



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 8, No. 3

Autumn Equinox

September 1991

A DEEPER LOOK AT T'AI CHI CHIH

by Justin Stone

Most people think of the body as something solid and unchangeable, while knowing full well that new cells grow every day, fingernails expand rapidly, and organs regenerate themselves. Doctors, too, believe that if we have a pain, it is a permanent pain and will last until fixed - whereas the Japanese Healing Church speaks of "Purification", which is much closer to the point. All organisms strive to purify themselves of impurities, and to put chemical impurities into the body to relieve discomfort is only to perpetuate it.

The truth is, we are a swirl of shifting, moving energies and nothing more. The Chinese have shown that, in this dualistic universe, these energies are polarized as yin and yang. The latter is heat and expansion, while yin is cold and contraction. We are actually a product of these energies. We are acted upon by them and we, in turn, influence them. We are a product of the Chi - the Vital Force - and we affect the Chi by what we think and feel. I have often spoken and written of the reciprocal character of Mind and Chi, mutually conditioning and makers of the fruits of our Karma.

Just as Einstein has shown that what appears to be matter is actually energy, so one day it will be shown that what appears to be energy is actually thought. Some physicists are already hinting at this, and the great mathematician/philosopher, Whitehead, seems right at home with this follows thought. Semi-ultimately, what you are and will be is the result of what you have thought (ultimately there is no "you"). What you think is conditioned by the state of Chi.

Knowing that we are a mass of shifting energies, doesn't it seem wise to culture and affect these energies, to bring them into balance? Yet very few do this, preferring to look to "Another Power" to do all the work, though, in truth, you must do it yourself. Over vast periods of time, the Chi creates "you", but you can create and balance the Chi. This puts another point of view on Tai Chi Chih practice, doesn't it?

(Please see DEEPER LOOK, p. 3)

Justin Stone is the originator of Tai Chi Chih! Joy Thru Movement.

Steve Ridley is the Spiritual Healer of Tai Chi Chih.

This journal is dedicated to Tai Chi Chih teachers and practitioners worldwide.

May it serve you in "Knowing the Real."

REFLECTIONS.....Along the Way

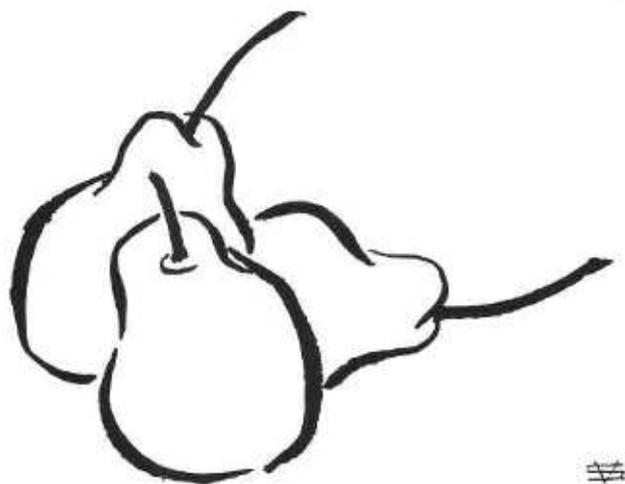
It was nourishing to relate as kindred spirits during our gathering time this summer. Many new meetings, as we began freshly...fragrant as deepening relationships that continue to flower! It is clear, the strengthening bonds of fellowsip do much for unification in this movement.

Many have been awaiting the special conference highlights included in this issue. In addition, detailed information for prospective teachers and recommending coaches may be found in Justin's "Key Points to Incorporate in Practice and Teaching" and "Preparing Teacher Candidates," newly written by Steve. These articles serve to address a commonly asked question: How do I go about preparing/referring someone for Teacher's Training?

As we continue to integrate suggestions and contributed material into the content of The Vital Force, may the journal serve your multiplicities without forgetting the core. Sometimes we are faced with difficult decisions regarding what is excerpted for print. Our intent remains to assist/serve others by what appears in the journal and to give each willing person a "voice" in our TCC community. (See VFJ Operations on back page for details about our publishing schedule and notes on submitting information for publication.)

Thank you for your ongoing support via subscriptions and the conscious effort to share through your writing! We again extend "another invitation to write" (please see insert). This time some "specific themes" are posed which were taken in from recent reader requests. Can't miss this opportunity when participation is key - to experience!

Full and Empty,
Liz Salada for The Vital Force



How exacting is this unnameable
which proceeds in us
Reversing current expression
opportunely turning around
changing to a point
called completion?

NOW

Effortless and plain to realize...

Our cultivation of chi is the simple denominator to successful progression is all areas.

DEEPER LOOK (cont. from p. 1)

Ancient Chinese medicine, which evolved into Acupuncture, is geared toward stimulating and balancing these energies. Here it is used for treating "illness", or "purification", to use the more accurate word. In T'ai Chi Chih we take action before illness. This is from the physical standpoint. From the philosophical, we come to realize that what the Chinese call Tao is constantly moving - this is the great T'ai Chi. We can get in step with it and accord with the Tao. From the Spiritual standpoint - that is, identification with Reality - we stop living in stagnant, harmful, illusionary ways and, effortlessly convert to accord with Reality. All this does not take place in five minutes, but sincere practisers of Chi Kung disciplines - T'ai Chi Chih being the easiest and most effective, I believe - find their physical, philosophical, and spiritual needs being taken care of. This is real fulfillment, not the attainment of temporary desire. T'ai Chi Chih students should give careful thought to these matters and then give proper weight to their practice. Nothing is more important.

Reprinted from TAI CHI CHIH FORUM
Steve Ridley, Publisher, Denver, CO

T'AI CHI CHIH PRACTICE - a creative exercise:

Select one movement and practice it for a period of 15-20 minutes, slowly and thoroughly (mindfully) with deep sensitivity.

Follow through by sitting quietly, focusing steadily within the space below your navel, with "feeling awareness." Rest alertly within this vital center until peace and contentment dominate your awareness.

Inhale and exhale deeply, drawing energy and strength into yourself with gratitude and joy. Embrace your surrounding in love and respect. - Steve Ridley

TENSION BAGGAGE Steve Ridley

The tensions we create and maintain, often unconsciously, not only inhibit the free flowing circulation of chi, but also absorb chi continually, dissipating the potential of this evolutionary force to contribute to our spiritual development. The ongoing application of the principle, "softness and continuity" will enable us to consciously release unnecessary tension baggage that drains our vitality and limits the nourishment of the mind-body.



Morning Practice, Inver Hills

KEY POINTS TO INCORPORATE IN PRACTICE & TEACHING

Presented by Justin at Conference

Justin commented on "the power of inner sincerity" upon which TCC is based. As he has often supported, the future of TCC lies with its teachers and he basically encouraged teachers to

Stand for what you're teaching and continue to improve your TCC and how to teach it. Teachers must think out the method of doing/presenting these things in a way that they and their students are getting the same (intended) result. These principle movement notes were also presented:

1. Keep TCC standardized. Emphasize the pathways described are mostly done with the wrists.
2. TCC is not an upper body movement, though we remember to swivel the waist (such as in the "swimming motion" in Working the Pully).
3. Move in a low TCC stance and yin-and-yang (y/y) of the legs must be done correctly.

Generally the legs are not far enough apart in the y/y. This short stance causes incorrect rocking back and forth, trying to save the knees. It is very important to perform this action properly. **DO AND TEACH A LOW MOVEMENT.**

4. Develop muscle memory by repetition. You can do it too few times and cannot do it too many.
5. It is not the exercise which is helpful - it's the flow of the chi. This way the whole organism is effected vs. treating a symptom.



SOME QUOTES Justin Shared during his talk, "Merging Sense With Essence"

The high plateaus do not produce the lotus flowers;
it is the mire of the low swamplands.

If you consider quietude right...it is just the time to apply effort by a million times.

The sun shines on everybody-pure and unpure.

You do not have to give up the ordinary life.
What is given up is greed, anger and delusion.
Love and do as you please.

When active you are revealing the function.

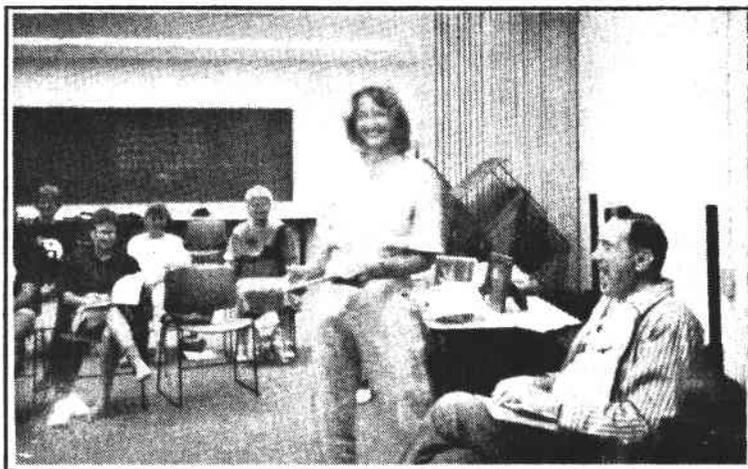
It is better to discipline yourself than have life do it for you.

FAVORITE READING -Justin Stone

Students have asked me what books are my favorite reading. My answer is:

1. My deceased friend, Dr. John Wu's "The Golden Age of Zen" (published by The National War College of Taiwan, sometimes distributed by the Paragon Book Gallery in New York City). I have earned so much from the delightful tales and quotations that Dr. Wu so faithfully assembled. I don't know of any other book as broad, for students of ZEN.
2. Paul Rep's "ZEN Flesh, ZEN Bones," really four books in one written in Paul's inimitable way.
3. The "Krishnamurti's Notebook", which I carry with me when I travel. Difficult to understand for those who do not have some inner experience. Very redolent of the 'Womb of Holiness' (a Taoist expression).
4. Thomas Cleary's "Timeless Spring", while limited to Soto ZEN, has many stimulating accounts in it.
5. "The Tiger's Cave" (almost impossible to find), originally published in England by Rider & Co. Some of my teaching is based on similar sources.
6. "Creativity and Taoism (originally published in hardcover by Julian Press, NYC) by my friend, Chang Chung Yuan. The essence of the deepest, not the popular, Taoism.
7. "The Practice of Zen" by Garma C.C.Chang, who also wrote, from experience, a book on Jua-yen, the deepest Buddhist philosophy of totality, and, from experience, a very valid book on Tibetan Buddhist practice, which is often misrepresented and sometimes confused with Indian Tantra. The tales in the latter part of "The Practice of Zen" are very inspiring to me.

