



THE

VITAL FORCE

Journal of T'AI CHI CH'I Joy Through Movement

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Special "Tribute" Issue

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This special issue is a Tribute to
Justin Stone
in celebration of his 75th Birthday.



The Lotus symbolizes spiritual grace,
purity and perfection.

The best advice I can give to anyone who wants to be happy is: "Just remember that this life is temporary, is transient--so don't take it too seriously, and certainly don't become attached to it."

Love,

Justin

TRIBUTES TO JUSTIN ON HIS 75TH YEAR

The ancient adepts of the Tao (Tai Chi) were subtle and flexible, profound and comprehensive.

Their minds were too deep to be fathomed.

Because they are unfathomable,
One can only describe them vaguely by their appearance.

Hesitant like one wading a stream in winter;
Timid like one afraid of his neighbors on all sides;
Cautious and courteous like a guest;
Yielding like ice on the point of melting;
Simple like an uncarved block;
Hollow like a cave;
Confused like a muddy pool;
And yet who else could quietly and gradually evolve
from the muddy to the clear?
Who else could slowly but steadily move from the inert
to the living?

He who keeps the Tao does not want to be full.
But precisely because he is never full,
He can always remain like a hidden sprout,
And does not rush to early ripening.

-Tao Teh Ching, chapter 15
Translation by Dr. John C. H. Wu

I'm listening to a recent interpretation of Ellington's "A Train" on audio cassette - extremely inventive and amazingly fresh! Justin occasionally graces me with his home recorded renditions of jazz standards and original tunes, by mailing me his latest efforts. Of course I am very grateful for his open sharing in this way, but I am more deeply impressed by the demonstration of unique creativity so evidently processing through him, and not solely as new expressions of music.

Many of you are aware of Justin's fine, inspirational paintings, which have been enthusiastically received, primarily by audiences in northern California and Albuquerque, New Mexico. And, most of you have read from his authoritative books or have attended his popular workshops for needed direction and insight. These expressions and more are tangible hints of the dynamic flow of creative force at work within him.

Having originated T'ai Chi Chih - an accessible means for all people to achieve greater degrees of health, longevity and serenity - he has accomplished what many spiritual masters have only endeavored to do. This is genius!

I can never repay Justin for what he has given and continues to give, but I will gratefully foster what he has set in motion as best I can. I know that you are happy to do likewise, through your self-cultivation and teaching efforts. Being part of this work is a continuous blessing for each of us.

Words are inadequate to express our appreciation of you, Justin, but please know that we honor you highly and receive what you have to share as best we can. When I contemplate passages from the Tao Teh Ching, I especially think of you when I read chapter 15 (above).



Steve Ridley
Denver, CO

Justin,

As you approach a landmark in your life, my deepest desire is for you to be wholly embraced in love, peace and the great joy that you so unselfishly bestow upon others.

Dyanna Chowka
Eastsound, WA

Justin, I wish you well and to be in good health for the next 25 years.

Ben Levitan
Albany, CA

FOR JUSTIN

Dearest Justinsan,

Like the thousands of leaves on the tree there are many who have studied Zen, Oriental Philosophy, Tai Chi and so on, but of those thousands there is only one Justinsan. You have chosen, not only to learn the secret of your inner being, but to open your heart to life so that we too can have that same opportunity. What a beautiful way you have chosen, Thank You!!

Each of us from time to time, wonders if our life is making a difference in the world. Because you are teaching us of the preciousness of ourselves, not only through word, but through your every action, I am coming to believe that we can't help but do just that--make a difference. The difference that you make touches not only the lives of the Tai Chi Chih teachers but of each person you meet.

When you tell us that the student is supposed to surpass the Master, I realize what a beginner I am.

With much love I cherish the 75 years that you have spent with us and Thank You for making time to be here.

Happy Birthday

Love Always,

Carmen Brocklehurst,
Albuquerque, NM



JUSTIN STONE, GARDENER EXTRAORDINAIRE

We often hear Justin Stone introduced as an author, a painter, a lecturer, a pianist. True, he is accomplished in all these fields but, if you were to ask my opinion, I would say Justin Stone is a gardener.

