking on such an integral part of this project. You have a vital energy that we all can benefit from and which I am personally grateful for.

Jean Katus (Fort Yates, ND)..I like the new VF format and substance. If this first issue is any indication of what you'll be doing, I'm impressed. Nice to get us all back to the core of T'ai Chi Chih a bit more.

Barbara Peller (Northfield, IL) writes: Thank you for serving/publishing The Vital Force. What an auspicious time to send out your first issue, in the new format, on the Spring Equinox! All the best! In peace & love.

Bente Sjordal (Willow, AK) says "Thank you for the recent issue of Vital Force and for taking on the responsibility of publishing this important Journal. It is a wonderful way for us all to keep in touch."

From Albuquerque, NM--We are enjoying the fruits of your hard work immensely. Thank you very much for your work. With warmest greetings, **Suni McHenry**

Ralph Bowles (Alameda, CA) writes: Congratulations on a great job, and I look forward to seeing your hand, enthusiasm and love reflected in the publication.

Bernice Playle (Brooklyn Park, MN)--Thank you for Vital Force. I read it completely--every time I get it--I love hearing about other's stories and experiences. It is a great support.

Jeanne Jacobs (Stanwood, WA) Congratulations on the new Vital Force and your participation in it. I look forward to future issues and wish you joy and success. The layout is terrific and a marvelous springboard for future expansion and expression.

Corinn Codye (Santa Barbara)--Thanks for the advancement of the Vital Force - incorporating many improvements in format. Much substantive content...thank you. Looking more like a magazine, good!

Joan Torrence --Just super! Everyone supports and acknowledges your wonderful job.

Justin Stone -- I am grateful to Lois for what she does...and feel the Vital Force Journal carries a very positive note for everyone.

Vicki Brodie (Burlingame, CA)--This is a such a great way of communicating that I don't want to miss a single issue. Also, the new format is terrific.

Steve Ridley (Denver): I very much enjoyed the way you and Lois put the initial issue together--it shows a refinement. Continued success and enjoyment!

Linda McKenzie (Regina, SK) I look forward to receiving The Vital Force up here in the "boonies" and really feel a lot of gratitude for your effort, and the effort of all those who make it possible. Thank you from the bottom of my heart.

CHI ASSISTS THE HEALING PROCESS

Steve Ridley

When chi circulates strongly through the body during T'ai Chi Chih practice, it sometimes highlights patterns of contraction - unresolved physiological trauma/tension and psychological conflict/resistance.

When this occurs a variety of sensations and spontaneous responses may be experienced. It is helpful to keep in mind that this is a useful process which indicates a movement toward needed transformation - a healing in progress.

A T'ai Chi Chih teacher recently informed me that one of her students desires to become an accredited instructor because of the wonderful benefits he has received through T'ai Chi Chih. This teacher also mentioned that her student was "bothered" when sensations of increased energy circulation occurred and that he stopped practicing when his hands strongly vibrated. This surprised me and I wrote him a note of encouragement, advising that he continue practicing, sensations or not.

Chi is the intelligent, evolutionary energy that nourishes and sustains us. It is not to be feared, but trusted. By working consciously and cooperatively with chi in T'ai Chi Chih practice, we invite a quickening influence to occur within us. The natural process of self-integration through the resolution of restrictive mind-body patterns is stepped up. There can only be gratitude for such a life enhancing opportunity. Anything that enhances the process of mind-body unification is to be welcomed, and T'ai Chi Chih can contribute significantly to this process. Know that the increased circulation of chi not only highlights areas in need of resolution by producing sensations - a symptom of resistance - but that it is an indication of harmonization in progress! In other words, though you may experience a variety of sensations: vibrating, pressure, heat, pain, cold, and mild to intense emotional surges, you are receiving indications that progress toward self-unity is usefully proceeding.

Regular, daily practice of T'ai Chi Chih ensures that self-integration will continue to unfold. This requires a measure of discipline and motivation. Each of us knows that we are here to grow into the limitless potential of our essential identity. And we recognize that by doing so we bring an end to the root of suffering. T'ai Chi Chih is a potent involvement that can bring about the resolution of self-fragmentation and disharmonious living, while opening us to true health and joy.

SPIRITUAL GROWTH

Steve Ridley

Spiritual growth demands continual re-birth, otherwise we stagnate and retard the potential process of our unfolding spirituality.

Self-satisfaction curtails the ever present opportunity for growth, because such an attitude creates resistance to the progressive and useful change that can bring evolutionary transformation.

STUDENTS' EXPERIENCES

Karen A. Greene (student of Valerie Smith, Oakland)--As a relatively new (2.5 months) T'ai Chi Chih student, I've made a truly amazing and joyous discovery. My painful menstrual cramps have subsided to the point where I no longer need expensive and ineffective prescription medication to treat them. I now find them subdued to the state where they need no extraordinary care. May this blessing continue.

Yun Yu Hu (student of Ben Levitan, Albany CA)

In the Autumn of 1989, inflammation of the shoulder--I could not lift my right hand to the crown of the head and could not stretch it to the back. I could not take things out of the pants pocket. Especially during the middle of the night, I could not sleep--even though I slept, the pain woke me up. After 2 or 3 months T'ai Chi Chih I can stretch it to the back of my waist. (Oct. 1990). (Translation of letter at right.)

89年秋季, 我得了肩周炎(又名五十肩)
右手舉不到頭頂, 也沒有向後伸的能力
褲子口袋的東西, 自己都取不出來, 尤
其是深夜半夜, 痛得不能入睡, 偶而醒
著, 也會痛醒來。
經過二、三個月的太極氣運動, 我
的手能伸到頭頂上, 也能向後伸到
後腰向。

John Schneider student of Liz Salada--Fremont, CA) Within all the confusion of my life right now, I'm sensing a sort of peace and order; and I have no desire to "figure" things out. I'm starting to just flow with certain things.....(later) Thank you for your beautiful poem and for your acknowledgment of my progress. I don't really understand what's happening--yet I know it's specific and it is meant to be now. There is a paradox here--while my life really hasn't changed in form and substance, my experience of it has. For the first time in my life I'm beginning to feel 'rooted', like I have some place familiar to be--where the things that happen and go on in my life still do--yet I'm not at their full effect. It's hard to explain.....It's funny how when you start to let go and go with the flow--things start to fall into place. I've even noticed a difference in my relationship with others, even people I've just met. There's a real calm and openness that's being reflected back to me. ..Thanks for your support and friendship.



What arises
as we aspire
within levels and depths
of self: newly unknown?

Earthened roots
anchored in rocky terrain
Gnarled smooth
growth - moving upward!

Giving character
to all we see
and appreciate

Through this
Strengthened and sustained.

May 4, 1991

THE FEMININE POWER OF T'AI CHI CHIH

Richard Brier

An interesting and overlooked aspect of the healing power of T'ai Chi Chih is the continual rocking, flowing and shifting of weight. I am not now referring to the physical healing aspect i.e. the aid to circulation of blood and chi, but to the psychological and spiritual soothing that occurs, the gentle bliss, which I liken to being caressed, held and loved by your mother (in her best moments!!)

This feeling of being accepted and loved, by Life itself and Mother Earth, is a major part of the experience of T'ai Chi Chih. To know you are loved, by Tao, God, the Universe, another person, or yourself is the key to genuine self-knowledge and the necessary purification such knowing entails. When I know I am loved (felt, not thought!) the very best shines forth from within. All of the cells are redeemed by the Grace, the negative thoughts of self-doubt, world-doubt and people-doubt are cleansed. Resurrection occurs from within when this experience unveils. And it is truly joyous, thusly, Joy Thru Movement.

As I flow through the form of T'ai Chi Chih and witness the flow flowing me, rather than I it, this luxurious feeling of cosmic soothing spreads throughout the body-mind and this benevolence continues out into the world. It is subtle, mysterious, and yet obvious as we witness the practice session.

Allow yourself to be embraced by the chi of T'ai Chi Chih and the balancing and healing on all levels will be quickened. The softness, continuity and receptivity inherent in T'ai Chi Chih has a remarkable ability to quickly move us beyond conceptual non-living to truly unified experiencing of our life.

That's because the body and mind and breath are all working together to create a space of openness to larger realities. May the healing rhythm of T'ai Chi Chih be with us always, in this incredible journey we all wonder and wander through.

SHEN

Shin (or Shen in Chinese) means Spirit. It also carries the meaning of extending or "creating". Shin dwells in the human heart and is the master or creator of the physical and emotional natures ruling all the activities of ki (chi) in both body and mind. Shin is in fact Tao within us, or God within us. It is the divinely inspired part of man...our spirit in tune with nature, seeing the oneness of all things, accepting the universal flow of change and reveling in the cosmic play.

(from Jin Shin Do--Acupressure Way of Health)



SAIGO AND DAIGO-- THE VERTICAL AND THE HORIZONTAL

Justin Stone

Some people have a small taste of the Vertical (the unrelieved Absolute) and they then begin to go to lectures, read metaphysical books, and argue with those who don't share their opinions. They have naturally translated their small experience into terms that are familiar with them religiously, philosophically, and psychologically. So they hear the Voice of Jesus, or they see Krishna playing the flute, or get a glimpse of the Buddha with two attendants. This disturbs their lives, because they now realize there is something more than their daily experience.

