



THE

VITAL FORCE

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

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THREE STEPS ON THE WAY

Justin Stone

In my view, there are three things to be done (realized): To recognize, deeply feel, and accord with Impermanence. Then, and only then, is it possible to find out Who and What we are (transcending Impermanence). Finally, after realizing the above two, to go into the Marketplace and work with people. This is 'merging Sense with Essence'.

From my standpoint, these are the three steps on the Way. Techniques will vary, but the objectives are the same. And, in these ways, we transcend 'Greed, Anger, and Delusion'.

Eternity is in this moment.

Preparation for Spiritual Actualization

The best we can do
is tune ourselves harmoniously
in mind-body unity

In preparation for our Concert,
in consort with the Larger Life

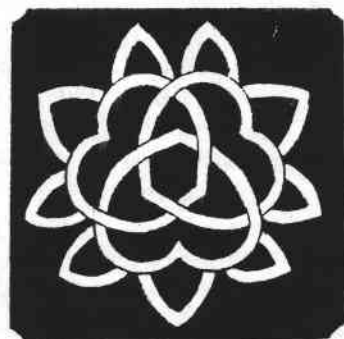
Suspended, without power
like a mute chime
on a windless day

Poised with potential
to sing uniquely

The Life-breath; the Spirit-wind
in perfect timing

Gives us voice
and our song is embossed
on the fabric of the ages.

Steve Ridley



Justin Stone is the originator of T'ai Chi Chih! Joy Thru Movement.
Steve Ridley is the Spiritual Head of T'ai Chi Chih.

This journal is dedicated to T'ai Chi Chih teachers and practitioners worldwide.
May it serve you in "Knowing the Real."

Reflections.....Along the Way

We have been fortunate to hear from readers who have shared some of their experiences from practice and presentation of T'ai Chi Chih. This issue seemed to form in answer to a call: to aim the content of our sharing in a spirit of service to each other. The resourceful accounts reflect this insight and purpose (essence and function), and the TCC community will now merit from your useful contributions.

As you read the journal, you will notice the expanded features projected in the last issue: Getting Started After Accreditation, Methods and Materials for Presenting TCC, Commentary on Articles, and Viewpoints on TCC Topics. Additionally, a surprise preview of the Teacher Survey relays what teachers feel is most significant to convey to their students about TCC. We are also thankful for the balanced diet of Justin and Steve's "food for thought" that continues to regularly enrich our menu.

Along with planning now to send your news and information by May 1st for the June issue of VFJ, please submit questions pertinent to TCC practice that you would like clarification on. VFJ welcomes questions relevant to movement mechanics, philosophical considerations, principles of practice, personal transformation, evolution, etc. Send your questions to VFJ "Q/A".

While you're looking ahead on your calendar, it's not far off for **Summer Conference and Seijaku (July 1-5)**! A wonderful opportunity for in-depth transmission of T'ai Chi Chih's essence and supportive association within the family gathering of teachers. Planning considerations have been aimed to offer options in accommodation costs, so all who wish to attend these events may. Be sure to see the enclosed events flyer with details to assist your arrangements (May 1st deposit deadline, e.g.). Plan to be present during this auspicious time!

Thanks to those subscribers who have been prompt at renewing subscriptions (by noting your expiration date on the mailing label). Many of these seemingly small conservation gestures bring economical saving to our small budget. (Much of our growing expense has been communication correspondent to teacher outreach and referral, so all your efforts help.) We are grateful to apply the donation received to these projects, and as others are bestowed, additional special issues of VFJ will form.

It has been a very rewarding year, since last spring's issue brought The Vital Force "back home." Our developing connections bring a greater sense of continued growth in the direction of worthier cause. May each solitary movement be experienced as the pervasive joy abounding!

Sincerely, in mutual accord,

Jiz S

*Spirit
Service*
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READER'S COMMENTARY

Thank you both for enriching our lives through Vital Force Journal. It is an important communications link for our teachers. I look forward to each issue, to find out what others are up to and to share in the growth of consciousness that is taking place among practitioners.