There are, of course, others. I usually carry a book of Kabir's poems or "The letters of Swami (the real) Ramdas", now deceased, when I travel. In an earlier edition of the Vital Force (Spring Equinox 1989) I recommended 20 books but you are most apt to find me reading these seven.



Joyous Justin

CONTINUAL LEARNING

Steve Ridley

Each time we practice T'ai Chi Chih there is an opportunity for a new revelation; to realize more completely the nature of Reality.

The key to deeper understanding lies in our ability to release and transcend our tensions. This means that we must let go of analytical functioning ("unclouded mind"), deeply relax the body ("light and agile"), and perform the movements of T'ai Chi Chih within a feeling, intuitive mode.

Being free of tensions, authentic insights and inspirations are able to dawn. Creative energy (chi) functions as the unifying director, when the mind-body becomes a fitting host.

* * * * *

The principles referred to here apply to T'ai Chi Chih and are from The T'ai Chi Ch'uan Classics by Chang Sen-Feng (13th Century). (Excerpted from the Teacher's Manual TCC.)

"1. Beginning to act, all parts of the body must be light, agile and connected together.

11.. Let the spirit reach the headtop (with unclouded mind)."

TEACHING

A good teacher alertly shares his/her life, as consciousness and spiritual force, while imparting useful instruction that can enable students to continue their growth process effectively.

A good student alertly receives what the teacher imparts, by digesting and assimilating the information and experiences as deeply as possible.

We can be both, teachers and students to each other. -Steve Ridley

T'AI CHI CHIH THOUGHTS

Steve Ridley

In T'ai Chi Chih practice we can continually cultivate ultimate refinement in our performance of the movements, within and without. It is an honorable goal to attempt to surpass your teacher(s) in performance and knowing.

* * *

In teaching, we can continually qualify ourselves so that we are not likely to represent a limitation for our students. During the learning process they will encounter their own limitations, which we can help them clear. The teacher should never be a source of additional baggage for the student to have to carry.

* * *

Before we can truly teach a thing we must know it. Otherwise our efforts toward sharing will be largely superficial and meaningless. When we know a thing, teaching is naturally effortless and potent.

EVENTS COMMENTS
Excerpts....Letters to Steve

Susan Hudgens, new teacher from Sunnyvale, CA writes: I have been practicing T'ai Chi Chih every day and every evening do the Tan T'ien meditation you suggest in Perspectives.... I believe I am sleeping more soundly because of it. I've wanted to make quiet meditation part of my daily priorities and have met my own conscious or subconscious resistance up 'til this point. Again, you have helped blow the top off some of my own limitations and I thank you. It was reassuring to read that this resistance is common and is easily removed with consistent practice. I am deeply honored and feel very personally touched by your presence in my life.

From **Linda Braga**, San Leandro, CA: I'm still basking in the glow of energy from the teacher Renewal and Accreditation in Alameda (CA) this June. I want to express my sincerest thanks for all your wisdom shared that week.

Valorie "Viti" Taylor, Sunnyvale, CA reflects on the Teacher Renewal, June 1991 in Alameda: Teacher Renewal Dynamic/Gentle TCC
Getting reacquainted with new old good friends
True Joy in Movement
Thanks to Steve & Liz & Justin & renewed teachers everywhere!!

Lavana Kilborn shares this: Having returned from the Victoria, B.C. Teachers Accreditation which I attended on the last day as an accredited instructor, things started to move in my heart, nudging my mind to express. Upon reflecting on my life since practicing T'ai Chi Chih, I realized that I owe you a Huge Thank You and Here it is **THANK YOU!** Experiencing more Joy in Life due to a better balanced me, what more can one ask for. Plenty of opportunities to pass on the gift emerged, more than 200 students have taken the class and it keeps on growing now with Elderhostel. The seniors returning to their homes tell their friends and on it goes. What precious energies being released through those people to bless a hurting yet healing World. In gratitude and Love.

"Who feels it knows it." (N. Livingston)

A BIT OF SOME - THING
Jeanne Jacobs, Arlington, WA



SUM	The accumulation of Chi
DIM SUM	Chi, barely perceived
SOME - TIMES	Intermittent T'ai Chi Chih practice
SUM - MATION	A gathering up of Chi
SUM - MIT	Transcendent Chi

TCC: SYMBOLIC GESTURES OF PERSONAL MEANING

In my many years of learning, teaching and refining Tai Chi Chih it has become obvious to me that the form is a bridge between the visible and invisible worlds, matter and spirit, words and silence, and most certainly a direct way to experience Reality. I would like to share insights from my own experience relative to the personal meaning I find in some of the TCC forms.

In the rest position, integration of active and still chi is allowed. *We flow between form and emptiness in all the movements.*

Around the Platter begins the circular dance of Tai Chi Chih. We all may know intellectually that circularity creates more chi flow. An outstanding experiment to deepen your experience of that truth is to change the size of your circles - from quite small to large - and feel the difference in energy. Remember always to relax and move softly, slowly and smoothly without ambition. In Variation of Around the Platter, the ball represents my conscious intention which I then offer to the world, or I hold a loving thought of someone and send it to them as I release the ball. I like to be consciously creative and enhance the form with my own ideas.

Bass Drum is so simple and powerful, I visualize chi dancing between the palms. I allow life to be Itself in the movements, it is the art of arts - for me, letting go of wanting to control life. *All of the movements are states of mind.*

Daughter on the Mountain Top has always been one of my favorites. The daughter - the receptive feminine within us all; the mountain top - moments of grace which occur spontaneously during practice (and LIFE!). I like to be relaxed and alert, like a cat.

Daughter in the Valley helps me to trust the intuitive and be compassionate to the doubts. To be an artist of life itself...making the ordinary extraordinary...when we practice daily.

Carry the Ball is the first movement going sideways and that always changes my experience of the chi rather dramatically. I feel I am drawing the Tai Chi circle continually in this form.

In Light at the Top of the Head, the flame expands, symbolic of rising above conceptual living to enlarge limited views, then that vision is brought back into life, for wholeness. The Light at the Temples is the place of worship. In this movement we can *move beyond thought and enter the true stream of spiritual life.*

Passing Clouds is another favorite of mine. Several years ago a student named Barbara was healed of 35 years of insomnia by doing Passing Clouds for 10 minutes prior to sleep.

Relaxation and circularity are primary here (move from the waist) and the awareness that clouds symbolize the law of form: endless change.

Six Healing Sounds are vital and tension-releasing, done with gusto and fluidity. As both the Healing Sounds and Joyous Breath strongly stimulate chi, I rest longer than usual to allow balance to re-occur. Ending with Cosmic Consciousness Pose integrates the stimulated chi and allows chi-wisdom to nourish the body deep in the marrow of the bones. I think stillness is the highest state of vibration and the quickest way to access wisdom. Checkpoints: Are my shoulders relaxed? Is my breathing natural? Am I gazing inwardly?

(Please see SYMBOLIC, p.9)

SYMBOLIC (cont. from p. 8)

My essential reminder is: practice, enjoy, relax, ground. We are perfect in essence, but it takes time, infinite time, to bring this perfection into form. Our Tai Chi Chih practice is our supreme opportunity to connect to the Source daily. My whole approach to TCC is to still the surface mind so that natural, spontaneous wisdom can shine forth in its simplicity and guide us. This journey of life and TCC always begins NOW...and I wish you only success in your efforts to cultivate chi.

Blessings,

Richard Brier, Mill Valley, CA

EVER THE STUDENT...

"Thanks for turning it on again for me Steve," I thought as I pulled into the late night Chicago traffic heading home. I'd just spent the evening with Steve Ridley and eight teacher candidates and I felt grand. Just a few hours ago I was rolling into town musing over the last accreditation I had attended. It was the Albuquerque course in 1988, with Justin Stone. I could hardly contain myself when the forces that be conspired to get me there.

Tai Chi Chih has seen me through some hard times. Back then my business had gone belly up, my marriage was coming apart, hard training. So many concepts of what I was, who I was, falling away fast and hard. The one good thing in the midst of it all--I was a Tai Chi Chih teacher.

I was late that first day. Justin was addressing the class as I entered the room. He stopped mid-sentence to welcome me. "Very gracious fellow," I remember thinking. After quickly outlining his goals for the course we got down to business.

I was performing one of the "daughters" when I caught Justin out of the corner of my eye. He was coming my way.

"Bill, the rear leg straightens as the weight shifts forward," was his gentle admonishment. "You're bending your knee...so," he demonstrated. "Thank you Justin" was my casual reply. Inwardly I had a vision of ritually disembowling myself on some lonely mountaintop. Work on it," he said and moved on. I flushed and looked about desperately for something to crawl under. It passed. "Okay, so big deal, it's a little thing, just stop doing it. Piece of cake."

A little while later Justin was back. "Bill, you're still breaking at the knee." Oh, God...my aspirations of helping Justin and Steve train new teachers vanished in a heartbeat. I was a student again with work to do. Every weight shift, mentally watching that leg. It was a long week. And I spent the greater part of it doing battle with the habit from hell.

On the final day the certificates were presented, cameras flashed and as usual, the class became one giant hug fest. Then it began. "Thanks for moving at the back of the room this week. I couldn't always see the person leading so I watched you," one of the candidates offered. "Yeah, I'm kind of shy around strangers. It was nice having you there," said another. Other "Thank yous" followed for things I wasn't aware of in the midst of my own trials. To this day I'm still amazed. The Chi had had its own agenda.

(Please see STUDENT p.10)

STUDENT (cont. from p. 4)

I resolved back then that I would be ever the student. Chi the teacher.

I was late getting to Steve's class too. Almost an hour. Great excuse though. The AMA building in which the class was to be held was - well - gone! I'd parked the car a block away and as I rounded the corner found an empty lot where the building should have been! This did not bode well. For the better part of an hour, as Dorothy said to Toto, I wasn't in Kansas anymore. Becoming discouraged by the apathetic responses to my inquiries on the street, I wandered into a spacious lobby and asked for what seemed like the hundredth time, "What happened to the AMA building?" "You're in it," was the reply. Fate had smiled on me.