Others may have a complete 'vertical' experience, an overwhelming sensation of 'oneness' that takes them completely into the Absolute and makes it impossible to get back to their habitual daily lives. They now think transcendently and find everything in this world tasteless and meaningless. It is very difficult to live on in this fashion, even though the experience itself may have been joyous and almost ecstatic. Many who have this experience of the Absolute are sure they have achieved the final rung on the ladder and make no attempt to understand or integrate their experience. They may become renunciates and shun all worldly life. It is not a happy or fulfilling way to live, however. If they have a good teacher, he will see the dangers and lead them along the way to complete integration, back to the Marketplace with all humanity and, indeed, all life. Without a teacher, they may persist in this condition, understanding much of Eternity but little of Today. They may long for release from this world into a state that they conceive, without realizing that that state represents the state of their own minds. Having escaped Samsara, and had a real glimpse of Nirvana, they have not reached the point where they perceive that Samsara is Nirvana, that there is no need of escape, only integration. They are living in the Vertical, which is steep and slippery and untenable in this world.

Those who have followed a true teacher, or who spontaneously have an experience where they perceive their own enlightenment, are able to make the complete circle and come back to 'ordinary' life, which will now appear anything but ordinary. What need for argument when each thing is perceived in itself and seen as being 'true'? Such a person has little desire for metaphysical discussion, and no desire to foist his views on anyone else. He no longer perceives his experience as "Christian" or "Buddhist", and will get to the point where he forgets his own enlightenment. Not wishing to be a teacher, he is a true teacher by example. There is no chance of his being hung up on words or written characters. The Scriptures no longer serve a purpose as everything in life has become a Scripture. Truly, the moon shines clearly in a cloudless sky--yet there is turmoil, joy and suffering, below, and he does not avoid these. The Vertical and the Horizontal have been completely integrated. For how many does this happen?

A SPIRITUAL DIMENSION

Sr. Francis A. Kay

Little Falls, Mn

My ministry at Wholistic Growth Resources as a Body Therapist and T'ai Chi Chih teacher, affords me the opportunity to bring to the residential participants of our program, much joy and peace.

The sessions in T'ai Chi Chih are always gift, for each period brings new insights. No matter if the group is learning, reviewing, or refreshing themselves with the movements, I always bring the session to closure with some time of quiet. I read a short portion from some reflection of Justin Stone, or an excerpt from Steve Ridley's "Perspectives...", and then tap our beautiful sounding Tibetan bell. We remain in silence in the awarenesses received, as we sense the wonder of our body, the peace, the relaxation, the mental stillness, and the openness to receive from the Changeless Other. After a few minutes, I again ring the bell; each one leaves at her/his own timing and this atmosphere of joyous contentment pervades the day. We experience gratitude and universal harmony. Truly--gift!

TEARS OF JOY AND A HEART THAT SINGS

I work and play a lot with women and children who have been abused. One of my students, who was sexually abused as a child, said that through the experience of T'ai Chi Chih she was and is able for the first time in her life, since a small child, to be in touch with her body in a positive and loving way, and to experience a joy in living that she had all but forgotten was possible. My response to this: Tears of Joy and a heart that sings (with gratitude). Such are the rewards of participating in this wonderful experience.

Linda F. McKenzie

Regina, SK, Canada

ATTITUDE

Steve Ridley

Are we willing to open mind and body to a new depth each time we practice T'ai Chi Chih? Some reach a certain level of experience and understanding, concluding that they have gone as far as they can with T'ai Chi Chih. The reality is that they have only reached a point of resistance or limitation in themselves. The limit is not in T'ai Chi Chih.

The possibilities for integrated spiritual growth through the practice of T'ai Chi Chih are truly limitless. All limits originate in the medium of the mind; the self-created conceptual constructs we perpetuate for one reason or another. This condition is changeable.

Each time we practice T'ai Chi Chih ("knowing the Supreme Reality"), there is the potential for an original experience, a meaningful revelation. Can we open to receive it?

THE UNLEARNING PROCESS
(Shared by Sandy McAlister with permission
of her professor/the author.)

In learning (the desire to know) increases day by day;
In practicing Tao, (it) decreases day by day,
Decreasing and decreasing until one reaches non-action.
Non-acting and yet nothing is undone.
The world should be ruled by non-interference.
If he rules by interference,
He is not worthy to rule the world.

The question which arises is how—How does one practice this reversal, this "return to the state of infancy"?

The rishis of India and the Taoist mystics of China after Lao Tzu agreed that there exists, within the human body, an invisible network of energy centers, sometimes called chakras, a psychophysiological power related to breath, blood, and the circulatory systems, but not limited to them, centers which are activated through mediation and motion.

***To stimulate the unlearning process, Taoist spiritual practices began by activating ch'i (life-breath or vital energy stored in the solar plexus) through breath-control, visualizations, and patterned, slow-motion movements. Called Ch'i Kung and T'ai Ch'i,

these movements are repeated to attune the practitioner to the rhythm of his or her own nature. To subtract day by day, to let go, to forget the self, to surrender one's own desires until one has reached true inactivity is to practice the Tao—for where there is stillness in movement the Tao appears.***

excerpt from
Chapter 6 The Taoist Way, World Scriptures, An introduction to Comparative Religions by
Kenneth Kramer, Paulist Press, 1986

THREE OF STONE'S INFALLIBLE LAWS:

1. At an airport, you always leave from the most distant gate (79 or 92). The less time, the farther away. Nobody ever left from 7 or 12.
2. When looking for a parking spot, it's always on the other side of the street. Even if you go around the block and reverse your field, it's still on the other side of the street.
3. Illnesses occur at night when no drugstores are open, and auto accidents on weekends when no repair shops are open. Usually it will be a 3-day holiday.

Chi!
Derek Hirsch, Santa Cruz
(Student of Liz Salada)

Let Go!
Let Go!
Let your river be.
It will do itself.
As all rivers
it is grooving,
being it's own way.

Into blue.
Into light blue.
It is the morning sky's hue.

And all our roots drink;

like clouds
or fire
or wind
or rain
or snow
or sun.

Just names,
We are one.

FREEDOM
Steve Ridley

Expansion of Consciousness or Spirituality is realized not through forcing or attempting to reach, acquire and attain idealized conceptual goals of increased awareness and fulfillment.

Consciousness is able to unfold through the willing action of continual opening, surrendering, releasing and letting go of the illusory parameters of any self-definition.

This process of expansion requires an ongoing, sincere effort of renouncing the sometimes alluring sense of comfort we may have found in an established identity, so that progressive unfolding of the innate potential can continue. This willingness to remain open allows for unlimited growth or expansion of Consciousness and eventual freedom.

It is equally important that we recognize the potential for continual growth in others, being sure to release any fixed concepts we might harbor about them - never projecting limitation onto them, but remaining open to and supportive of their ultimate resolution as whole beings.

PERPETUAL STUDENT

T'ai Chi Chih is such a Joy in my Life and such a Joy and pleasure to share with others. Sometimes in a small group, we practice in a circle and in that experience, teacher and student disappear: there is only T'ai Chi Chih and pure Joy. The gratitude I feel for Justin and this wonderful gift and to Steve for teaching me cannot be expressed in words. I am perpetually the student. May I never lose this perspective.

Linda F.McKenzie
Regina, SK, Canada



TEACHER ABILITY AND INTEGRITY

Justin Stone

The strength of T'ai Chi Chih lies in the ability and integrity of its teachers. I have never taken any payment from accredited teachers (it has been offered), but concentrated on developing good training for teachers' candidates so they would realize the ideals with which T'ai Chi Chih was developed. The results have been gratifying. However, recently one candidate entered a course without being properly prepared, physically or psychologically, and it created problems. I ask Teachers: Please do not be a 'good guy' and recommend anyone who does not do the T'ai Chi Chih movements well before the Course and who does not seem centered enough to be a teacher.

In the recent Albuquerque Course there was tremendous improvement by the candidates, and a joyous, loving attitude which made it a pleasure to teach. I look forward to seeing these new teachers--and most other teachers--at the August Teachers Conference in Minneapolis, followed by the Seijaku Course at which I intend to introduce a "maximum Chi program."

TEACHER CANDIDATES MUST PRE-QUALIFY!

Please be certain that each person you send to a T'ai Chi Chih Teacher Accreditation Course is well qualified. She/he must perform each movement excellently and should have a minimum of 6 months practice prior to the course.

Please be sure that your student(s) exhibits the appropriate characteristics of one who will conscientiously share T'ai Chi Chih in the manner Justin expects. This person must be mature and well integrated. This is very important.

Each candidate is expected to have an attitude of respect and cooperation, and willingness to harmoniously accord with the training process.

Stated briefly: contribute only those who measure up to Justin's and my standards. Be thorough in your preparation of teacher candidates and check them out closely.