Yes, Justin travels around the United States and Canada planting seeds. In well-prepared soil he plants seeds of Tai Chi Chih. The soil is prepared with thorough Teacher Training Courses and nourished with equal amounts of integrity, compassion and wisdom.

The gardener, however, cannot attend all his plants all the time, so he entrusts their cultivation and "nurturance" to you and to me. As teachers of Tai Chi Chih it is our responsibility to see that the seedlings Justin so carefully and thoughtfully produced continue to grow, to blossom and to multiply. Tai Chi Chih gardens are created to bring beauty and happiness to everyone the world over.

Virginia Shilson
Albuquerque, NM

A Special Message to Justin

You are so beautiful to me
You light up the lives of so many
Your selfless love and generosity cannot be measured in words
You are a bridge over troubled water
Because of you I am able to share and help others flow in the vast sea
Because of your gift of Tai Chi Chih I am able to see...Life, Love and Freedom....and I appreciate it!

Mi gwitch (Assineboin for Thank you.)

Jeanne C. Linscott
Bemidji, MN

SOME WELL-INTENTIONED DOGGEREL FOR JUSTIN

Jean Katus
Ft. Ydakes, ND

J - Joy you've brought us in a number of ways, most especially with Joy thru Movement.
U - Unlimiting ourselves is one of your valuable teachings
S - So we can meet our potential as fully as possible
T - To attain the highest good for ourselves and others
I - In spreading the chi wherever we go!
N - No words can thank you enough for all you are.
HAPPY 75, JUSTIN!--WITH LOVE FOR MANY, MANY MORE GLORIOUS BIRTHDAYS!

Tai Chi Chih cheers
For 75 productive years
Learning, sharing, giving,
Empowering, enriching,
energy living!
Vital, soft, rounded, Joy!
Happy wishes to "our" Birthday Boy!

Jeanne Jacobs
Stanwood, WA



Dear Justin,

Happy Birthday!

It's so wonderful to be going around the platter with you this lifetime. I tell you, what a joy to have such a FINE circle of friends that you pulled together for a party! And it's an ongoing event! Every time I begin to rock I feel the energy of all those that are connecting through the chi --

On your 75th...the very very best to you--as we all will continue with this healing connection.

Thanks for your essence.

Love

Christeen McLain, Patrick Curran, Kathryn Curran, Juno, Kim Jordan
Pintar, Carrie, Barry, and Mark Lussier,
Kathy and Bud McLain
Fargo, ND

A little ditty with thanks to Justin and Jean from Christeen

1978

Here I am, facing in life's circle until Jean pulls me

A round the Platter

Powerful

Peaceful

Yippee!!

1988

Boy it's amazing

I'm feeling better about me, about life, about

Relationships

This CHI stuff is pretty

Heavy for being so simple

Didn't think

All that's happened WOULD

Yippee

1991

Justin says

Up and down

Side to side

Take

It

Nice and slow



Love,

Chris

BIRTHDAY BLESSINGS

Fortunate is the man
who has found The Way
to a contented life.

Daring is the man
who puts aside worldly ways
to cultivate peace of mind within.

Humble is the man
who gains the wisdom of a sage
but wears not a robe and long beard.

Lucky is the man
who has many friends throughout the world,
to the North, East, South, and West.

Devoted is the man
who leads a meditative life
in the midst of 20th Century chaos!

Joyful is the man
who shares his talents and creative skills,
in art, music, and philosophy.

Happy is the man
who did all this
through Tai Chi Chih,
and love.

Who is this man?

He is Justin Stone.

Best wishes and love to Justin, on the occasion of his 75th Birthday.

Rosalind Braga
Castro Valley, CA



Dear Justin,

My advertisements state "Tai Chi Chih for Seniors, taught by a Senior." I'd like to include my Intermediate Care patients who perform TCC in wheelchairs, my M.S. group, my two OAP groups and soon to be joining my classes--the Arthritis support group, in thanking you for sharing your knowledge. What a wonderful feeling you must have when you think of all these thankful people whose lives have changed since learning T'ai Chi Chih. Mine has! Thank you!