The warm greeting from Steve soothed my jangled nerves somewhat and soon it was time to move. Lord knows I was ready.

Through Rocking Motion I found myself just relaxing into it instead of using the time to assess the abilities of the candidates as I had planned. Then Steve moved on to Bird Flaps Its Wings and he moved differently than I remembered, more refined, more compact. I copied him. "Yes...Yes, definitely more potent that way..." an inner smile dawned.

As we progressed through the form I was amazed how even more refined his Tai Chi had become since we last moved together. How effortlessly he danced with the Chi. "Containment" he said. Yes...Don't give it up, make it yours"...Yes! Before I knew it I was joyously, gloriously a student once again.

What effect my being there had on others this time I cannot know. But this I do know. Through experiencing Steve Ridley's open and loving manner, his refined and effortless Tai Chi Chih, I can't help but feel a deep and abiding gratitude in just being a part of it all. Thank you Steve for so ably serving Tai Chi Chih as the ideal to emulate to assure our own accelerated evolution. And thank you Justin for making so wonderfully clear the path to the Teacher's door.

William A. Nielsen, Jr. New Lenox, IL

THIS WORLD

George Balliet, San Mateo, CA

**IN THIS WORLD OF TODAY
WITH ALL THE PEOPLE WE DO PLAY
IN THIS WORLD WHERE THERE IS "THE WAY"
I HOPE YOUR MINDS WILL NOT DECAY
IN THIS WORLD WHERE CRIME DOES PAY
I LOOK FOR HOPE IN MANY WAYS
IN THIS WORLD OF FEW WHO PRAY
I LOOK FOR SOMETHING THAT WILL STAY
IN THIS WORLD OF STRONG AND FRAY
I AM LUCKY I HAVE FOUND THE WAY**

POETRY

An early T'ai Chi poem
Amy Hackenberg, Chicago IL

I feel the hands
creaseless and strong,
set lightly on my shoulders.

Light drains down leaves
loosen in the breeze
rustles to release sharp glints.

Palms reach beneath
skin to fissures,
smoothing seams azure.

I feel the dark liquid collect
deep down thick;
a smooth black vase holding my blood.



Alameda Teacher Training

STUDENTS WRITE

One of Carmen's students, **Sharon de Keyser Davidson** writes: I want you to know how very helpful and enjoyable the sessions have been. They are calming, beautiful, and meaningful. And your comments are so positive and encouraging.

My sister in Laguna Leisure World in California took a class with Tais Hoffman, and practically **INSISTED** that I look into the program for myself. Needless to say, she did me a great favor. (I will be out of Albuquerque but) I shall continue the T'ai Chi Chih with the help of the book and music, and perhaps it will be possible to continue the work with you at a later date.

COMMENTS ON VITAL FORCE JOURNAL

RESOUNDING..Thanks For What Is Voiced...

We hear how much various portions of the material shared in the VFJ (Vital Force Journal) are appreciated by our readers. Thanks to all who utter a spark of what "woos" them.

Carmen Brocklehurst shares this information: For people teaching for a Community College--if the teacher has a business number with the State, the College will usually pay more-60/40 (teacher 60, the college 40), than if you don't. Usually then they pay by the hour.

(Justin sent this postcard to Richard Brier after reading the June **Vital Force** and suggested he send it on for publication.)

Richard--Thank you for your wonderful articles in the new **Vital Force**. They're all RIGHT ON, particularly the part that "if you don't practice, you have no right to teach!" That can't be emphasized too much. Your phrase (TCC) "is an opening to higher energies and higher information from within" is great. Thanks much. Justin

"**Sharon A. Edwards**, Bullhead City, AZ reports: "The **Vital Force** is read each time for two reasons: 1. remain close to T'ai Chi Chih 2. Share with clients. Each one of my clients is asked to expand their recovery to include meditation. I have noticed that those who are willing to explore the practice benefit from the effort.

'You do an especially good (in fact, remarkable) job of turning the materials we send into "news" items' is the nice comment from **Hannah Hedrick** of Chicago, IL.

Ellen Greyson writes: I've been reading the Spring issue of the Vital Force and as always I'm receiving the flow of the "Chi." For the last few months I've been experiencing a "Life Change" in which my T'ai Chi Chih training and practice has been the basis, of course.....Wishing you all good 'chi' in your new publishing venture.

Marian Massman, LaCrosse, WI writes: Thanks for all your generous efforts to make The **Vital Force** "vital"! You do a wonderful job! I enjoyed the creative, interesting, and informative articles and poems. Joy and Peace.

Sher Jaksha shares these thoughts: We have been traveling quite a bit this past year with our new business, and I find it so easy to carry the new *Vital Force* in my carry-on bag. Both my husband, Jerry, and I enjoy the articles on our long flights. Thanks for all your effort and work.

EDITOR'S NOTE

The accolades given to Liz and myself are greatly appreciated, but the note from Justin which follows, expresses our feelings relative to the conception of *The Vital Force*. Having worked with Corinn since the fourth issue, I appreciate the effort she put into it. I often wondered how she could do her textbook writing (to make a living), spend quality time with her two boys, teach T'ai Chi classes, be a distributor, and act as publisher of the VFJ. Lois Mahaney, Editor

"In commending the wonderful work now being done by Lois and Liz in putting out the beautiful new "Vital Force", we must not forget the work done by Corinn Codye in conceiving and developing *The Vital Force* to its present level." Justin

NOTE FOR TRAVELING TEACHERS

I know of only one other person in this area who is qualified to teach. I would like to practice enough to come to a teaching seminar or course next summer. Please send any information you have that will help me prepare. Traveling teachers who can help, contact **Roberta Jones, 3936 Lakeview Dr., Rapid City, SD 57701**. Ditto for teacher seeker **Janet M. Kenny, 295 Hamilton #63, Geneva, NY 14458** who practices patiently while awaiting an opportunity for preparation.

LIABILITY INSURANCE COVERAGE

Teachers interested in obtaining more information may contact: IDEA Insurance Program, c/o Howell, Murria & Frick Insurance Agency, 380 Stevens Ave, Suite 115, Solana Beach, CA 92075 (619) 259-5800. Pricing for a yearly policy is approximately \$295.00 for individuals who are members of the International Dance and Exercise Association (IDEA). Their annual membership fee is \$48 for individuals. Slightly lower rates apply when qualifying for this insurance as a member of the Yoga Teachers Association. Open enrollment periods begin in October, February and June. Call for a full explanation of coverage and membership details.

poeming....

chaste and to chase
as if the cat and the tail
were two
white moths fly past
the cabbage patch
to circle in the air
around each other
a remembered flame
like catnip
to enticed spirit
what objection
transcending even sameness
for no other

Liz
8-25-91



To Steve Ridley, Teacher, Guide

I know who you are
"may I serve you?"
You walk among us

I see you, in you,
as clearly
what I cannot see
in my self

Yet you say it must
be
in me,
for me
so see
in you.

I see in you
in you I see.

Susan Caputo-Hudgens

TCC - HOW SLOW, FAST?

Steve Ridley

Sometimes teachers ask about practicing T'ai Chi Chih at different tempos. Usually I suggest that they experiment by performing various movements at different speeds, in order to feel the results. Here is what I've found, generally:

Moving slowly in T'ai Chi Chih - presuming one is very relaxed - allows chi to accumulate, consolidate and develop potency within the body. This retained chi builds in force (pressure), and can contribute a strong influence toward healing and self-integration. Also, the vibrancy of the practice tends to persist for a considerable time, following the session.

Moving quickly in T'ai Chi Chih results in an excitement of chi, near the surface of the body. Chi is spent and thrown off considerably, and tends to rise to the head which excites mental activity.

It can be useful to perform movements quickly for the stimulating influence - especially if we feel sluggish prior to practice - and then to settle into a more intentional, slow-paced practice.

Experiment! Some like to alternate tempos of various movements, going quickly-slowly-quickly, etc. Justin has occasionally led us through Rocking Motion and others in this way. You will have to play with the movements and judge for yourself what is beneficial to you.

*Please don't expect your beginning students to move through T'ai Chi Chih too slowly. First they have to acquire the ability to move with deep relaxation, otherwise being forced to adhere to extremely slow tempos will fatigue them. Keep speeds moderate for beginners and they will get good results. Joy in all.

One teacher's continuing TCC class description begins:

"Success comes from continuing movement towards a harmonious and well-ordered life."



TEACHER NOTE:

Oonagh Perdue, Phoenix, AZ shares this: "I give talks to clubs and Hospices and many other places. Some of the interesting people that I have taught are people like Supreme Court Judge Sandra Day O'Connor who loved TCC. This fall promises to be a wonderful time with many bookings for talks and demonstrations. I will be traveling for July and August--back in Arizona in September.

CONFERENCE

A few words of gratitude from the Northland of Minnesota.

"Magne takk" (a Norwegian thank you) for coming to Minnesota for our Tai Chi Chih family conference. Without you it wouldn't have been as special as it was. Some said that if it hadn't been as accessible (driveable) and reasonable (financially) they wouldn't have been able to come and they would have gone yet another year just wishing they could attend a Tai Chi Chih conference.

"Magne takk" (many thanks) to Bernice Playle and the others for their part in making this possible.

The conference was a rewarding experience for me on a personal note because it caused a gathering of wonderful friends, pushed emotional buttons which required action-reaction, showed me the family situation from another perspective. It also gave me the balance through movement (group intensive Tai Chi Chih and Seijaku) the physical and mental conditioning needed to face the long awaited news. After having been listed as "missing in action" 22 years ago, shot down in Laos (the Vietnam conflict) they found the physical body remains of my beloved brother Bob Engen. Proving once again that these movements can help us face our darkest hours and emerge through the emotional pain a survivor.



Three cheers for Justin Stone, Steve Ridley and Tai Chi Chih!

Jeanne Carlson-Linscott, Bemidji, MN

Certainly was an awesome week at Inver Grove, very inspiring to be around Justin and Steve. I'd like for all us instructors to set goals with our Tai Chi Chih teaching.....How about spreading it to so many people that World Peace is inevitable! or think of what's the greatest thing I can do with my teaching, then take it one step further and make that your goal. After all we have no limits.