Thank you - in Gratitude and Joy,

Steve Ridley

FOR SEIJAKU

- tension ----- chi sion
- release ----- chi lease

Tom Bleckov, Feb. 2, 1991

(A thought describing the process of Seijaku; Tom will be going to Victoria Teacher Training. He recently completed a Seijaku Course.....Jeanne Jacobs)

UNDERSTANDING PRACTICE

Richard Brier

Practice is the best of all instructors, says an ancient text. I have often shared with my students and I firmly believe that unless I practice every day I have no right to teach. I am a student of my own practice. Daily training is the key to self-cultivation. Making money teaching T'ai Chi Chih is secondary to sharing such a profound transformative tool. Better to help one person release fear than to teach many and have none be truly changed!

What really occurs after the initial 8 to 10 classes of T'ai Chi Chih, if the student trains faithfully, is an opening to higher energies and higher information from within. This is the beauty of commitment to the art and science of chi cultivation. The daily discipline aligns us to the higher self, the Tao, God, to the perfection of life behind the apparent chaos.

Then we truly experience unity--rather than just hope for it...
we radiate joy--rather than just conceptualizing it...
we manifest calm--and transcend negativity...
we transmit love wisdom--naturally and without pretension...
we learn the art of letting go and trusting Life
all of the above come forth from daily practice,

remembering that we are not only practicing for ourselves--but our practice directly contributes to world peace since we are the world individualized. Each of us experiences this meditation-in-action in a slightly different way--the Tao has a great sense of variety and does not repeat itself.

Each practice session will refine ever more deeply the understanding that consciousness is actually working on itself in T'ai Chi Chih. The contemplation of softness, continuity and bubbling spring expands into our daily life as a theme for awareness of the qualities of surrender, graceful flow, and grounding in our behavior. In one of my sessions the affirmation "I am grounded, centered and poised" came forth symbolizing centeredness in bubbling spring and dantien, and relaxation. There are many insights.

The heightened awareness comes from increased relationship with purified chi. The stillness and effortlessness of the forms allow us to enter the abode of the Real and therefore be healed of the heaviness of thought-identification. The Bible states it simply as "be still and know".

You will learn more from your own sincere daily practice than from any other source. The true source is within and all any true external source or teacher will do is point you toward your own withinness. I, as your friend (known or not!) point you in the same direction. I've practiced passionately since 1979. Do it, love it, teach it, learn from it, enjoy it, study it, and IT (the Chi) will guide you through your life.

Doing T'ai Chi Chih daily allows us to let go and walk on in life with awareness and faith rather than doubt and fear for we establish our relationship with Peace Profound rather than noisy externals only.

Practice practice and practice.
Relax always and follow
the path with heart!



"Saving" is "no-saving;"
 "No-saving" is "real saving".

Every Blade of Grass a Guru.

All practices, all philosophies come down to
 "Knowing who and what you are."
 Some call this "Seeing into your own nature."

To offer gold to one who wants rock is not possible.

Justin Stone

ILLUSTRATING TEACHING POINTS

The Master asked a pupil: "How do you know this path is the right one?"

"I don't," answered the pupil.

"Then, why are you following it?" persisted the Master.

"I don't know that either," was the answer.

The Master looked at the pupil for a long time. "If you were me, would you take you as a pupil?"

"No!" was the decisive answer.

The Master sighed. "You are ready to learn," he agreed.

"Do you like the good and dislike the bad?" asked the teacher.

"Yes," was the reply.

"Do you prefer beauty to ugliness?"

"Yes," came the answer.

"Would you rather be rich than poor?"

Again the answer was "yes".

"Well, at least you're honest," conceded the Teacher.

Justin Stone



FUNDAMENTALS

The following preface was written by Justin as an introduction to Professor Wen-shan Huang's book, Fundamentals of T'ai Chi Ch'uan, in 1966. The commentary has been paraphrased slightly to illustrate how it introduces T'ai Chi Chih as well.

To call T'ai Chi a form of exercise would be to completely miss the mark; it would be more appropriate to refer to it as a Chinese form of Yoga. Unlike exercise, T'ai Chi will not tire you. Indeed, as one continues in it, he will find himself actually deriving energy from the practice. About 20 minutes of T'ai Chi--a recommended time for performing the movements--will serve to "charge the batteries" in much the same way Hatha Yoga does.

In the West we make dichotomies where none previously existed. Thus we speak of the "mental, physical, and spiritual approach", as though these were three different things. The Japanese word "Kororo" and the Chinese "Hsin" can be translated as "heart", "mind", or "spirit", and realizing these are the same is a great step forward to Enlightenment. In T'ai Chi we cannot say whether we feel so good because of the physical tone acquired from this best-of-exercises, because of the tranquility of mind that comes (much like the Zen state of "Mushin", no-mind, the pure state unbothered by conceptual thinking), or because of the "spiritual development." Actually, we are dealing with the "whole man" here in what Professor Huang refers to as the "Organism", without attempting to compartmentalize that which is without division. One is tempted to remember the sage's advice to think of the space between the ears as being infinite; all things thus exist within us and we realize our true, unlimited identity.

Despite Western translations (by those who do not understand the Chinese mentality), in which "God" is substituted for the "Tao", and Western anthropomorphic Jehovah, the Moslem Allah, and the Hindu Ishvara do not appear in Chinese thought at all. The Tao is completely impersonal, without characteristics, and to praise this abstraction in hymn and prayer would be meaningless. Thus is the analogy between T'ai Chi and Yoga. The latter simply means "Union", though it is often expanded to "seeking Union with the Divine". Just as definitely, T'ai Chi properly practised will draw one to "Union", though Union with what will depend on the preconditioning of the individual culture. Perhaps it is best to say that T'ai Chi will make one's body feel good, almost as though there had been an inner bath; it will bring a sense of well-being, much like the spiritual states described by mystics; and it will tranquilize the mind, tending to make it one-pointed in the same manner as deep meditation. It would not be far wrong to say that T'ai Chi is a "walking meditation".

We in the West are the doubting ones. From a philosophic standpoint, this is admirable. All philosophy begins with doubt, taking nothing for granted in the manner of Descartes and Socrates. This is in no way a religious attitude, however, calling for faith in our ability to evolve and become what the sages tell us we always have been. Thus, to learn T'ai Chi, one must practice wholeheartedly. Talk will not bring results any more than the most erudite musical criticism can produce pleasing sounds. The longest journey starts with the first step. In T'ai Chi it is enough to learn the movements one at a time, and to perfect them by constant practice, without anticipating the other movements still to come. To think in terms of process, and to enjoy the process as it unfolds, will serve a much better purpose than to always use things merely as means to a goal. No one ever reaches perfection in T'ai Chi--indeed no two will ever perform it in exactly the same way, as it is a living evolving practice--and the Joy lies in the journey itself.

A CANDIDATES VIEW OF TEACHER TRAINING

Paula Arnold, Minneapolis, MN

As the wheels of the Delta 727 set down on the runway of the Albuquerque airport, I checked to see if my backpack containing all the Tai Chi Chih books was still under the seat. Storms of ideas ran through my head similar to the Albuquerque winds so typical this time of the year. My mind filtered through thoughts from--what in the world am I doing here, to--do I have enough experience with the movement form, and will I remember the movement sequence under the eyes of senseis Justin Stone and Steve Ridley! Only time would give me any of these answers.

My first exposure to Justin Stone, the originator of T'ai Chi Chih, was on Tuesday evening, April 9, at the Hilton Hotel where the following day the teachers' accreditation workshop would be held. That evening my friend from St. Paul, also a candidate for teacher training, our husbands and I went to Justin Stone's lecture on Zen and T'ai Chi Chih. It was an interesting lecture which left me with the knowledge that I had inhaled only the fragrance of Zen and it could take a lifetime or more to realize the unfolding of its meaning. However, I did come away with the statement that humankind is like an uncarved, beautiful piece of the universe and as we allow life to flow in and through us we realize and explore the vastness of the CHI that connects all of us and is us. That made sense to me.

The next five days proved to be an unfolding and valuable experience. As I wrote and thought about this experience later, my conclusion was I was reliving many of the old personality conflicts, difficult situations, as well as the present blocks in my life. This felt like a crash course in "This Is Your Life". Many of my classmates commented they felt similar experiences were happening to them.

I found one of the hardest things to do was get up and give a fifteen minute presentation on T'ai Chi Chih. It was not like this was the first time I had ever done this. Being in graduate school, this was one hurdle I had to overcome. Since then I have come to a conclusion that perhaps a certain amount of nervousness, not terror however, is a good thing.

On the third day with the help of some self-hypnosis, taught to me by my caring psychologist husband, I managed to get through the presentation with only a few suggestions and kind, encouraging words from Justin who labeled my presentation as quite dramatic! We all managed to get through the twelve to fifteen minute ordeal and agreed that life might go on after all.

As I reflect on each day I see that the first day was like a child being born--opened to the world--being a bit fearful, but excited and ready for the learning experience.

The second day was adolescence with its challenges and painful learning. I wondered if I would ever do anything right again! I asked myself, did I really need this learning experience in the school of life. My feelings floated from insecurity to despair, from encouragement to relief, from sadness to defeat. Strong emotions felt at different periods of my life suddenly reappeared and I knew I had found the dark side of myself--the shadow side of me. From my practice of T'ai Chi Chih I had learned that if there is the yin there also is the yang to provide balance in life. Now my question was not would it happen but when would it happen.