Betty Sommerfield,
Duncan, B.C. Canada

* * * * *

I wish you a wonderful birthday, Justin, from an eternally grateful student!
Happy Chi!,

Carol Ann Scanlon, Mission Viejo, CA

* * * * *

Thank you, Justin, for enhancing our lives, by sharing your knowledge so generously with all of us. Many Blessings on your birthday and always!

Caroline Chavez
Albuquerque, NM

* * * * *

Justin:

It seems like only yesterday we were having cake to celebrate your birthday on the day I was certified at Morro Bay. During that celebration I still had not realized what an important influence you would have on my life. Thank you for opening the space and for giving so much of your life to share with us the true essence of T'ai Chi Chih. I am very much looking forward to the next 25 years of being your student. Happy Birthday, with Special Love and Chi,

Susan Webster
El Cajon, CA

* * * * *

Dearest Justin--

I send love and gratitude to you all the time not just on your birthday. How much of that must fly to you throughout the days from all who practise the gift you brought to us.

May your new cycle be fabulous--wonderful--beautiful! **GOD'S BLESSINGS ALWAYS FLOWING IN-THROUGH-AND AROUND YOU.**

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

Dear Justin,

Congratulations on your 75th birthday. Many owe you much for your inspiration and sharing. Ken and I are especially thankful for your friendship with Steve and Lia. Here's to many more happy years.

Hope Ridley
San Mateo, CA

And a wise westerner once said it best: "It is not as important how many years a fellow has lived as how many other folks are right glad that he had!"

Ken Ridley
San Mateo, CA

Few words to say
No music to play
But repeated thanks
To you day after day.

For T'ai Chi Chih and Seijaku
Wisdom shared by you,
Your music, your humor,
And just being you too.

Best wishes for good health
And good fortune continuous.
Happy Birthday Dear Justin,
On this occasion auspicious.

Most sincerely,
Vicki Brodie
Burlingame, CA

WITH GRATITUDE WITHIN
FOR CONNECTION AGAIN
TO THE INFINITE SOURCE
FOR T'AI CHI CHIH
GRACEFULLY DONE,
WITHOUT ANY FORCE
FOR THE VALUABLE CHI
THAT INSPIRES ME TO SEE
THE CONNECTION IN LIFE
THAT MAKES US WE
THANK YOU JUSTIN
FOR SHARING A KEY
AND HAPPY BIRTHDAY
JUSTIN
TO YOU, LOVE, ME.
Rip

Justin,

Happy 75th! Congratulations. Happiness and joy in all the years to come.

Thank you for sharing, so unselfishly, your knowledge and talents. You have greatly enhanced my life through T'ai Chi Chih and Seijaku; and in turn that of many of my students.

Joy and love,

Maureen Purves
Edmonton, Alberta, CA

Happy Birthday, Justin! This poem is for you.

One life touching many--
These lives rippling out to touch many more.
Thank you for your life of teaching, reaching
mine on distant shore, opening door, forevermore.

Welcome, new friend, words of welcome
to the Tai Chi family;
teaching others, we are one,
united daily in the great Tai Chi

Regina Horgan
Ridgecrest, CA



To Justin's 75th!

Once a Zen master said to his pupil, "Throw a stone in a pond and watch what happens." The pupil answered, "It made such an impact that it made ripples. And the ripples became larger and larger till they reached the edge of the pond." The master's reply was, "Consider yourself the stone and consider the world the pond." Well, Justin, you are a Big Stone. Happy Birthday from the bottom of my heart!!! How lucky we are to have touched ripples caused by a Stone named Justin!!

Shoko Purdy
Albuquerque, NM

Dear Justin,

For Your Special Day!

One of my most pleasant memories is when I had the privilege of helping celebrate your birthday at beautiful Vallombrosa during the first Seijaku class. Thank you for that special gift. For me, it was a double celebration since my own birthday was only a few days later.