Thank you for doing such a fine job in representing Tai Chi Chih through your creative journal.

Much Love and Appreciation,

Steve



**A HEARTY SALUTE
TO LOIS & LIZ**

Justin's 75th edition was so well put together and laid out, rich in variety. The article by Bryan was good to read, his viewpoint seemed balanced and what he said rang true, especially about TCC smoothing out emotions and allowing release of unneeded baggage.

Constance Hyde,
Cedar Crest, NM

I look forward to each issue of the VFJ. You are doing an innovative and creative job!

I feel the TCC movement is gathering momentum. It should be an exciting and profitable decade for all active teachers.

Love and joyous "CHI" in '92--

Jeanne Jacobs,
Stanwood, WA

Vickie Brodie, Burlingame, CA wrote she had found many key articles in the recent VFJ applicable to everyday living and expressed appreciation to the contributors for their helpful and inspirational writings. She says, "Every adjustment I have made regarding "Important Movement Principles" that Steve suggested, has improved my practice. It was stimulating to feel the chi flowing up and down my spine and across my back during a recent practice. I am still studying the article to help continued improvement."

THOUGHTS ON PRACTICE

Steve Ridley

Only by moving slowly, with principles enacted correctly, do we gain profound and deeper comprehension of the Essence of Tai Chi Chih.

To move slowly without capably enacting the principles, practice is likely to be sluggish, dense and devoid of nourishment.

One must be light and agile like a cloud, expansively aware like the sky, and substantially connected to the earth like a great tree. Movement must be unified through all directions, within and without, which occurs with sensitive, comprehensive attunement.

CHI FLOW

Steve Ridley

In Tai Chi Chih practice, chi flows in conformity to each repetitive pattern, much like water poured into variously shaped vessels conforms to them. The specific postures of Hatha Yoga work in a similar way, to pattern and to direct chi. The movement patterns of Tai Chi Chih are designed to shape and direct chi in life-enhancing ways.

CHI

A river runs through my soul
Its source breathes life
which ebbs and flows
continuously
through heart and body.
Its springs bubble forth a
storm of energy, moving
upwards as if released under
pressure.
Its vitality is captured and held
within its shoals
until once again it rises.
Its channels diverge infinitely, then
converge, as one.
Its mouth gives voice and wisdom
to the ocean of life.

Sharon Slater

ATTENTIVENESS IN T'AI CHI CHIH

Steve Ridley

The greater the attentiveness, the more empowered the movements of Tai Chi Chih become. This is an important principle of TCC practice. Being fully focused and sensitively aware within the performance of each movement contributes to the enlivening of each pattern. Ideally, we enter into each movement with what might be termed "relaxed intensity," directing each pattern with total conscious attention. This helps bring the optimum chi flow to our current stage of proficiency in TCC, which of course evolves through time.

Even by practicing in a somewhat absentminded fashion we are able to generate and attract a measure of benefits, because the act of moving through the TCC patterns, even in a purely physical way, helps stimulate and balance chi to a degree. How much more effective it is to meet each movement with complete awareness, unifying thought and form - a true meditation in motion - which results in a more potent and comprehensive processing of chi through the mind-body.

The following two translations of a passage from The Song of the Thirteen Postures (unknown author), highlights the importance of bringing full attentiveness to our practice: A) "Speaking of the body and its function, what is the standard? The mind and chi are king, and the bones and muscles are the court." and B) "What is the correct application to the body? The mind commands, and the bones and muscles obey." The reference given here, of commanding the body to act, isn't meant to infer that there is a distinct division of subject-object relationship between the thought process and physical functioning. This principle is enacted in a more subtle, all inclusive context than for instance, a man ordering his dog to fetch the morning paper or a puppeteer manipulating the limbs of her marionette. Because of our sensitive application of attentiveness and feeling awareness in TCC practice, there is no clear distinction between thought and function, command and response. One simultaneously incorporates into the other. They are blended as one, through the agency of chi.