By the third day, after the presentation, I saw a glimpse of adulthood and balance making an entrance. Maybe tomorrow things would begin to lighten up and I would start meeting my past experiences with courage and a glint of wisdom. Justin was right that the third day proved to be the turning point. Notably peoples' spirits lifted and the Chi began to balance. I remember the words of Carmen Brocklehurst when I asked her if I would ever be able to do this right. She said, "It's like giving birth to a child. You know what that's like. The Tai Chi Chih has been growing like a child within you, now it is time to give it life. Let it go, and let the birthing come. Let the Chi grow and unfold." Special words of wisdom for me that week:

By the fourth day we knew that the certification time was coming to a close and things were flowing smoother. People had made wonderful connections in this class, but maybe that is the way of the Chi. People who come into the mainstream of the Chi get caught up in it, connect with wonderful experiences and people that change their lives forever.

Sunday, the workshop came to an end with the graduation ceremony. I found I was more excited with this diploma than my Bachelors degree. Perhaps because I realize with the B.A. I had learned about facts and subject, but with the Tai Chi Chih I have learned about the real meaning behind these things--about the vastness of life and the Chi.

Thank you to Justin Stone, Steve Ridley, Pam Johnson, Carmen Brocklehurst, Karen Carrier (my teacher), Dori Hueners, my friend who introduced me to Joy With Movement, but most of all to my husband Paul, who is always my support in following the Chi.

HOW DOES ONE NOTICE?

Margy Emerson, whom some of you met at last year's conference in Menlo Park, offers some thoughts on "Noticing" that seem very much in line with Justin's and Steve's reminders to us to continuously be aware of ourselves and everything in our world. We have the sense of integrating all that is in our environment into our inner being. Conscious Tai Chi Chih practice, of course, assists in this awakening process.

Relating incidents of progressive awareness in one of her daily practice sessions, Ms. Emerson mentions the various aspects of nature she sees--from the foggy morning to different plants to a bobcat nearby. She comments:

"The sequence draws to the surface that part of me that notices and in so doing unleashes all the rich and delicate detail of my surroundings.

"Wakening to details. Moving at a pace which admits them. The journey of a thousand miles which at its end looks like magic to onlookers is only one person attending to every step of the making."

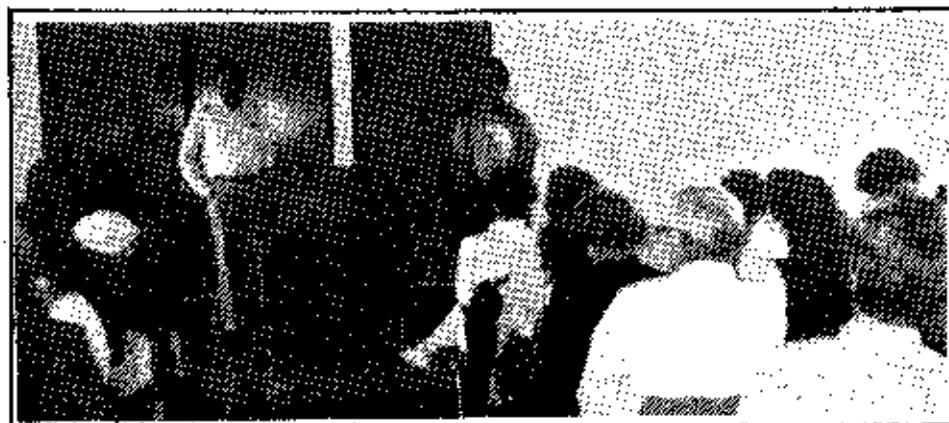
This short excerpt is from Margy's book A Potter's Notes on Tai Chi Chuan, which Good Karma Publishing distributes. More such gems can be found throughout the book, an extended analogy between the two arts of practicing Tai Chi and of making pottery. If you've not yet had an opportunity to read this book and share it with your students, you will find that it offers a contemplative supplement to our other books that are more specifically related to Tai Chi Chih.

"There is an energy within us which makes things happen when the paths of other persons touch ours, and we have to be there and let it happen.

Writes Sr. Mary Ann Cirillo, O.P. (Canton, OK): I want to say something to all of you who have become a part of the fabric of my life. What a blessing it was on my life to have been at the teachers' training in Albuquerque, April 10-14. The Fitness section of the Albuquerque Tribune for May 6, 1991 featured an article by Mark Taylor, "T'ai Chi Chih developer ends teaching journey." "And it was to Albuquerque the California resident returned to teach his final accreditation clinic for a new batch of T'ai Chi Chih instructors." I shall forever be grateful that I was among that "batch". What a loving, joyful and supportive spirit I found in the persons of Justin, Steve, Carmen, Pam, as well as the many other teachers who traveled to be there and let it happen! The most important things in the world aren't things! This truth has lived in my memory for the past month because of what we shared in Albuquerque. I know that what happened in the Garden Room of the Hilton Hotel will live on because love cannot be contained. Thank you! Peace and Love.

Pam Towne: To all teachers at the Albuquerque Accreditation Course--it was truly a joy being with you in April. Thank you for the beautiful flow stone! I carry it with me...as I carry your love in my heart...as a special reminder to flow with the Chi in every area of my life. In Albuquerque I was asked if it was worthwhile for new teachers to audit an Accreditation Course. I'd like to share my answer with all of you: My experience has been most emphatically YES! It is a gift, - to myself--refining and deepening my personal practice and understanding of T'ai Chi Chih, and developing friendships with other teachers - to my students--inspiring me to higher levels in teaching T'ai Chi Chi - to our planet--aiding evolution. Again, thank you! My life is richer for being with you! Loving Chi.

Loretta Hopper (Ft. Mojave, AZ): After having just completed the week long teachers' accreditation course, I would like to extend my thanks to Steve. He showed each individual much kindness and encouragement. The week was intense, thoughtful, and thoroughly enlightening. By the week's end everyone seemed to share a special closeness. I would also like to thank Joy Barbour for working extra hard at organizing everything so perfectly. Our meeting room had a beautiful view of the Colorado River which along with Steve's enthusiasm for T'ai Chi Chih helped us "go with the flow."



San Felipe Park, Hayward, Justin Stone lecture on Zen and T'ai Chi Chih.

GOOD KARMA OFFERINGS

Along with our becoming the selling agent for Satori Resources and making all their materials available to you (T'ai Chi Chih, Joy Thru Movement text; the video "T'ai Chi Chih, Joy through Movement;" audio cassettes "Justin Stone Speaks on T'ai Chi Chih" and "Spiritual Stories of the East;" and Mediation for Healing), we also have a few new items to tell you about:

* Justin has written an announcement for his new tape, "**The Reflective Eye**," in another part of the Vital Force. Suffice it to say that he feels it "competes with the best!" For one tune, he plays the full orchestra himself.

* For those who have enjoyed the first volume of "**Spiritual Stories of the East**," you'll be happy to know that a second volume is now available. Satori Resources has brought it out, and like all of Satori's materials, you can order it through Good Karma. Volume II is equally as pleasing as Volume I and is a great way to introduce students to Justin's charming way of telling stories that have a spiritual base and a "teaching" at the end--sometimes practical and mundane, sometimes esoteric.

* Lar Caughlan, a surfer friend of Steve Ridley's from long ago, has agreed to allow Good Karma to distribute his "**Elevation Music for Yoga, Meditation, Relaxation**." In Caughlan's own words, he describes the tape as "musical atmospheres combining Mother Nature's more sublime moods (flowing waterfalls, bird songs, and babbling brooks) with celestial choral and organ music." More than simply pleasant "background" music that blocks out intrusive sounds, these compositions tend to focus one's attention on one's practice. A multi-talented man, Mr. Caughlan takes the title of his tape from his love of rock-climbing. He is a Hatha Yoga teacher of many years, an active supporter of wildlife, and one who has found adventure in a number of creative areas: His book, Yoga: the spirit of union (photos, quotes, and philosophy); a tape and worksheet recently released, "Elevation Level 1: Basic Hatha Yoga;" and a film about his experience as a wildlife rehabilitator at the San Francisco Zoo, "Silver: An American Eagle."

Though not new items, per se, new information about some previous books will be of interest to everyone:

* **The revised edition of Perspectives in Motion and Stillness** is now available at the same price as the previous edition--\$9.95. As with Let Good Fortune Jump on You, this book is printed on recycled paper. As a company, we have made a commitment to have all our books printed on recycled paper.

* The T'ai Chi Chih text, T'ai Chi Chih, Joy Thru Movement is now priced at \$11.95.

* As this issue of the Vital Force goes to press, Heightened Awareness is in the works to be reprinted.

We ask that payment be made at the time you order. For larger orders of \$50 or more, we request that at least 50% be paid when you place the order. Please note our new phone number:

(701) 854-7459

Our thanks to everyone who continues to support Justin and Steve through their books and tapes! As Good Karma Publishing prospers, we will be able to pay long overdue royalty fees to our spiritual leaders for their inspirational writings.