Gary Halden, Two Harbors, MN

It was so good to see all the teachers again. Each TCC Conference is unique. I missed the "regulars" who were unable to attend this year, but what a joy to meet so many new, enthusiastic teachers. The love and companionship that permeates our conferences never fails to amaze and delight me. Love,

Virginia Shilson, Albuquerque, NM

Effortlessly shifting weight
timelessly passing clouds
essentially alive!

Diana Daffner

MORE CONFERENCE NOTES:

What a wonderful conference! It was such a treat to met with other members of our TCC family and, of course, to have the chance to meet Justin and see Steve again. The Minnesotans should certainly be commended for their marvelous job in coordinating the countless details necessary, and for providing us with such beautiful weather to enjoy our time together. I left feeling love, warmth, renewal, and the joy of meeting old and new friends.

My love and best wishes,
Roxann Post, Riviera, AZ

P.S. I was so sorry to have not been able to stay for Seijaku! I've written and told Justin that "whenever and wherever" he next offers it, I will be with him. I felt that having been so recently accredited, it would have been impertinent of me to think I was "ready" for further instruction...but I will sign up for it the next time I have an opportunity.

Hello my fellow T'ai Chi-ers! I greet you thus, soaring 35,000 feet above our Mother Earth, returning from Minnesota to Santa Barbara on great, silver wings.

As I look out of my window into the deep blue of the Heavens, I relive the loving, sharing of the Teachers' Conference, the awesome power of the Seijaku course, and the last five days of playfulness in this lush, green State. Because of it all, I believe myself to be flying 10,000 feet higher than the other passengers!!

I wish to extend my sincere thanks to all who made the conference happen. I truly received so much on so many levels. And my heartfelt gratitude goes out to Justin for the gift of Seijaku, to which my body, mind and soul responds so joyously.

In Love and Light,
Diana Celmayster, Santa Barbara, CA

With a fullness in my heart, I wish to share that my T'ai Chi Chih conference experience has once again filled me with refreshment and renewal. The lavish abundance of TCC is so beautifully shared as is the bonding and connections of old friends and new. This time of coming together is an annual retreat I have enjoyed the past three years. It is a vital part of my TCC life. Each conference has its own uniqueness, giving me rich memories and reawakening my potential for perfection. I encourage those of you who have not attended a conference to look at the possibility of experiencing the next one. I place it on my "abundance list" (wish list, treasure map, whatever you choose to call it) annually, with the vision of a rich and rewarding conference.

I extend a warm-hearted thanks to Justin, Steve and their continuous love and spirit of chi; and to the Minneapolis teachers: Jeanne, Bernice, Mark, Karen, Mary and Marty and those unknown to me for your willingness and hard work in support of this conference.

Lynne Blackford
Missoula, MT

Sr. Francis A. Kay shares:...What mysteries abound! The wonder of unfolding energies of T'ai Chi Chih--and now, Sejaku, are without limit. Yet, only through the deep caring of Justin, and Steve, and one another, can they be released. They were..thank you, my God, for such tremendous gifts!

ADDITIONAL CONFERENCE NOTES:

PRECIOUS FAMILY

What a great time we all had at the 1991 T'ai Chi Chih Teachers Conference in Minnesota. Many thanks to Jeanne Carlson-Linscott and Bernice Playle who co-chaired the conference and to all the marvelous help they received from the beautiful teachers of Minnesota. From the very beginning we realized that this truly was a Family gathering-- what else could it be with all the joyful kissing and hugging that was going on and that continued for the next 4 1/2 days. The medical profession is beginning to say that each of us needs a minimum of 20 hugs a day to stay healthy. I think we all made our quota.

We were very fortunate in our living arrangements as we all had a chance to get to know the other four people that we in our pod so much better, Canada, California, New Mexico-- are we international or what?

Justin has often said that it would be great if we could have 10 days together to work on spiritual practices. Well we got a little closer this time and it was GREAT. Many times when groups come together for just a weekend there is a feeling of having to hurry through things to cram a lot into a short space of time. This time there seemed to be enough time for everything to happen in a loving and relaxed way.

Justin and Steve shared and shared and shared and.....Thank YOU! How is it possible to receive so much?

Love, precious family, good food, wonderful time - Thank you Minnesota.

Love and Share the Chi,

Carmen L. Brocklehurst
Albuquerque, NM

* * * *

The conference becomes even more special to me in retrospect, and I'm so glad I got to meet so many fascinating people. I feel greater smoothness and continuity in my practice already. And I feel a renewed drive to teach. Thank you Jeanne and Bernice and all the other Minnesota teachers whose work and organization made the conference and Seijaku course possible. And of course, my deep thanks to Steve and Justin.

Amy Hackenberg
Chicago, IL

Pam Towne says, "A heartfelt THANK YOU to my TCC family for a nurturing, inspiring experience at the Teachers Conference! I especially appreciate being able to stay for Seijaku and have the Loving Chi continue to build.



Conference 1991
Inver Hills

CONFERENCE NOTES, ETC.

*"They that live beyond the world cannot be separated by it.
Death cannot kill what never dies."* W. Penn

Within a day of returning from the Teachers Conference and Seijaku course, I received news that a dear friend had died in a backhoe "accident." I felt a jolt. For the nth time that day I recalled Justin's words: What is the cause of our suffering? Attachment to self.

My two young children had not wished me to leave them to be in Minneapolis. It was not easy for them to part with me, vice versa. My husband, Jim, and my teacher, Carmen, had been extremely supportive of my going, and I had a feeling way deep inside that it was vital for me to go.

During my five days with Justin, there were many moments when I had ideas on what I could share with those unseen and unmet teachers, through the Vital Force. I am a new teacher and felt totally included, welcomed at any table I approached at mealtime, embraced by openness and warmth. The other ideas I considered sharing dim in the present moment.

In the grief, I randomly opened a book Jim was reading and saw the words

"He sees the lamp of eternity shining through the mist of transiency.

He rises from the howling tempest of birth and death.

Physically, he is, and will be no more,

but spiritually he is living forever, unborn and imperishable.

Because he has founded his kingdom in the Pure Land..

I am so grateful to have had the grace to be with you, Justin, Steve and fellow Teachers. To those of you who were not there, I sure would like to meet you at next year's conference. If I had not been there, I would be in a very, very different place right now.

Connie Hyde, Cedar Crest, NM.

Letter from Vicki Brodie re Conference feedback.

Listening to Justin speak about T'ai Chi Chih is one of those special experiences some of us can't seem to get enough of...soaking up as much of his wisdom and knowledge as possible...learning what we can while we have the opportunity to hear and discuss T'ai Chi Chih with him in person.

Justin's talk about being a spiritual person while having and acquiring wealth is something more people need to hear and heed so they can better understand what might appear to be a real conflict of values to them. I hope it was recorded and/or will be published verbatim in the Vital Force so it can be heard, read, and reread again and again.

Being at the Conference also gave me a chance to meet and talk with other T'ai Chi Chih instructors about their experiences, and to discuss a little further with them some of what they said in their articles I had read in the Vital Force.



WISDOM WORDS!

The in-visioning
of the Enlightened Heart
Can find only dim echo
thru grossly clumsy poetic lines.

- Steve Ridley

MORE CONFERENCE NOTES:

There sure are a lot of talented Tai Chi Chih instructors around as evidenced by Saturday night's entertainment. And what a delight it was to see and hear Justin, Steve, and Cricket making music together!

I am convinced we should have a conference every year. And again, I want to go on record as saying I will not miss an International Tai Chi Chih Conference unless some serious unforeseen circumstances keep me from going.

In addition to what I've already said, I thought my four roommates were great!...the tea ceremony a pleasant experience..the campus location just fine...and the food good and plentiful.

In addition to all of the above my husband and daughter met me Sunday night in Minnesota, and we spent a pleasant family vacation in the Midwestern United States. While I realize this might not work out for everybody, it gave us a good excuse to travel to and from somewhere none of us had been before.

..With love and joy to you all.

Lise Caestagne writes: Another great conference! A big family where unity and love are the key words. Once again Justin and Steve shared so generously their knowledge and their love. What a nourishment!

I think it was very nice to have Seijaku after the conference, the energy was already flowing. We were ready for it. The only way for me to describe those two and a half days is to tell you how I felt afterwards: Despite a very profound peace and calm feeling, yet a very high level of energy. I felt I was connected with the infinite source within me. Joy and Peace.

Jeanne Carlson-Linscott offers this: Many thanks to Justin for taking this time to share the HEART WARMING movements of Seijaku. Thanks also to Steve Ridley and all the participants for sharing their high vibrations. This was really a magnificent memory. I love you all.



Seijaku Graduates, Inver Hills

CONFERENCE FUND

We canvassed teachers to determine how many prefer annual meetings vs. meetings every two years. The overwhelming majority (94%) would like to meet annually. Teachers were in favor of creating a "Conference fund" to be used for the following year's conference facility or other expenses that need to be covered up front. The fund will be recycled each year. Pledges totalled \$240, and \$120 in cash was collected at the conference. Creating and circulating this fund will allow all of us to share the financial responsibility with the teachers/locality who sponsor the conference. **Connie Hyde**

Thanks to those who contributed to the start-up fund at the conference. Others may help by adding to this fund! Please send \$5.00 (suggested or more, if you wish) directly to Sandy McAlister, 24835 Second St., Hayward, CA 94541. She is currently handling the money for the upcoming deposit due for Summer Conference 1992.

Many are sure of the benefit of having a yearly meeting and as always, the more people who volunteer --the more evenly distributed the roles of service. May our resourcefulness continue to be joyfully expressed!

FUTURE CONFERENCE PLANS!

Due to the enthusiastic response to this summer's conference and Seijaku being offered adjacently, the format will be repeated in 1992. Pam Towne has volunteered her service as the main coordinator and will be aided mostly by southern California teachers (Rip Riparetti, Barbara Joy, Susan Webster, Barbara Lefforge) and any others who contact her to offer their help. See the calendar section for 1992 dates, etc.

The consensus was to alternate the years we are at Vallombrosa (CA site) with another state every year. 1994 is also being scheduled now in California for August. This is an indication that it's not too early for 1993 sites to be pursued by (Chicago rumored!) another group of teachers. For those who may be newly considering hosting a conference, the following hosts may be contacted for ideas/consultation on what is involved.