In Love and Care,
EnJoy Barbour
Bullhead City, AZ

Justin,

This time allows the chance
to celebrate your life with you--the
qualities of which inspire creatively!

An apprentice of stones
resting in this riverbed
Reflecting knowns
as a mirror of water bends

While running trickles
of nature resound
Clear streams come and go
(where the probing mind now
who the seeking soul)

Steady on some sandy shores
Seeing closely stones
Still beneath the surface
Continually at home.

In loving appreciation,

Liz Salada
San Leandro, CA

Happy Birthday!
~Justin~

Afloat in deep surrender
To the movements--
The power of Tai Chi Chih
In some practiced hour--
In experienced splendor--
Garden of roses and
astor And always
remembering with love
~The Master~

John Barbour
Bullhead City
AZ

Justin,

I have never been able to sit and share deep, probing thoughts with you as some teachers seem to be able to do. In fact I don't believe I have ever had more than a casual two or three sentences shared. But you have touched my life in many ways--the sharing of T'ai Chi Chih and Sejjaku, my being able to share TCC with others, the wisdom you impart in your books (some of it too deep for me) and your music which I play frequently while reading or (forgive me) falling asleep at night. My life has been changed--it changed dramatically after I received my Teacher Accreditation back in '84 on my birthday. So.....Happy Birthday, and thank you, Justin, for enriching my life and, I hope, the lives of those I have touched and am now touching.

Lois Mahaney
San Lorenzo, CA

A Birthday Tribute to Justin
by Lia Ridley
Denver, CO

It's natural and easy for me to write about Justin Stone. I've known Justin since December 1977 when I met him in Los Angeles as I became accredited to teach Tai Chi Chih. As trite as it sounds I felt as I had known him before. I re-met a familiar teacher and friend in this lifetime.

The two qualities that stand out for me when describing Justin are spiritual integrity and generosity. These two characteristics are the basis for other related qualities, such as caring and love. I feel Justin's spiritual power when I'm around him, whether at an informal lunch or when practicing Tai Chi Chih in his presence. Justin has inner magnetism and strength which I feel has contributed to my own spiritual evolution and growth.

Generosity, caring and loving go hand in hand and Justin amply displays these qualities with everyone that comes in contact with him. I have seen him set his own needs aside in order to assist others, without any thought of return.

From the first meeting I felt Justin to be both a friend and a spiritual teacher. I have been enriched by Justin's supportive guidance and deep loving friendship.

I'm grateful, Justin, for all you have given to so many people and for all that you are!
Happy Birthday, Justin!

Love,
Lia

BIRTHDAY GREETINGS
from

Joanne Sultar
Berkeley, CA

Alice Holden
St. Louis, MO

Tara Stiles
Sacramento, CA

Justin:

75 years ago you were a diamond in the rough but after all these years of Tai Chi Chih polishing you shine brilliant and clear as the sun.

Viti Taylor
Sunnyvale, CA

All is gift, and I believe you are my/our special gift, dear Justin. My profound gratitude and affection--"Ad multos annos".

Sr. Francis A. Kay
Little Falls, MN

Dear Justin,

Thank you for sharing so much of yourself with us. Your teachings have enhanced our lives, and we are very grateful. We wish you all the best on your 75th birthday, and in the years to come.

Love,

Ed and Noel Altman
Redmond, WA

To Justin - *Happy Birthday!*

As a fairly new student of Tai Chi Chih and a "brand new" teacher, I take this opportunity to thank you for giving us all this beautiful program for increasing our physical and spiritual well-being. I find it very rewarding and centering, and am eager to share it with students. I am grateful for your inspiration, for Steve Ridley's and Valerie Smith's teaching, and for the fellowship of the Tai Chi Chih family.

Happy Birthday, peace, and many more years.