Jean Katus, for Good Karma Publishing
Box 511, Ft. Yates, ND 58538

NOTES TO NOTICE

From Steve:

I hope you will consider attending the annual T'ai Chi Chih Teachers' Conference in Minnesota this August. See the calendar and announcements. This is an opportunity to meet with other successful teachers and veteran teachers, and to learn from their experiences of teaching, ranging from working with corporations to inmates! This is always an enriching weekend involvement.

CONFERENCE DEPOSIT DEADLINE IS JULY 1

Yet, sending your conference deposit (or a \$25 minimal portion) earlier would help the initial conference planning which is currently underway. See the enclosed flyer-registration forms which include more information on the **6th International T'ai Chi Chih Teachers' Conference** and the **Seijaku Course** which follows the conference.

Seijaku deposit is \$150.00 due July 6,
\$100.00 for already accredited instructors to cover meals and accommodations.

From Justin:

At this August's Seijaku Course I will outline a "Maximum Chi Program," a logical extension from "Advanced T'ai Chi Chih."

From Steve:

Please attend T'ai Chi Chih Teacher Accreditation Courses whenever you can, for review and to assist. Also, come to a T'ai Chi Chih Teacher Renewal (review) class when possible, to sharpen your movement skills and teaching strategies.

I offer what is called "Exploring Meditative Ways", now and then for those interested in experiencing a variety of approaches and methods of meditation practice. This is an intensive weekend program where techniques and sets from Yoga, Chi Kung and T'ai Chi are experienced. This involvement is guaranteed to get your spiritual juices flowing! Look for this special program in the Vital Force calendar. Deep Joy

NEW CONTACTS

Good Karma Publishing is the main distributor of T'ai Chi Chih instructional and related inspirational materials now, as you'll see announced on page 19. See the enclosed green flyer/order form for all things offered. Jean Katus will be active in processing teacher referrals, too.

To schedule **Teacher Trainings, Renewal Classes or workshops** contact Steve Ridley. His flyer of materials is inserted also.

THE VITAL FORCE project of updating the T'ai Chi Chih Teacher Directory is planned for summer (hopefully completed by August conference!). Please assist us by completing the questionnaire which will include an update of your information and activity as well as some additional data that will assist in acquainting us with you and supporting your involvement in T'ai Chi Chih!

ZEN POEM

Enclosed (below) is a translation of a poem by one of very popular authors of Japan, Kenji Miyazawa. Actually, it is a note written among pages of "Nammyo Horen Gekyo" in a small notebook the author had kept during the last years of his short life and found after his death. The poem epitomizes the Oriental philosophy. It is so popular that we used to memorize it in our 6th and 7th grade reading classes. Justin said of the poem-- "the poem carries the very essence of Buddhism in it".

Kenji was born to a well-to-do family that owned a pawn shop in a very poor farming village. As a young child, he became aware of and sympathetic to hard working farmers around him. He boarded in a Zen temple during his teen age years. His wonderful stories and poems were never recognized during his life.

My translation may not be perfect, however, I tried to be as close as possible to the original language and did not add nor take anything from it.

Shoko A. Purdy

UNDEFEATED BY THE RAIN

Undeclared by the Rain Undeclared by the Wind
Not even by the Snow Nor by the Heat of Summer
Having such a Healthy Body

Never having Greed
Never being Angry
Always smiling Calmly

Eating four cups of brown Rice, Miso (Soy bean paste)
and a little vegetable for a daily meal

Understanding everything
Without being involved Emotionally
By listening and watching Carefully
And not Forgetting

Living in a small thatched Hut
In the shade of a Pine Tree in a field

Go and take care of a sick child in the East
Go and take a bundle of rice harvest from a tired mother in the West
Go and tell not to be afraid to a dying man in the South
Go and stop arguments and complaints in the North
For it is not worth it

Shedding tears for the Summer Drought
Walking tearfully for the Cold Days of Summer

Being called a Worthless Man
Not even being praised
Nor being annoyed

Such is a Person I want to Be

Kenji Miyazawa (1896-1933) Nov. 3, 1931

Poetry by Derek Hirsch of Santa Cruz
student of Liz Salada

Stone Wave

Inspired deep in the mystic chamber
the blue dragon issues forth
from the hall of light between the eyes.

Like a red bird
in the brightness of the yellow court,
let it leave no reflection
upon the jade pods.

Let it meet the white tiger
without intention
along the shores
of the sea of breath.

And here,
where all things come to see each other,
let the Golden Flowers bloom.

A blank wall reflects
a blank mind reflecting the
blank world carved in ice.

EVENTS NOTES

From Justin: At this August's Seijaku Course I will outline a "Maximum Chi Program", a logical extension from "Advanced T'ai Chi Chih."

The Albuquerque trip was quite special. Carmen had 130 people for my talk, which she video-taped, and there were twenty in the Course.

I enjoyed the talk in Hayward and it was nice to see the teachers. I will try to help in the future if you ever want it.

George Balliet (San Mateo, CA): My Spring classes Thursday Night have 11 new students and Friday Day class has 17. I didn't have the minimum for a TCC II.

Ben Levitan (Albany, CA) has a new class beginning in San Pablo, CA.

Liz Salada (San Leandro) continues regular evening classes in San Ramon and outdoors in Fremont for Summer session. I am now opening some time to provide private lessons at my home with sincere students. As my garden continues to flourish, sharing the harvest feels naturally appropriate.

Kathe Burick (San Francisco) expressed her thanks for the T'ai Chi Chih referral through the Bay Area Teachers' network. In addition to teaching T'ai Chi Chih privately, she continues to develop a creative dance piece honoring cultural myths: "Listening to our grandmothers" symbolic of the inner heritage we come to know in many joyous movements'.

PRACTICE EACH NEW DAY!

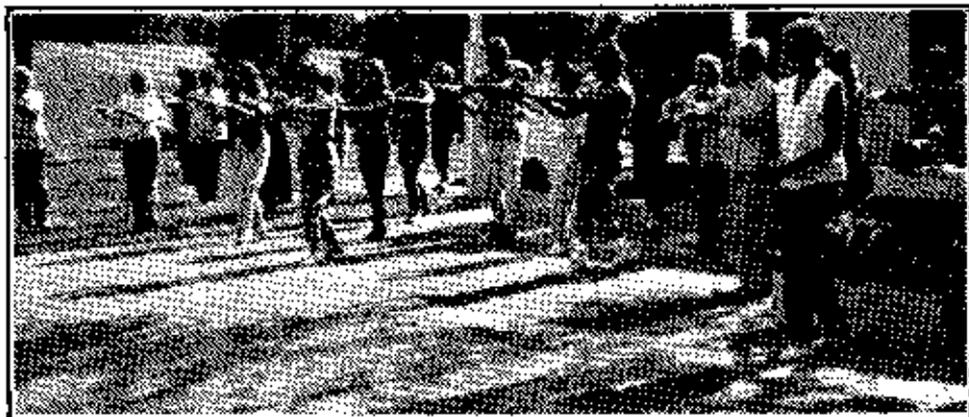
Steve Ridley

The efficient circulation and harmonization of chi through T'ai Chi Chih practice on a regular schedule, contributes strongly to health maintenance and spiritual unfoldment. Knowing this, why would one not practice?

I know of long-time teachers of T'ai Chi Chih who have experienced life-enhancing, self-transforming results, who have surprisingly stopped practicing and teaching. Why? Well, the rational mind can formulate many reasons and excuses I'm sure, yet from the overview there is no good reason or excuse for discontinuing an involvement that enhances one's life. The conditioned mind, supported by emotionality, can be very persuasive in its influence to stifle potential growth and self-transformation. The ego-self tends to resist spiritual awakening and transformation, but we must sometimes muster the fortitude necessary to counteract this tendency by agreeing to consciously march on.

Are we really sincere about knowing vital health and growing in spirituality? Are we willing to do what we must to assist the process of self-transformation? T'ai Chi Chih practice can move us steadily and progressively toward spiritual unfoldment and dynamic health. The key factor in this ongoing process of growth and transformation is: the cultivation of chi. Daily practice helps ensure that chi is thoroughly circulated, harmonized and refined. The mind-body is accordingly benefited. The character and quality of our chi is the foundation of our individual life. Our mind-body is constantly nourished and influenced by chi.

When we practice each new day, we are assisting self and world evolution. If we feel a resistance to practice, we can be sure that it is the conditioned mind that is reluctant to participate in useful transformation and spiritual awakening. If we give in to resistance we only put off our potential good. What is the nature of chi, the transformational force? It is ever creative, dynamic, responsive, nurturing, healing and prompting evolutionary change. We can either resist this influence or we can learn to work with it by becoming more refined receivers and transmitters of it. T'ai Chi Chih is a definite way that we can work with this evolutionary force for improved functioning and personal fulfillment. Daily involvement brings cumulative results.



San Felipe Park, Hayward, teachers, students and guests practicing.

REVIEWED AND RENEWED

Carmen Brocklehurst

(The Teacher Review Class will be referred to as Teacher Renewal from now—
as this reflects its nature more aptly.)