Sandy McAlister, northern CA contact: 510/582-2238

Carmen Brocklehurst, Albuquerque, NM: 505/299-0562

Jeanne Carlson-Linscott, recent Minneapolis, MN host: 218/751-3173

Some have written notes on planning conferences, all have lots of experience to draw from--this is a way of supportive sharing in TCC. Pam Towne says she plans on compiling a pamphlet to be passed along to future planning committees.



Conference
Conversations

Special

T'AI CHI CHIH CALENDAR OF EVENTS 1991-1992

1991

October 19-20 **Exploring Meditative Ways Workshop**
Sat. 9 am thru with Steve Ridley, Lafayette, CA
Sun. 4 pm CONTACT and Deposit payable to Liz Salada
 \$50 Deposit due Sept. 20; call after due date
 (\$135 day use; \$150 overnight); phone: 510/278-3263,
 1477 - 155th Ave., San Leandro, CA 94578

November 15 Deadline for submitting your news and information for the
December issue of The Vital Force.

1992

June 8 Teacher Renewal Course
June 8 - 13 Teacher Accreditation
 Bemidji, MN
 CONTACT: Jeanne Carlson-Linscott
 218/751-3173

June 22 - 27 Teacher Accreditation
 CONTACT: Steve Ridley
 303/322-7717

July 1,2,3 **Seijaku** (Write Justin immediately)
3,4,5 **7th International Teachers Conference**
 CONTACT: Pam Towne; phone 805/987-3607
 SAVE DATE! More information next issue.

1992 INTERNATIONAL TEACHERS CONFERENCE

Plan now to attend next year's Teachers' Conference at Vallombrosa!

July 3, 4, 5 (Friday evening, Saturday and Sunday)

Send your ideas for our 1992 Conference theme and/or logo to the
Conference Coordinator:

Pam Towne
2700 Ponderosa Drive #34
Camarillo, CA 93010

* * * * *

Good news! Justin will lead another Seijaku course in conjunction with the Conference at
Vallombrosa, Menlo Park, CA:

July 1, 2, 3 (Wednesday evening, Thursday and Friday)

If you want to attend, (or audit), write to Justin immediately.

FREE FOR THE ASKING

Teachers may receive the booklet form of Justin Stone's "Evolution Through Chi" by requesting a copy from: Carmen Brocklehurst, 9500 Prospect NE, Albuquerque, NM 87112.

Many thanks to Carolyn Shaw for transcribing the original tape and to Doug Shilson for putting the piece into booklet form. Also to Carmen for making the first copy available free to teachers.

Note: If you would like additional copies for your students, these will be available at printing cost plus postage (total to be announced). For large quantities or more information, call Carmen (805/299-0562) about this essential offering.

The Zen Way

In response to a teacher's question, Justin gave this reply. "Now" is a word, a concept. The experience of the NOW is a different thing. People say "All is One". Do they live as though All is One? They're just parroting what they've heard. To experience a timeless state is wonderful--to imagine it is nothing. To "Unite Sense and Essence" is the Zen Way.

MONKEYSHINES IN MINNESOTA

ENTERTAINMENT ENJOYABLES WERE PRESENTED BY.....

Conference roommates, Vicki Brodie, Barbara Lefforge, Rip Riparetti, Diana Celmayster, and Barbara Joy generated belly-laughes with some very creative variations of TCC as choreography to an old standard: "Nothin' could be finer than to do TCC in MN in the morning! Nothing' could be sweeter than Justin when we meet him in the morning." Not to be outdone by these 'Butterflies Flapping their Wings,' Jim "Tevya" Celmayster's "If I were a Tai Chi Man" will not soon be forgotten...especially when you can yinny-yin-along with the lyrics provided up ahead.

The talent continued to pour forth in the musical movements of M.C. Mark Louris, whose guitar playing expressed the "Mood For A Day" beautifully among other songs. Christine.....sang a visionary song of her own writing. Paula Arnold captivated us with her interpretive dance while Dorcas Huenas recited the story about integrating the "Lover and Warrior" aspects of oneself. Wow! Barbara Lefforge's finger-snapping, rap rendition of the "3 Bears" was a welcome invitation bringing all inner "the inner child" out to play by a full-group boogie. The musical groove continued in a jazz set with clarinetist, Cricket Comey, percussionist, Rhythym Ridley and keyboardist, No-Bass Stone. None Unknown! When later some may have wondered, how then to top a convergence expressing such love, wisdom, fun and considerate sharing? Well, what did seem to sum it up simply was Linda McKenzie leading the clear, closing chant: "All I ask of you is forever to remember me as loving you."

Diana Celmayster sent these words to "Tai Chi Man", as requested by many at the conference. She says: My husband Jim performed the song for us having penned them but moments before our evening of self entertainment. He would now like to perfect them, but they come to you in their raw, unpolished state, sung to the tune of "If I Were a Rich Man" from *Fiddler on the Roof*. I bid you a Happy, Yinny Yang Day!

If I Were a T'ai Chi Man

Refrain:

If I did Tai Chi,
Yinny, yinny, yinny, yinny, yinny yang,
All day long I'd yinny, yinny yang,
If I were a Tai Chi Man.

Wouldn't do it very hard,
Yinny, yinny, yinny, yinny, yinny yang,
Softly round in circles I would go,
If I were a T'ai Chi Man.



I'd draw the Chi right up the soles of my feet,
And park it in my Tan Dien
Fine fluttering hands, they would go
Around the platter. I'd be so great as I carried the ball,
But of ego I'd beware
I can do the pulley; want to see?...TSU

Repeat Refrain

"Still waters," I'd discuss with Justin,
*I'd tell him why the moon had disappeared,
So peaceful, calm, serene I would be,
Then maybe Seijaku he would teach me,
I'd to it seven hours of every day,
I can do the bass drum, Want to see? SHUI

Wouldn't do it very hard
Yinny, yinny, yinny, yinny, yinny yang,
Softly round in circles I would go,
Then the CHI it would begin to flow,
Vital health within me it would glow,
If I were a "Tai Chi Man."

*This refers to Justin's teaching at the conference.
"When the waters are still, the moon appears.
When the waters are still, the moon disappears."



OVERHEARD AT CONFERENCE: Q: When doing Seijaku, is the resistance mostly mind or body? A: 60-40 when going to the left, 40/60 to the right.

"It isn't necessarily "time" that readies candidates, but quality of commitment and willingness to apply one's self whole-heartedly "

PREPARING TEACHER CANDIDATES

Steve Ridley

I want to thank those teachers who have been contributing well prepared candidates for teacher accreditation courses. Your conscientious work is very much appreciated.

In my recent experience, while conducting teacher accreditation courses, I have encountered some unexpected challenge. Rather than giving a detailed account of these situations, I feel it would be more useful for me to make general statements regarding what I expect from teacher candidates. Please be mindful of these points so that future accreditation courses can be experienced to greatest advantage by those involved.

1. Teacher candidates must perform the movements in an expert manner. This means that candidates are confident in their execution of each T'ai Chi Chih movement, without hesitation. They know how to begin each movement and how to conclude each movement, effortlessly.

During the first two evenings of class, we devote time to refining each movement and correcting minor flaws. However, an accreditation course is supposed to focus primarily on how to teach the movements, and if candidates who are uncertain of their movements are recommended, the potential opportunity for learning is diminished and the true purpose of the course is missed.

↳ Through Justin's TCC text, the two TCC videos and TCC Guidelines pamphlet, contributing teachers and candidates can be certain that each movement is being performed as it should be. Also, with the advent of the "Teacher Renewal" classes now being offered, there is really no excuse for not being well informed and confident about how to perform each TCC movement well.

2. Teacher candidates must be of the appropriate temperament to represent T'ai Chi Chi'i. A teacher of T'ai Chi Chih must be a sincere, caring individual who is clear minded and emotionally stable. Teachers have to possess the capacity to effectively assist others. If one is psychologically unstable or problem centered, it is doubtful that any useful interaction can occur within the context of teaching TCC.

The ideal kind of teacher candidate is conscientious, sensitive to others, patient, well integrated and willing to learn. Most who are naturally attracted to teaching TCC are likely to have these qualities, but we must be sure of this before contributing candidates.

3. Teacher candidates must have an attitude of respect for T'ai Chi Chih and the accreditation process. When candidates enter the training process with trust and openness ("empty cup"), much useful learning and development takes place. The ideal attitude to bring to an accreditation course is: "I am here to absorb everything I can from the instructor, assisting teachers and fellow candidates, that will contribute to my evolution as a TCC practitioner and teacher." If candidates resist being corrected, are disrespectful of the process and attempt to modify the program to suit themselves, little good can be accomplished. Candidates must be willing to rise beyond their ego-limitations in order to embrace and accommodate new information. This is a primary consideration/requirement for each candidate.

(Please see TEACHER PREP, p25)

TEACHER PREP (cont. from p24)

Because a teacher accreditation course consists of only 24-hours, it is imperative that each candidate be well prepared, so that we can take full advantage of our time together in quality sharing.

Ideally, I'd like to have each candidate apprentice with me until they have had adequate time to integrate what I have to impart. This isn't practical in today's world, and many would be denied the opportunity of learning T'ai Chi Chih. Instead, our teachers are expected to continue to qualify themselves as they teach - to continually aim for mastery.

Thank you for your sympathetic attention on this matter of preparing teacher candidates. JOY in all, Steve

Barbara Peller, a recent graduate from the Chicago teachers' course, writes Steve: "I sincerely want you to know my deep gratitude for the teacher training you provided; without it I would never have known how to move the Chi with skill or confidence. Now when I teach, my moves and words and my energy are pervaded by the honest truth and ease, that first came to me, as you taught us how to really connect with the Chi.

I am humbled by the power of TCC, and the gift of being able to help others access such an essential substance of life.

In peace and love, **Barbara Peller, Northfield, IL**



Chicago Teacher Training

Jayne Uchacz of Powell River, B.C. is very anxious to get started on classes. T'ai Chi Chih is too beautiful and soothing to be kept to oneself. I recently had a great loss. It was not easy but TCC has helped me in many ways (over the past 1 1/2 years). Once again it has come to the rescue...giving me strength and calm. Life goes on and I give many thanks to those who have given and taught me about a lifelong friend, T'ai Chi Chih.