Barbara Riley
Orinda, CA

Dear Justin,

God bless you on your 75th birthday of life! Thank you for sharing that life with me through Tai Chi Chih. I am grateful for you day by day as the fruits of your labor extend to me and through me to others. You are an instrument of peace in our world that needs so much healing. Thank you for being such a gentle-man. God's blessings today, tomorrow and always.

Peace and love,

Sister Mary Ann Cirillo, O.P.
Canton, OK

Dear Justin,

It is an honor to have met you and to have had and continue to have the opportunity to learn from you. Thank you for your presence and presents.

Wishing you Joy and Love and Blessings
in abundance on your Birthday and Everyday.

Linda McKenzie
Regina, Sask. Canada

Justin--

Thank you for a joyful beginning.

Don Arenz
Moorhead, MN



For Justin -- with love on your birthday

She stood before me -- to learn Tai Chi Chih --
she a single person

(but with a diagnosis of multiple personality).

She told me she was seeking better integration of her "parts"
(not unlike me, but unlike me nonetheless).

She said we must begin slowly. She said she had many barriers,
especially about moving before another person.

She said she had experienced just about every kind of help.
But.....nothing much worked.

She was untrusting. She got close to no one.

She got tense from keeping her "parts" hidden.

She had back problems from being so overweight...but always ate.

She had knees that locked and would give her pain.

She tended to hold her breath.

We began slowly, quietly, with care.

I told her I always began slowly, quietly, with care.

I told her I welcomed her other "parts" to join us, when they felt ready.

I encouraged her to become softer in the knees and to keep breathing.

I reminded her to focus on her feet, solid on the ground.

We met one hour per week for a few weeks, one week at a time,
until she began to request one hour more. And she practiced on her own.

It happened slowly, quietly, with care.

And she began to talk more.

She told me about the self-carvings on her arms, how one of her "parts"
sought destruction.

We talked of carving a new way -- through space -- outer and inner -- reshaping her,
remolding her into a new and positive construction.

She said she liked that and saw the new form in the color purple.

She said she could breathe that color the most fully and began to breathe more fully
imagining it.

And her knees softened. And her gaze softened. And she ate less.

And she said she was breaking through barriers, not having so much pain.

And she would even dance improvisationally with me around the room -- with JOY.

And her "parts" began to join us -- first the male protector -- then the child -- then the
rebellious teen -- then the frightened adult,

Only through the Tai Chi Chih form itself.

They would come in and out of motions, in a changing as fluid as her performance of the
form itself -- with unbroken focus.

It was amazing to behold.

(cont.)

It was just as we were finishing the learning of the form that my family decided to move to Colorado and I knew our relationship would end.

The last day she gave me a loving note from ALL her "parts".

I knew that loving was her most difficult barrier to cross.

I felt JOYFUL that the Tai Chi Chih had helped to bring her "parts" into a more sharing vs. a warring relationship. I wished for that continuation, now that the form was hers.

Isn't that what it's all about? Thank you, Justin, for the gift.

Judy Murphy
Colorado Springs, CO

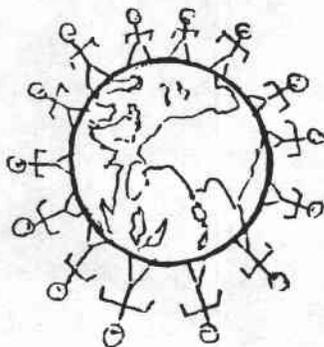
Tai Chi Chih---Joy Thru Movement
Peace Around The World

On your birthday, Justin, at 12 noon I will be doing Tai Chi Chih in your honor. I've invited others to join me as we globally calm ourselves for a moment of serenity in the midst of activity.

Because of your sharing, Peace is more than just a dream. Thank you.

Happy Birthday, Justin. With Love,

Jeanne
from Bemidj, MN



To Justin,

Joy,
Vitality,
Equanimity.

Tai Chi Chih
gives me
all three.

Tonya Garcia
Albuquerque, NM

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THE VITAL FORCE compiled written contributions provided by teacher-practitioners who extended their personal messages and birthday wishes in this format. Thank you all!

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