Many, many thanks to all of you who attended Steve's T'ai Chi Chih Review Class for Teachers and Helpers on April 9 in Albuquerque, NM. We had 20 teachers from Vermont, California, Georgia and New Mexico attending. Steve, as always, gave us many helpful reminders on how to flow more gently in our movements. He is truly a Master and we are fortunate that Justin has made such a wise choice in naming him the Spiritual Head. It was great to have a special time when we could ask all the questions about the movements we wanted, and practice, practice, practice. We appreciate you Steve, for having thought of this wonderful class. We learned so much that we plan to make it part of every Teachers Training that we have in Albuquerque and we encourage other coordinators of Teacher Training classes to do the same. We teachers need to be nourished, too. Many of the teachers who came to this review also stayed and helped with the Teachers Training. We especially thank Pam Towne who attends so many Teacher Training classes and always shares so generously. Also helping were Corine Reeber, Donna Bundock, Loretta Shiver, Karen Carrier, Carolyn Shaw, Virginia Shilson, Connie Fraatz, Lynn Altman, Jack Rogers, Janet Yannacone, Shoko Purdy, Cliff Taber, Meara Rybsyek, Tonya Garcia, Susan Webster, Doris Dandridge, Antoinette Gamble, Lisa Jacobs, Carol Gustafson, Caroline Chavez, Suni McHenry, Pat Jensen, Jeanne Kelso, Pam Quay, Ellen Tatge, and Guy Kent. You truly made it a special week of T'ai Chi Chih in Albuquerque and WOW it sure can be felt. It is wonderful to be associated with a group that knows how to support each other. I hope that you enjoyed it as much as I did. We will have to plan to invite Justin and Steve for another family get together soon.



IF TM, WHY NOT TCC?

On January 1, 1989, T.M. meditators began receiving a 30-50 percent reduction of their automobile insurance without losing any services. A Dutch company, BERG-Diensten, has made this offer. Interested drivers must take a 5-year insurance policy and conduct two daily T.M. meditations. The company is doing this because statistics have shown that people who do T.M. are simply not as big a risk. The special characteristics noted about these people include: low alcoholism, virtually no anxiety or stress, more consciousness and awareness, quicker reaction time and better perception. The insurance company will also be providing discounts on sickness insurance. World Research Foundation, 1st quarter 1991—submitted by Corinn Codye

CONGRATULATIONS GRADUATES

A heartfelt welcome to the new T'ai Chi Chih Teachers, who graduated from the April 1991 Training Class--Hilton Hotel--Albuquerque, NM. We feel truly blessed that you have chosen to join us in sharing T'ai Chi Chih. Throughout the course, it was continual amazement and joy to me to see new life unfolding in each person. Each heart willing and strong in its desire to share Light and more Light.

Justin has often said, "Seeds planted in the spring will be harvested in the fall." With the graduation of each new class we have all appreciated the new energy and joy that is open to Albuquerque and the world. We look forward to your sharing with us, as you are a very creative group of individuals, through the Vital Force Journal, your new adventures in teaching. It was a real treasure to listen to the presentations and explore the possibilities of how each one of you plans to share T'ai Chi Chih. It brought to mind Justin's statement that "T'ai Chi Chih is for everyone," and as each one of you offers the movements of T'ai Chi Chih to your own unique group, many will find their way into a gentle, flowing set of simple movements that will help them begin to see the possibilities of life open to them. As Steve says, "The important thing is to get out there and do it."

It was indeed a very special treasure to have both Justin and Steve teaching the Training. The wisdom and love that they both bring to their teaching allows each person to overflow with JOY from the Tan T'ien. Thank you both for enriching our bread.

As we grow, by sharing our movements with different groups, we begin to realize that we will always have a great deal to learn, therefore, having the T'ai Chi Chih Teachers Conference and Seijaku Training, Aug 9-13 is a real blessing. Plan to attend and share the joy.

Many of the new teachers are already calling to talk about their first teaching experience. What a JOY! May you teach MANY more.

Love and Share the Chi,

Carmen Brocklehurst



Light flows from Light
Energy stream
As buds in spring
- green
New eyes are open
wonders appear
- JOY
Carmen

POEM Dedicated to Albuquerque Graduates:

Amidst diversity and transformation
can you abide in persistent patience
like a magnificent tree,
with enduring vibrancy,
Rooted deeply in a forest community
within the Heart of OPENNESS?

Steve Ridley
4-4-91

Congratulations and Welcome to the family of T'ai Chi Chih Teachers. We are very proud of you.

Accredited at Albuquerque, NM
April 10-14, 1991
By Justin Stone

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"THE RELATIONSHIP BETWEEN T'AI CHI CHIH AND ZEN"

Lecture by Justin Stone, April 9, 1991

Justin's lecture was a wonderful experience. We had booked a room at the Hilton Hotel that would hold 100 people if everyone stood up and no one wiggled, but it became clear that we had better open ourselves to a bigger world of possibilities as we had sold over 70 prepaid tickets before the event. We redid our booking and got a room that would hold 150. It was wonderful to see over 120 people enjoy an evening with Justin.

Justin has such a profound love of life that can be felt, and expresses himself in such a genuine way that I saw people sitting on the edge of their chairs eagerly waiting to hear what he would say next. He gave everyone a break after an hour and no one left. In fact, after the question and answer time, (and there were many questions still left for another visit), as we were finishing packing up the last of the books, ready to go home, two students were slowly walking out, still in deep discussion over one of the many things Justin had said--it was beautiful. We are very grateful, Justin, that you share so much with us. The words that Master Hakuyu (Master Hakuin's teacher) said about himself seem to apply to you, "I am just an ordinary man living out the rest of life in the mountains." It is only the truly ordinary man who can do extraordinary things, as you do. Thank you, Love,

Carmen Brocklehurst

EVENTS NOTES

Liz Salada reports that the East/West Bookstore Talk Justin gave went well. The audience was mostly teachers, their students and a few folks new to T'ai Chi Chih. The next day in Hayward (March 30), there were twice as many people attending the T'ai Chi Chih and Zen lecture. The complement included lots of teachers and many friends of friends. Justin said he enjoys this topic very much. He referred to the various titles of his books and taught a meditation from one.

Vicki Brodie writes that "The T'ai Chi Chih practice in the rain yesterday was refreshing. I really liked it. It was fun going out to eat and chat afterwards, too" (Steve Ridley had a practice session in San Mateo Central Park, on Saturday, March 24, 1991. See picture taken by Vicki's husband.)



HONORING A FIRST

Joy Barbour (Bullhead City, AZ): I feel that it was such an honor to have the first Arizona Tai Chi Chih Teacher Training Course right here in Bullhead City, and a privilege to act as facilitator. I also believe that the candidates demonstrated a wonderful attitude and open receptiveness to Steve's thorough instruction in the movements, as well as the principles and philosophy of Tai Chi Chih. They remarked how rapidly the week went, and regretted that it was over when the end came. Thanks to Justin for his wonderful gift, and to Steve for continuing to share this gift. Also, Susan Webster from San Diego area joined us, as well as Dianne Norris from Prescott. Sharon Edwards, who uses her Tai Chi Chih with her Recovery Counseling clients, joined us also, along with my special "Honey-doer," John.

Accredited at Bullhead City, AZ

May 11, 1991

By Steve Ridley

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From Loretta Hopper (recently accredited Tai Chi Chih instructor from Bullhead City, AZ): After having just completed the week long teachers accreditation course I would like to extend my thanks to Steve. He showed each individual much kindness and encouragement. The week was intense, thoughtful, and thoroughly enlightening. By the week's end everyone seemed to share a special closeness. I would also like to thank Joy Barbour for working extra hard at organizing everything so perfectly. Our meeting room had a beautiful view of the Colorado River which also with Steve's enthusiasm for Tai Chi Chih helped us "go with the flow."

MAKING NEWS

George Balliet, T'ai Chi Chih teacher in the San Mateo (CA) area was recently featured in the section of The Times called "Roads to Fitness" by correspondent Al Stanbridge. To quote: "The term physical fitness encompasses a variety of forms and methods. Practicing the simple movements involved in a system called "T'ai Chi Chih" can bring about increased energy, improved health, better balance, and a wonderful sense of enjoyment and personal satisfaction." The article continues with the history of the development of this form and George's background. George became involved in T'ai Chi Chih while recovering from a serious disabling industrial accident. His physical condition improved dramatically after learning and faithfully practicing the T'ai Chi Chih movements; he then became an accredited teacher so he could share the benefits of this wonderful form.

Balliet states--"The nature of the class centers on "the self." No special equipment or clothing is required. There is no special meditation involved, and I don't push Eastern philosophies. Students are simply asked to focus on the movements so that they might fully appreciate and experience the joy and energy which results. Above all, I want to make the experience enjoyable and fun for each student."

Each class session begins with a general warm-up. Students are encouraged to ask questions and report any pain, injury, or other physical limitations which might affect participation and would then require adjustments or modifications. Then two new movements are introduced and taught after Balliet reviews past movements. This pattern of review, introduction, practice, and further review is repeated during each class session during the 12-week class.