COMMENTS FROM GOOD KARMA

Jean Katus, Publisher

A big thanks to everyone at the conference who stopped by the Good Karma Table to chat and to make purchases. It was great to see everyone! We appreciate your support.

Those teachers who did not pick up a copy of the teacher survey to complete, please let me know and I'll send you one. For those who did complete the survey, many thanks! Our gratitude, also, to those who contributed to the additional photocopying and mailing costs to send the survey to teachers who were not at the conference.

We'd like to welcome Pam Towne back as an active teacher distributor. She will supply materials to teachers in her area--so those who live near her, please contact her. Our other active teacher distributors (check which ones are close to your area) are Carmen Brocklehurst, Guadalupe Buchwald, Jeanne Carlson-Linscott, Christeen McLain, Liz Salada, and Susan Webster. Welcome to Susan, too, our newest distributor.

HEIGHTENED AWARENESS is back in print at the same price as before--\$7.95.

Joseph and Nathan Segal (performing artists on the cassette "From You I Receive") have a second tape available through Good Karma. It's "Songs from a Course in Miracles, Vol. 1" for \$9.95. Whether or not you're familiar with "A Course in Miracles," you'll enjoy the upbeat songs on this tape.

Bente Sjordal, one of our teachers, has translated a shamanic novel from Norwegian into English that Good Karma is in process of publishing. It's called **IN SEARCH OF THE DRUM** by Ailo Gaup. Look for more information about it in the next Vital Force.

Jose Arguelles, originator of the first Earth Day and of Harmonic Convergence, has offered for Good Karma to republish his book **THE TRANSFORMATIVE VISION**, essentially an art history book. Please send us names and addresses of artists and/or art historians you may know of so we can contact them when the book becomes available. For those who were not at the conference and would like to receive Jose's latest information on "Dreamspell," let us know and we'll send you a handout at no cost.

Good Karma is now doing referrals for people who ask for certified teachers in their area. We're in process of preparing a list of teachers who are willing to travel to teach. If you are such a one, please let me know, and include to what area(s) you are willing to travel.

Editor's Note: VFI will be sharing information we have received from the Teacher Questionnaires returned to us. Much of what was asked was to assist in referrals of traveling teachers, those serving special needs/groups, etc.

IF YOU HAVE NOT SUBMITTED YOUR QUESTIONNAIRE/INFORMATION IT IS NOT TOO LATE. WE ENCOURAGE YOUR RESPONSE AND ADDITIONAL COPIES WILL BE MAILED TO THOSE WHO REQUEST THEM.

CHANGE

Justin Stone

The truth is, people don't want to give up their habitual way-of-thinking and responses, even when they know it makes them unhappy. For this reason reformers and missionaries are wasting their time. Though to give people means for evolving, such as T'ai Chi Chih and Meditation, *when they ask for it*, is certainly not a waste. Nothing helps individuals evolve more than these two activities, and as they evolve, their thinking and habit patterns will change.

HAIKU

hands like passing clouds
float effortlessly through air
stirring not my thoughts

calm center abides
while legs stay rooted earthward
strong yin-yang balance

flowing left to right
back to front then resting pose
grand circle of Chi

T'ai Chi Chih will bring
an endless joy through movement
peace in heart and soul

Rosalind Braga
June 1991-Teacher Renewal

JOY AND CHI

Steve Ridley

Joy is innate to each person, but the exclusive mind-body orientation perpetuated by most prevents this knowing; this experience. Joy becomes conditioned: "I feel joy when..." This is an illusory overlay - superimposed limitation arising from conditioned mind - or Reality amnesia. Joy is ever at hand, for Joy is a fundamental aspect of our essential Identity, and need not be limited by conditionings.

Chi is the prime nourisher of the mind-body. It is the inexhaustible fuel by which all forms of life are sustained and transformed. Through T'ai Chi Chih practice, we come to realize a more tangible and conscious relationship with this universal force.

THANKS

MERCI BEAUCOUP!!! TO...

Virginia Shilson for continuing to provide us with samples of her fine Chinese brush work to grace the pages of this journal. Each encounter with Virginia's creative force is indeed, "A Brush With Bliss". Many enjoy the presents of her gift! To inquire about her note card designs write or call (or review p. 27 of VFJ Spring 1991 issue for more information)

Susan Caputo-Hudgens who has begun to lovingly volunteered her talents in writing and editing for the VFJ recently.

Linda Braga for sharing the collating task of the last VFJ. Around the dining room table at Lois' a few hundred times is another form of extended practice, Linda will contest.

↑ Susan Mahaney, (Lois' daughter) whose capacity to decipher and creatively print out information is so attentive to detail (like the systematic preening of a mama kitty (she has three cats).



Conference Hostesses, Inver Hills

CONSIDERATION FOR COPYRIGHTS

If teachers want to use art or written material printed in The Vital Force, permission is required. This is out of respect for the author/artist who presented their work and also may have paid a substantial amount for a logo, for example. Should this consent be withheld, it is a basic business ethic to honor the individual's right.

VFJ makes additional journal copies available to teachers at a reduced price (2.50 each). This is one option for sharing the content in classes, etc. Please be sure to contact the contributing individual to request other specific use of their copy. If you are unsure of the individual source, VFJ will help you to determine it

T'AI CHI CHIH FOR CONTINUING REFINEMENT

Steve Ridley

In T'ai Chi Chih we open ourselves physically by moving with "softness and continuity", providing a greater entry for chi, the refined spiritual energy to inter-penetrate our mental field and physical body. For this process to function optimally we must not only relax our body deeply, but also allow the thinking aspect of our mind to surrender into the feeling aspect by relaxing into a refined sensitivity. When we practice the movements with this desired emphasis, an opening for the increased flow of transforming spiritual energy is created which usefully impacts the mind-body, bringing a concrete influence for refinement, integration and increased capacities for creative expression and enjoyment. When each movement is brought to its conclusion, the attitude of open stillness embodied in the "Resting Pose" brings the fullest absorption and assimilation of the refined spiritual energy that has been attracted during the performance of each movement pattern.

This cycle of opening the mind-body, receiving an infusion of chi, then allowing it to be absorbed is repeated each time we practice T'ai Chi Chih. In time the infusion of spiritual energy through the mind-body becomes dynamic and continual, as the mind-body improves the capacity to receive and transmit spirituality. T'ai Chi Chih practice is aimed at increasing our ability for expansive expression and fulfillment; living wholly by actualizing our deepest potential as spiritual beings.

*When Chi changes, the state of mind is altered.
This is the great secret and the basis of real healing.*

From Meditation for Healing
by Justin Stone

T'AI CHI CHIH MAKING NEWS

Daryl Isenberg of Highland Park, IL sent a copy of a newsletter from the Cancer Wellness Center, (CWC) dated May 1991 with this article.

T'ai Chi (with a picture of our bird)

"One of the most successful programs at CWC is the weekly Tai Chi Chih class. The simple movements of this meditative exercise bring increased energy, health, balance, calmness and joy. You can practice T'ai Chi Chih anywhere, at any time, and change your state of mind/body to one of serenity within minutes.

Daryl also included an article from the Chicago Tribune, Northwest People/Places section that was six columns and included a picture of Daryl leading a class. The article lauded the Cancer Wellness Center and the people who work there and those who contribute to this not-for-profit organization.

Sandi DeLeon, accredited in Bullhead City, AZ this Spring, sent an article on TCC (which has been excerpted) and picture which appeared in the Needles and Mohave Valley Times in June. "The discipline is a series of 20 movements that are easy to do and, with practice, can help one experience stress release, good health, harmony and wholeness, according to this newly accredited teacher.

"People are becoming more interested in integrating quiet, gentle movements along with active, aerobic exercises."

LETTERS FROM TEACHERS

Carol Ann Scanlon Mission Viejo, CA writes: T'ai Chi Chih is a vital part of my life, I feel like it's been a part of me forever. I have an exciting TCC experience coming up! I will be teaching Soroptomists International of Garden Grove, CA T'ai Chi Chih. My dream is to be able to teach T'ai Chi Chih at the International Soroptomist Conference in 1992 or 1993 (last year's conference was held in Japan!) Eleanor Roosevelt once said, "The future belongs to those who believe in the beauty of their dreams." The practice of T'ai Chi Chih accelerates the capture of those dreams! Happy Chi!

GIVE YOURSELF TIME

In the June issue of VFI, at the end of Justin's article "Fundamentals," he mentioned...."No one ever reaches perfection in TCC--as it is a living evolving practice--and the Joy lies in the journey itself."

Bernice Playle, Minneapolis, MN also feels, "If we, as TCC teachers, encourage students that the "process" is more important than reaching an end "product", I think they would be learning a valuable focus for their TCC practice."

An excerpt follows from an article which Bernice shared which highlights this message. It was written by a student from traditional methods of tutelage in the Korean martial art, hapkido.

"A session with Master is not just a workout, it is also a lesson in life. I always feel enriched after leaving...From the beginning the learning process was slow and often difficult...many times I considered quitting, a fact Master recognized.

One afternoon Master invited me to have tea with him. After he served, he began, "You will never learn to do any endeavor properly unless you are willing to give yourself time. I think you are accustomed to having everything coming easily to you, but this is not the way of life or these arts."

"I am patient," I said.

"We are not talking about patience. To be patient is to have the capacity of calm endurance. To give yourself time is to actively work toward a goal without setting a limit on how long you will work."

He had touched the core of my problem. I had given myself a set amount of time to become reasonably proficient in this style, and I was frustrating myself because I didn't seem to be achieving the goal quickly enough. When I eliminated the deadline from my mind it was like removing a weight from my body. Equally important, I used Master's advice to resolve another problem I was working on. By removing the (time) constraint from my mind and approaching the project without an arbitrary limit, I was able to dedicate myself and work without anxiety."



Roxann Post (recent graduate from Bullhead City training) shares this: Thank you for your excellent teaching and the gentle guidance and support you gave us all. I feel very privileged to have met you and have the opportunity to learn from you.....