* * * *

The FITNESS section of *The Albuquerque Tribune* of March 4, 1991 had a two-page spread relating to seniors practicing T'ai Chi Chih with teacher **Caroline Chavez**. The Article was called "Balance of Life". Three pictures were used and a box announced Justin Stone's appearance in the Garden Room of Hilton to discuss T'ai Chi Chih.

To quote: "There's no pulsing beat of songs rattling wall-length mirrors as in aerobics. Instead, the subtle, trickling notes of oriental samisen music fill a gently lit room.

"Gently, easily and slowly," T'ai Chi Chih instructor Caroline Chavez coaches, as she leads the class through the second of 20 movements--"Bird Flaps its Wings."

"As a dozen senior citizens follow Chavez's lead, it takes a mere breath of imagination to see a flock of cranes rustling their wings in a gentle breeze. And with the image comes a perceptible flow of relaxation.

"The ebb and flow of T'ai Chi Chih movements merge gently from one to the next. Together, the slow movements are designed to stretch and strengthen each set of muscles. As with most Eastern arts such balance is the soul of T'ai Chi Chih. The balance is known as yin and yang, expressed throughout nature in opposites such as hot and cold, light and dark, positive and negative. The return to inner balance is created through the complementary movements of T'ai Chi Chih."

The article continues with statements by other area teachers Sumi McHenry and Carmen Brocklehurst relating to physical benefits and the weaning away from heavy medications. But...

"T'ai Chi Chih is no panacea," says Chavez. "As with any skill it must become part of the daily routine. Tuning into the body through T'ai Chi Chih is akin to learning to play a musical instrument--there are no shortcuts. You have to do it every day to get the benefits."

TEACHER NEWS

Christeen McLain (Fargo, ND): The T'ai Chi Chih experience here continues to flow and flower. How I love teaching and sharing. I will be speaking at the 11th Annual Conference of the American Holistic Nurses' Association in Florida in June. Topic: The Transformational Power of T'ai Chi Chih! Last year I offered to do early morning exercise for this group and this year they called me to be a speaker as the request for understanding just WHAT WAS happening to those it happened to last summer was overwhelming. On the local scene, have Chi will travel anywhere, anytime. It's lovely.

From the T'ai Chi Chih Teachers Assoc. of New Mexico we hear

Shoko Purdy (Albuquerque, NM) is teaching T'ai Chi Chih in Japanese, to her mother while she visits from Tokyo.

Jack Rogers describes the evolution of the New Mexico teachers group formed several years ago as "A microcosm of the T'ai Chi experience." He described the yin and yang of purpose and approach expressed as a steady influx of new teachers have joined over the last three years. From dedication to assist the spread of T'ai Chi Chih through projects and organization to utilizing time together to share the Chi in group practice and discussion of personal growth experience through teaching. Jack's note was very affirming of the new energies and spiritual presence teachers bring together as a group.

* * *

Lisa Calistagne (Ste. Agathe-Des Monts, Canada) taught a workshop for beginners at Val David, Quebec in early June.

Michael Martin of Chicago sent the following announcement to 100,000 homes in the Chicago area. Navy Pier T'ai Chi Chih: "Learn the art of t'ai chi chih, a technique to relax both mind and body. This modern form is designed for the fast-paced lives of Westerners. Feel the effects as soon as you begin practicing in the cool lake breezes. Classes are free and held on a "drop-in" basis. Call (312) 275-7928.

Cass Redmon, Watsonville, CA has been teaching at PEP since 1985. She usually offers a morning class but one at 7:30-8:30 pm was well received as it had 18 people and 3 on a waiting list. "I tend to share a lot with my classes my notions of energy and how all levels/aspects of life are interconnected.

Theda Gillespie, Napier, New Zealand writes: Thank you, indeed, for the Vital Forces and getting me up to date on all the progressive happenings. My schedule has been very busy. April 3, 4, and 5 I was introducing T'ai Chi Chih to the tutors at the Polytechnic Institute. This was in connection with their Staff Development Workshop. Also have had handicapped children at the Tametea Intermediate school trying to learn T'ai Chi Chih. Besides teaching a "60 and up" club T'ai Chi Chih, we will also be giving a demonstration on the patio of the public library with the Mayor participating--press pictures and the works. All these extras are in addition to my regular 6 classes a week. I am looking forward to seeing you and other T'ai Chi Chih friends at the Conference.

Chris Worcester (Truckee, CA) Thanks for keeping me up-to-date with T'ai Chi Chih. Jane and I have been quite busy with the home-birthing of our son, Jeffrey Scott, on March 31, Easter Sunday. He's a mellow little guy, quite happy, and growing in leaps and bounds. My heart is with all of you, my T'ai Chi Chih family, 'til we meet again-Love, Peace, Jov!

MORE NEWS FROM TEACHERS

Serena McKinney (Munds Park, AZ): Got two more nice young (40) family men into the class--giving them catch-up sessions. Giving a free class to Irvine Senior Center during the month of May--so staying busy, then back to Arizona.

Jane Hitzelberger's (formerly Klingensmith) (Santa Barbara, CA) HEALTH ACTION flyer: "The greatest fitness benefit is derived by those who do moderate, low impact, low stress fitness practices daily."--Journal of the American Medical Association, 11/89; and "The practice of deep relaxation daily lowers blood pressure, improves sleep and may decrease the effects of aging."--Harvard University study, 1990. Her classes present health enhancement methods all of which include gentle movement, breath practice, deep relaxation, self applied massage and visualization. Of the most refined system of self care: T'ai Chi Chih!

Luis and Linda Sanchez (Santa Barbara, CA) offer current classes both day and evening, including a free outdoor practice Saturday morning. Their flyer announces other classes forming and private instruction also available..."You can practice T'ai Chi Chih anywhere, at any time, and change your state of mind/body to one of serenity within minutes."

Barbara Joy's (Santa Barbara, CA) classes include a walk to ocean view park on beautiful days. Barbara writes her personal testimony with an invitation to her friends to join her in doing T'ai Chi Chih. If interested you might send her a SASE for a copy of her "Footnotes on the Path." An excerpt, "As I move more gracefully in the beginnings, transitions and endings in T'ai Chi Chih, I am able to make it through hardships...find more clarity and sense of myself. But most of all, I feel great joy during the movements."

Diana and Richard Daffner (Sarasota, FL) are traveling in Florida and elsewhere to teach T'ai Chi Chih.

Deborah Bosse, R.N., C.M.T (Pleasanton, CA): "Health and Wholeness" is the topic of Deborah's presentation July 1 where easy practices for radiant health that require only minutes a day will include guided relaxation, acupressure, nutrition and T'ai Chi Chih. She is enjoying teaching a group of M.F.C.C.'s and clients at a counseling center in Pleasanton. Early August plans include co-leading a seven-day retreat at Calaveras Big Trees before joining other teachers at summer conference.

Valerie Smith (Alameda, CA) has resumed teaching in Castro Valley in addition to her Ongoing class at an Aikido Dojo in Oakland where new students (both beginning and intermediate) are welcome anytime. When asked how combined level classes are conducted, Valerie shared: practice of the connected form is incorporated in each class along with emphasis on a few particular movements.

Joanne Sulfar (Berkeley, CA) is offering private lessons in T'ai Chi Chih and Breehma Bodywork.

Linda Braga (San Leandro, CA): My spring class has 18 students this time, with several "returning" students who add a depth to the weekly practice and sharing. I use "partner practice" during some classes, in which they discuss and analyze a movement and help each other. Meanwhile, I float around and answer questions, make corrections and demonstrate. My students like it and often ask technical questions which will help them perfect the movement pattern. We always end with a group practice of some movements.

HELP YOURSELF BY HELPING OTHERS--

Sometimes helping someone else is the best way to help yourself.

Hannah Hedrick, Ph.D. (Allied Health Education & Accreditation for the American Medical Assoc. in Chicago) has shared information from their publication *The Reporter*. There are two pictures of Hannah leading employees in T'ai Chi Chih; an announcement of a Health Fair which gave as raffle prizes three copies of *Meditation of Healing* by Justin Stone and three T'ai Chi shirts; announcement of her Saturday and Wednesday classes; and an article titled Self-Care at Work. "T'ai chi chih is one of the easiest healthy activities you can do all by yourself to protect or promote your health. You can do it almost anywhere at almost any time. Promoted as "self-defense for the mind" in an earlier issue of "The AMA Reporter," t'ai chi chih consists of 20 separate movements, most of which are performed 9 times to the right and 9 times to the left. Unlike t'ai chi ch'uan, with its complex sequence of 108 movements, the basics of t'ai chi chih can be learned in just a few classes. The graceful, fluid movements, performed for 15-20 minutes once or twice a day, are an appealing way to slow down and reduce stress. These short practices will also assist in improving flexibility and strength, controlling blood pressure, maintaining a desirable weight, and enhancing self-esteem. Longer practices produce even greater benefits by strengthening and firming the legs and reducing the waist.



Hannah Hedrick stresses stress reducing in T'ai Chi Chih.

New Mature Woman, a relatively new bi-monthly magazine, in its fourth issue of Mar/Apr 1991 has published an article by T'ai Chi Chih teacher **Ruthmarie Arguello-Sheehan**. Excerpts follow:

Some of the most influential, most loved women throughout history have been Mentor Women....A mentor is a true friend who loves unconditionally, and in a nonjudgmental way. She cares enough to take the time to be helpful. Often she is an older woman who has overcome many of life's trials and difficult times and maintained a very positive view of life and people...willingness and ability to be encouraging and to help another learn and grow are essential characteristics. It is beneficial to both be and have a mentor. Take a chance, reach out to other women, sharing your wisdom, radiating your love and receiving theirs.

(Note: RMNAS will have an article on T'ai Chi Chih in the next issue.)



NOTES TO NOTICE

My new piano record (on tape), "The Reflective Eye," is the first I have been happy with, both as to sound and playing. On a few of the compositions I have a full string section or other instruments behind me--all done by me alone. I hope some will want to get it from Good Karma Publishers and will write me their reactions.

Justin Stone

"FROM YOU I RECEIVE"

"From you I receive/to you I give/together we share/from this we live." This lovely little chant is one of many on the Joseph and Nathan tape entitled "From You I Receive." For those of you who met Joseph Segal at last year's Tai Chi Chih conference and for those who knew him many years ago as an active teacher, musician, rabbi (along with his brother Nathan who is also a musician and rabbi), it's easy to see how the phrase in this song has meaning. Joseph, through his healing process, exhibits very well the nature of reciprocity when we open ourselves to that energy--and such energy is available to us through regular and devoted practice of Tai Chi Chih.

Barbara Graham, Joseph's attendant and friend who sang "You Are So Beautiful" in her rich, vibrant voice as an acknowledgement of what she had received from the reciprocal love she had experienced between Joseph and the other Tai Chi Chih teachers at last year's conference, had brought along some of the Joseph and Nathan's music for us to hear. Many of the teachers were very taken with the spirit of what is so joyfully expressed in these songs from the traditions of Chassidic Judaism, Hebraic and Cantorial studies, A Course in Miracles, family sharings, and other sources. We got several requests to distribute the music, and that's how it came to be that this delightful tape is available. Nathan hopes to offer some of his and Joseph's other tapes to Good Karma Publishing in the future. When these become available, we will let you know.

Joseph and Nathan have been involved in a number of creative activities as brothers, cantors, recording artists, authors, and friends. They have appeared in concert in many U.S. cities and on radio and TV and have produced several tapes, books and color videos. Their music weaves a tapestry of sounds and harmonies from different cultures. Their styles, too, present an abundance of variety--from classical to jazz to raga to reggae.

In the literature about their materials (from which much of the information for this article came--thanks, Nathan!), Joseph and Nathan's attitude is summed up as dealing with "original compositions, improvisational holiness, laughter, openings, joy...as we are all in life together...it's a blessing in the sharing with one another."

KNOW ABOUT US

Since the last annual conference I wanted to write a few words on "How T'ai Chi Chih influences my life."

My name is Lise Caestagne. I live in Quebec, in the Laurentiens, a region known for its beautiful mountains and its excellent ski centers. I've done T'ai Chi Chih since 1989. When I began, I was very sick. I was suffering from hypoglycemia and severe food allergies.

T'ai Chi Chih allowed me to get in contact with this vital energy that is our life source. From this moment, my life has changed. Month by month, physical, mental and psychological changes were appearing. After two years of regular practice--one hour of T'ai Chi Chih, half an hour of meditation and half an hour of Chi Kung, five days a week--I have become almost as healthy as before. I particularly take a lot of time in developing the spiritual aspect that T'ai Chi Chih implies and that teaches us a better contact with ourselves and others.

I do ZAZEN everyday, have meditation groups at home twice a month and this summer I will lead a "Shiatsu-massage" formation, which is another excellent way to equilibrate energy. I find that these techniques are a very nice complement to the practice of T'ai Chi Chih.

Also, I own a senior citizen home with room for 15 persons. This experience is very fulfilling and gives me the chance to apply what I'm learning through practice in my everyday life.

T'ai Chi Chih is becoming very popular in my region. From September to December '90, I taught to six different groups of about nine students each. Of these, two groups were already at their second session. I also had three students taking private lessons. At the winter session, I had decided to take less groups because of changes in my work, but I finally ended with four groups, one of them being a group of elderly and another one a group of persons suffering from Parkinson's disease.

This last group is particular; we are working together all year long, 45 minutes a week. It is an interesting experience I'm doing with T'ai Chi Chih and this disease. After only three months, the results are already encouraging. Psychologically, they feel stronger; they can already feel the tingling in the fingers; four of them have improved their balance. T'ai Chi Chih has definitely become a very important part of their life.

Everything that is done in T'ai Chi Chih as to be translated in French in order to facilitate the learning of the students. For this part, my daughter Chantal, who has just earned a degree in translation is a very good collaborator.

This year, I intend to teach T'ai Chi Chih in Quebec's enterprises in a perspective of improvement of the quality of life in working environment. I have already received a very positive response from the Department of Work and Technology. I'm actually working on an oral presentation that will be presented to the corporations.

I think that this whole process, that has started with the T'ai Chi Chih practice, has really improved my physical, mental and spiritual health. My special thanks to Justin Stone, Steve Ridley, and to my dear teacher Renee Wilson from Vancouver.

I say a big hello to all the teachers I have had the pleasure to meet and make a date with them in August in Minneapolis. And to all those I don't know yet, don't forget, it's a date in Minneapolis, to the Annual T'ai Chi Chih Conference!

Peace and Joy and Love,

Lise 35

T'AI CHI CHIH ON BOARD CRUISE

Corinn Codye

Last December I was contacted by Laretta Blake of The Working Vacation, Inc., a speakers bureau that places speakers and instructors on cruise lines. She was interested in offering T'ai Chi Chih classes aboard ship for the Royal Cruise Lines' "New Beginnings" program. She had contacted Justin Stone after reading about T'ai Chi Chih in last May's Longevity magazine, and Justin referred her to me. This led to my going on board the Crown Odyssey on a 16-day cruise from Ensenada to Hawaii and back. During the five days at sea each way, I gave a lecture on T'ai Chi Chih and taught daily classes. The program was very successful! From 20 to 45 people attended every day, many of them seniors, and the experience was very positive for those who participated. Of course the movement of the ship played a part in balancing during the movements, but that held true for all shipboard activities and everyone took the occasional unexpected rolling "in stride" (literally). Some students had immediate benefits in terms of shoulders, back, knees, that had been giving them pain or discomfort, which disappeared after T'ai Chi Chih. The only consistent observation that I found strange was the fact that not a single student had success in visualizing the "bubbling spring" at the sole of the foot! Perhaps it had something to do with being on water as opposed to land. However, most people reported strong tingling in the fingers and the other usual signs of the flow of Chi. It definitely helped some passengers have more energy--one elderly woman was excited that she had energy to "dance the whole night" after the T'ai Chi Chih class. Some of those who were on board for both halves of the cruise definitely learned enough to take home and practice, and a large number wanted to continue with teachers after returning home. I gave out numbers of teachers from the teacher directory.* I am certain that more than one student from this cruise will eventually take the instructors certification course. I am also certain that T'ai Chi Chih belongs on cruise ships as a regular offering, and by the response, the passengers agree.

Apparently most cruise lines regularly engage "enrichment staff" who are treated as passengers, but who, in exchange for the cruise, offer one or more classes or talks each day for the benefit of their fellow passengers. When working through an agent, such as The Working Vacation, the only cost to the speakers is a commission paid to the agent, which amounts to about 10% of the regular price of the cruise. It is possible to contract directly with the cruise lines, but many of them prefer to work through agents. For teachers who want to find out more about the cruise opportunities available through the "New Beginnings" or other programs, contact Laretta Blake, The Working Vacation, Inc. 4277 Lake Santa Clara Dr., Santa Clara, CA 95054-1330, (408) 727-9665.

*(Publishers note: A helpful networking gesture which connects students to regular classes offered in their own area. At least one student I know of from the cruise is continuing--she's in my class now.)

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. The projection for compilation of an expanded (all inclusive) directory edition is summer. Please complete the enclosed questionnaire and mail to The Vital Force by July 15 to assist the updating of your information.

CONTACTS FOR T'AI CHI CHIH ACTIVITIES

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

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

Steve Ridley: (303/322-7717) 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: (701/ 854-7459):

- publisher, Good Karma Publishing, Inc.
- distributor of specialized materials related to T'ai Chi and spiritual practice
- Contact for teacher referrals
- Selling agent for Satori Resources

Liz Salada: (415/278-3263)

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

Lois Mahaney: (415/276-5718)

- contact for teacher referrals
- update to mailing list and Teacher Directory

"VITAL" TRANSITIONS CLARIFIED

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 practitioners, 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**. Flyers announcing materials distributed by Good Karma Publishing and Steve Ridley 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 August 20 (because of conference)for the September (Autumn Equinox) 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 25th of these months: March, June, September, and December). Additional special issues as announced

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 Fall issue of The Vital Force by the 30th of September, please contact us. We will mail another copy first-class. Please wait until the 30th though, as bulk-rate mail takes longer.



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Liz Salada, Publisher; Lois Mahaney, Editor
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Summer

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