EXCHANGE OF ENERGIES

I sought out T'ai Chi Chih more with the hope of enhancing my spiritual evolution than for more "down-to-earth" reasons...and I have not been disappointed. Not that my mind and body aren't realizing the wonderful benefits of practicing TCC as well--seldom have I found myself so emotionally open, or my physical awareness so acute as when I do TCC.....I began a lifelong spiritual journey following a rather profound (and at the time frightening) experience when I was twelve. The path has been bumpy...and lonely...at times; but the moments of "light" have fed the fire, and I have no doubt that I am traveling in the direction I need to be.....My intuition has always told me that reality, as we perceive it, is a heavily filtered rendering or interpretation, of the "true" experience. As imperfect as my TCC is, it still seems to reinforce this perception and to release in me a new freedom to experience with greater openness and clarity.....An interesting sensation I sometimes have is that, not only is everything "connected", but nothing is "fixed" or solid; that I, and everything around me are in a state of constant movement (on a small-particle level). TCC intensified this--at time-- and I almost feel myself moving in and out of whatever--and all--that is around me.....I would like to tell you how comforting and exhilarating it was to hear you voice many of my own thoughts and feelings. I've had little opportunity to interact or share with others with a similar direction. (Thank goodness for books.) When I said it had been a very special week, I meant that. I truly enjoyed the exchange of energies among those of us in class.

SPIRITUAL WORK

Steve Ridley

Our essential spiritual work is concerned primarily with transmuted tensions and transcending limitations - that have arisen through reactive living - that are unnecessarily perpetuated within the mind-body orientation.

Spiritual actualization proceeds efficiently through the willing and courageous action of releasing - progressively through time - all self-created resistance to Reality based living. This process is assisted by the regular and correct practice of T'ai Chi Chih and through the deliberate application of the profound life-principles upon which it is based.

EVENTS COMMENTS

SAN DIEGO SEMINAR

It is difficult to describe in words what a Heightened Awareness Seminar with Justin is like. We truly became aware, but for me it was the awareness that began to happen as I took the exercises I had learned and began practicing them.

WOW!! One thing I received was clarity on how to introduce T'ai Chi Chih to San Diegans. Since the seminar I have contracted with the Naval Hospital to hold a weekly class for their employees. They did all of the P.R. and I did two different demonstrations. The response was so positive that we may have to find a larger room to house all of the students.

I also have a contract proposed to a Senior Citizen High-Rise sponsored by The Lion's Club of San Diego. The response there was also overwhelming after just one demonstration.

My 8-week classes have more students in them than I have ever had in my 2-1/2 years of teaching here in San Diego.

I have numerous private lessons that I am now teaching, when I previously had only two private students. A mountain retreat area has called me to discuss doing weekend T'ai Chi Chih workshops at their retreat. I am having so much fun scheduling more and more demonstrations. Is it a coincidence that my ability to produce a T'ai Chi Chih awareness in San Diego began shortly after the Heightened Awareness Seminar? No, not a coincidence, but truly the heightened ability that Justin taught me to create through some very simple but extremely powerful techniques. Or perhaps it was Justin's beautiful, unselfish, serene energy that opened a new Heightened Awareness in San Diego. Thank you Justin for allowing me to realize and experience that intuitive power and strength within me.

The letters and comments I have received from most of the people who attended have "filled my cup". They have expressed the beauty and grace of enlightening abundance they received from Justin's gentle guidance. I was told by one that she was taken to a new level of spiritual union. I know each person there felt an infusion of Chi in Grand Abundance. What a fantastic experience it was for me to be the host of such an event.

Spiritually, it took me to a new level and I am very grateful for that. It was very special for me to have Justin come to San Diego and open a "new energy" here. Plus from the contacts I made through doing the seminar, I have opened a lot of beautiful doors for T'ai Chi Chih teaching here. Love & Chi!

Susan Webster, San Diego, CA
San Diego

Letter from a Heightened Awareness participant at the seminar Susan Webster arranged.

A most memorable weekend; great experience and wonderful people.

I never thought I would have the chance to meet and to learn from Justin in person.

I shall thank you with every T'ien Tai Meditation, each toning I murmur and every clicking of my teeth.

Thanks for the memories. Elizabeth

MY DAILY JOY!

Ruthmarie Arguello Sheehan is a contributing writer for a relatively new publication called *New Mature Woman*. In the June issue she was asked to comment on this question: I have traveled in China and observed great numbers of people of all ages doing T'ai Chi. What is it, and could I benefit as a mature woman?

Her answer: T'ai Chi has been called the gentle power to good health and happiness. Some call it meditation in motion. Some call the slow-moving exercise movements gentle, effective body/mind discipline. Some call it a health system.

I call it my daily JOY! The combination of graceful body movements and the powerful inner peace they produce helps to keep my balance in my busy life. I find serenity in the midst of activity.

T'ai Chi Chih practice helps to generate, circulate and harmonize internal energy flow. Students claim results of reduced stress, overcoming fatigue, increased creativity and heightened awareness in all areas of life. I have even found in my traveling I can avoid jet-lag problems by doing my daily 20 T'ai Chi Chih movements.

T'ai Chi Chih is catching on all over the U.S. Good health and inner peace are universal needs. T'ai Chi Chih instead of coffee breaks may eventually be popular in our culture as they have been in Asia for many productive years.

POWER THAT MUST BE SHARED

I came to TCC with 20 years experience as a teacher of centering, energy awareness, and meditation. I have studied ki (chi) in my practice and teaching of aikido, massage, and energy healing. TCC excites me because it so quickly facilitates the joyous state of mind -- or, no mind. When I first began practicing TCC, I experienced bliss. I might have kept it to myself, but when I read that others, too, had this joyous experience with T'ai Chi Chih, when I read their poetry and the metaphors that describe their practice, I knew for sure that there was power in the movements, and that they must be shared. Thank you, Justin!

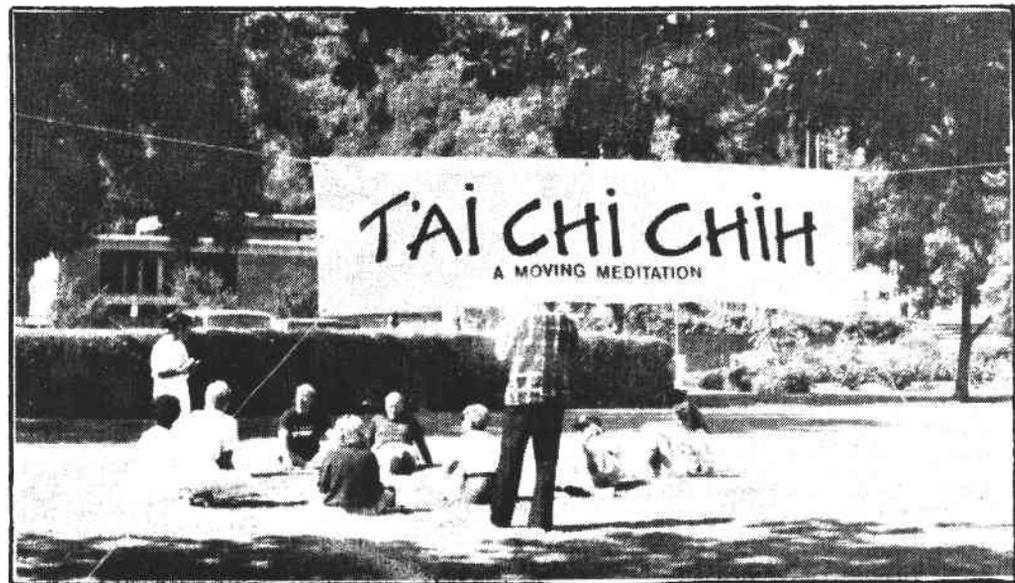
Teaching TCC has been a joyous experience. We often practice on the beach; we've been photographed for a local newspaper, as well as for National Geographic Magazine! For our 6th wedding anniversary, Richard and I led about 40 friends and students through the movements on the beach at sunset. It felt like an ancient ritual, giving love and longevity to our relationship.

I also teach the movements at an addiction rehabilitation center. The clients appreciate the "natural high".....A quote from an article of mine, "A Moving Meditation", published in *New Awareness Magazine*: "Performed daily, a movement such as Rocking Motion provides us with a habit-forming pause which will soften our lives and lift our spirits. A habit which can become second nature. A pause that can truly nourish our soul and remind us of our divine connection.".....Thanks for The Vital Force. It is so helpful to link us all together.

Diana Daffner, Sarasota, FL

HEALTH AND FITNESS FAIRS

From San Jose, CA, we learn that Donna Shaffer presented Tai Chi Chih at the first annual "Get Fit Los Gatos" weekend, July 20 and 21 on the Civic Center lawn. Newly accredited teachers Susan Hudgens and Dona Marriott assisted, as did teacher Carroll Buchwald. Donna turned Los Gatos residents on to Tai Chi Chih by practicing and teaching at the Central Park in Los Gatos twice a week for two months prior to the event. Participants in the Mind, Body, Spirit segment of the weekend were aware of and open to the balancing benefits of both movement and stillness. Donna worked with the event organizers and will be involved in planning next year.. In 1992, Donna says, "TCC will be on the Main Stage! Donna was invited to present Tai Chi Chih at TANDEM Computers recent Health Fair held after work on July 26. Dona Marriott and Susan Hudgens assisted Donna in demonstrating several of the TCC movements. TANDEM's theme for the Fair was moving toward total health. Tai Chi Chih was offered as the flip side of quick, aerobic exercise. As a follow up TANDEM employees in Santa Clara (CA) had the opportunity to study TCC with Donna Shaffer at their job site August 19-22 from 5:30-7:30 pm.



Los Gatos Health & Fitness Fair

Carmen Brocklehurst: From giving a free demonstration, I was able to share TCC with the administrator of Health Activities for a school system in New Mexico. She received such benefit from the short presentation that I was given a contract to teach a class for the teachers in the system. At present we are working on another contract for administrative personnel. In July Carmen taught Tai Chi Chih for the International New Thought Alliance in Tampa, Florida with over 2000 people in attendance. The workshop was part of the morning health program for all five days.

CALLING IN THE FISH

Greetings from my Pacific Island home! First of all I want to thank you again Liz, for all the help you gave me during the T'ai Chi Chih class; for making the arrangement with Donna Shaffer for my private lesson; also for your note and the certificate I found waiting for me. Thank you also for the *Vital Force* publication. I find it very informative and encouraging.

I've been doing T'ai Chi everyday. There are a few of the Sisters who are interested in learning. In fact we were at the beach July 21st and three of us did T'ai Chi Chih. It was great. One of the men was teasing us. He saw us doing Pulling in the Energy and asked us whether we were calling in the fish.

At present I'm doing nothing except enjoying my freedom. I'm waiting for my acceptance as a Chamorro teacher in the Public School System. It's mandatory to teach our Chamorro language in public school. Our younger kids do not know how to speak our language. I'm a little nervous and scared.

I will appreciate you sending me your T'ai Chi energy. Know you are in my prayers--Thursday is my energy prayers for you and the 'gang'. Love,

Sister Mary Joseph Quichocho, Guan



A T'ai Chi Chih group holds a sunset celebration at Siesta Beach. The group is led by Diane Dattner who teaches a class on Siesta Key. For more sunset pictures, see page 13.

TEACHER NEWS

Lucy Hocking, Salsbury Cove, ME: It seems like just yesterday that our first Teacher Conference was held at Asilomar (Ed. note: Lucy coordinated it).....I am alive and well in Maine, here on Mount Desert Island. The island is home to Acadia National Park - the 2nd most visited national park in the USA--The Smokey Mountains being 1st! And what a great place to do T'ai Chi Chih! I hope many people will come to visit and share in my great good fortune living and working on this island paradise--joined to the mainland by causeways at one location. If you live on the East Coast, please refer your students, family or friends to me. I have Chi and will travel! As my classes grow I hope to one day sponsor a teacher training in New England/Canada.

NEW TEACHERS WRITE

Totally enjoyed our Teacher Training week with all involved. Starting to get things put together so I can begin teaching. I would appreciate some information (in for of) letters, news articles, etc. I understand there is a lot of good information available in the back issues of The Vital Force. I have an opportunity to appear on a radio and TV talk show and really need solid back up material. Anything I may do with success, I will send on to you, and any other teachers that it could help. (VFJ will receive same.) I feel this is one big new family land I am looking forward to my relationship with the family. Warm Regards,

Bill Fisher
Palm Desert, CA

(Editor's Note: We have copies of all VFJ back issues available (33 to date). As indicated near our copyright in the back of each journal, teachers may request extra copies for \$2.50. Please inquire about the reduced rate which applies when ordering all back issues.

Another option: Currently we are working with Justin to publish those articles he considers the "cream of the crop." The compilation of select articles from the past issues will span those published from VFJ inception in 1984 to the present. This special issue will be announced as available.

SUPPORTIVE ASSOCIATIONS

This past May, twelve new TCC teachers were accredited by Steve in Bullhead City, AZ. Eight of those are local to the Bullhead City area and many have been practicing together for a number of years, having been brought together by our wonderful friend and teacher, Joy Barbour. Having become so very close, we wanted to continue our association. We are doing so by meeting at one another's homes once every month for an evening of TCC and sharing. We begin the evening with one time through all the movements along with either Justin's or Steve's tape. We then discuss and work on particular refinements of the moves, helping each other as we do. We then go through the moves again, without the tape, and each taking a turn at leading. Afterward we relax over refreshments and discuss our classes, as well as other things in our lives, and leave feeling renewed and warmed. I'm certain many others have similar "get-togethers" and for those who don't, I think you would find it a very enjoyable way to maintain contact and nurture a supportive relationship with fellow teachers.

Chi and love to all,
Roxann Post

GREAT STRENGTH IN FOUNDATION

Thank you for sending me the Summer Solstice issue which I found to be full of interesting and vital information to absorb and share. I am a new teacher, fresh from beauty and struggles in Victoria all to balance with continued, steady, soothing practice, practice, practice. Thanks to the lovely people there, to Steve Ridley who teaches by Being and to Justin Stone for great strength in foundation. I am feeling the connection in All that is. Thanks again for expression of this Vital Force.

Tamzan Johnson, Camano Is., WA



Three Teacher Training Courses took place since the printing of the last VFJ. (Addresses and phone numbers for these teachers are included in the new TCC Teacher Directory.

CONGRATULATIONS!

10 new instructors were accredited June 8, 1991 in Alameda, CA. We welcome to the community of teachers in CA's extended Bay Area:

Paul Ciske	Joan Guintoli	Susan Caputo Hudgens
Linda Meyer	Dona Marriott	Kevin Thompson
Mary Sternas	Barbara Riley	

and to the global family of new teacher we greet: Sr. Mary Joseph Quichocho of Guam, and Sr. Evelyn Geraghty of Ireland

We were happy to join with these teachers at the preceding June 1st Teacher Renewal:

Theda Gillespie	Sandy McAlister	Daniel Finn
Christa Keller	Hope Ridley	Vicki Brodie
Linda Braga	Adele Wenig	Luba Blumberg
Margaret Weber	George Balliet	Valerie Smith
Christi Jurata	Cass Redmon	Martha Immel
Joan Torrence	Liz Safada, Host	Valorie Taylor

Many also visited the Teacher Training Course including Joy and John Barbour.

In CANADA, over a dozen accreditations were presented to northwestern U.S. and Canadian teachers in Victoria, B.C. on July 6th. Best wishes to:

Nichole Calestagne	Ursula Bridge	Olive Biram
Betty Rudosky	Phyllis Hatch	Stan Biram
Sharon Slater	Jayne Uchacz	Jocelyne Apchin
Valerie Dion	Tamzan Johnson	Ed Dumaine
Nadine Stewart	Schaddelee	Rahshelle-Lei O'Cullmain

Course hosts were:	Renee J. Wilson	&	E. Carole Gates	Lia Ridley
Attending teachers:	Verna Wenger		Louise Hansen	
Rosaling Cook	Gail Neufeld		Donna Moore	
Mary Naidu	Marylin Ollivier		Maureen Cadden	
Jeanne Jacobs	Betty Somerfield		Lavana Kilborn	

The Training hosted in CHICAGO, IL brought certification to 9 more mid-western TCC teachers. Salutations to new accreditees:

Drena Culaney	Meagan Everett	Sr. Dorothy Ferrell
Alice Holden	Jamie McDonald	Nancy Mayer
Barbara Peller	Sr. Linda Reicke	Phyllis Grzeczka

Visiting teachers included:	Alison Douglas	Daryl Isenberg
Hannah Hedrick	Bill Neilsen	Michael Martin, host

NEW TEACHER DIRECTORY AVAILABLE

We are happy to announce the availability of the newest Teacher Directory! Our special thanks to Susan Mahaney for all her persistent work with the database toward making the directory obtainable this summer.

Teachers may request a copy of the new directory by sending \$5.00 to: The Vital Force, 1477 - 155th Ave., San Leandro, CA 94578.

The directory is made available for the referral of accredited TCC teachers. It is updated with new addresses and phone numbers to encourage contact with other teachers. Copyright is intended to maintain information confidentiality and to avoid the directory being used as a mailing list for other interests.

Consult The Vital Force Journal for updates to this Teacher Directory. Each quarterly issue will include new listings of recently accredited teachers, changes of name, addresses, and phone numbers. Please check your listing in the directory to see that it is correct. Send all new information to our address above. Wrong addresses incur the cost of return and remailing which will be unnecessary if you will send in corrections promptly.



Teachers' Directory
August
1991

WHERE OH! WHERE

Does anyone know where **Anita (Page) Wolberd** is? In the '70's she was in Albuquerque where she taught Jean Katus; the last known location was Pt. Hueneme, CA. If you know where she is, please let the Vital Force or Jean Katus know.

* * * *

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih
and conductor of Seijaku (Advanced TCC) Courses

Steve Ridley: (303/322-7717) Spiritual Head of T'ai Chi Chih and conductor of

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

Liz Salada: (510/278-3263)

- new publisher, The Vital Force,
journal subscriptions and submittals
- publisher of T'ai Chi Chih Teacher Directory

Jean Katus: (701/854-7459):

- publisher, Good Karma Publishing, Inc.
- distributor of T'ai Chi Chih instructional materials
and others related to spiritual practice
- contact for teacher referrals
- selling agent for Satori Resources

Lois Mahaney: (510/276-5718)

- Editor, The Vital Force;
- contact for teacher referrals
- update to mailing list and Teacher Directory

THE VITAL FORCE Journal of Tai Chi Chih
is published quarterly on a non-profit basis by
The Vital Force, 1477-155th Ave., San Leandro, CA
94578 510/278-3263

Liz Salada, Publisher; Lois Mahaney, Editor
Yearly subscription: \$20.00. If teachers would
like extra copies of THE VITAL FORCE for
their students, please send \$2.50 for each copy
desired.

Copyright 1991

by THE VITAL FORCE, San Leandro, CA 94578.
All rights reserved. Reproduction or use in any
manner of the whole or part of this document
without prior written permission of the publisher
is prohibited. Printed in the U.S.A.

VITAL FORCE JOURNAL OPERATIONS:

PUBLISHING AND MAILING SCHEDULE: Bulk-
mailed quarterly-to subscribers only-during these
months: March, June, September, and December.
Additional special issues as announced.

INQUIRIES: If you have not received your issue by
the 30th of these months, please contact us.

SUBMITTING INFORMATION: Deadlines are the
15th of the preceding month of issue (i.e. April,
May, August, and November), unless indicated
otherwise. Lengthy articles should be typed and
doubled spaced to be considered for print.

CHI!

Chi of Life
Breath within Breath
Flow within Flow
As Sea to Fish
As Sky to Bird
Surround Me
Ground Me
Life of Chi!

Alice Holden, St.Louis, MO



Fall

SUBSCRIPTION FORM for THE VITAL FORCE JOURNAL of Tai Chi Chih

- I am a teacher; send me the new
Teacher Directory. Enclosed is \$5.00
- Renewal or
 New subscription
 My subscription is current but please
note changes in address, etc. on your
mailing list.

Name _____

Phone () _____

Address _____

_____ Zip _____

Enclosed is \$ _____ (\$20/year)
for _____ year(s) subscription.

Make checks/money order in U.S. dollars
payable to: The Vital Force
and send to: 1477 - 155th Avenue
San Leandro, CA 94578

The Vital Force
Journal of Tai Chi Chih
1477 - 155th Avenue
San Leandro, CA 94578

**BULK RATE
U S POSTAGE PAID
PERMIT NO. 207
SAN LEANDRO, CA.**

ADDRESS CORRECTION REQUESTED

Your subscription is PAST DUE
For delivery to continue
please **Renew!**