The "mind-body continuum" is not a theoretical concept. Mind-body unity is recognized and understood through the correct application of the above described principle. Again, TCC may be practiced as a "muscle memory" exercise, while disconnected thoughts randomly form and entrap our attention, and some good results will be experienced anyway. However, the potential potency and life transforming benefits are more likely to occur through intentional thought-function synchronicity, which is fostered when we practice Tai Chi Chih as a unified process. From this foundation, true integration and harmony unfold progressively.

A Useful Theme for Contemplation:

NATURE, MIND, SPIRIT

Steve Ridley

This continually manifesting sensory world of Nature is the unconscious shadow-projection of the inner world of the Creative Mind continuum.

Inner causes and effects result in outer causes and effects, which prompt inner causes and effects, etc. The interconnected world of Mind and Nature reflects an ongoing symbiosis that is selflessly sanctioned by the eternal, universal power of life: SPIRIT.

OBSERVATION

Beings doing, within all manner of assumption

Striving to connect, to align, to resonate with nourishment

Journeying amidst hopes and fulfillment yearnings
that arise from tomorrows and yesterdays

To attract or manifest "love" is laborious!
like forcing light through heavy laden clouds
or crawling through corridors of accumulated sludge,
desperately desiring to exit by chance

The mind factory, designing formidable phantoms of self-absorption,
producing love-diluting attachment-expectations,
fueled impartially by a dispassionate Force that fosters either
contentment-clarity or the seduction of delusive dramas

We may seek conceptual confirmations
or arrive at trust

We can co-project the Is or the Ain't, without distinction

What effort we exert to protect and assert our murky mind phantoms,
to manufacture superimposed restraints of conformity

Unceasing fresh observation, dissolves transitory entrapments,
banishing fraudulent discontent

We are Love,
and joyously Complete, now!

Steve
10-22-91

RANDOM NOTES

Justin Stone

I like Paul Reps' idea of sitting quietly for five minutes (better make it ten) each day and just allowing yourself to "receive". No thinking no technique, no mantra repetition, no watching the breath, but just sitting quietly in a chair. In Japan this would be known as "Shikan Taza", or just sitting. The great artisans of the past often did this before starting on some work, such as making a teabowl or a samurai sword. In fact, today, many dress in formal style, hat on head, while doing creative work--I have seen them. It is my feeling that ten minutes of quiet and 'receiving', plus Tai Chi Chih practice, may be enough. It is so easy to relax and do nothing, though sitting with the back straight, it may become difficult. We have our worries to agonize over, and, besides, we get fidgety. Therefore it might be good to do it after a little TCC movement. You may receive more than you bargained for.



join
us

enter
the
dear
silencing

(from Let Good Fortune Jump on You , Good Karma Publishing)

I advise the more serious-minded of you readers to scan Steve Ridley's poetry carefully. These poems are obviously the result of inner realization and offer something new to the written field of Spirituality. Your experience is not mine, and Steve's is definitely his own. I hope his poems will come out in some published form. As for me, my realization is different. After sitting meditation, one time, I was walking down the street and suddenly knew that everything from the trees to the people on the pavement, including the man taking his suits to the cleaner, the little girl bouncing a ball, and the person washing his car were all Singing the Glory of Creation. Realize that and you will feel a real happiness.

POETRY TO SHARE

As We Fill the Days with Meaning

The teaching without words
is the learning within things.
It is not something to be gained
but rather lost
to the world.

Just as clouds make rain,
rain makes clouds
nets are forgotten
once fish are caught.

If what we are
is what we can teach,
and such is the nature of our knowing,
then yes,
as you could guess,
I am fond of the pine
on days of gentle snowing.

Derek Hirsch, Santa Cruz, CA

Snowflakes

Pure - Immaculate
Blowing - Swirling - Blustering
Transitory Designs
Higher - Higher - Higher
Then Down
Resting
Nurturing - Quenching
New Growth
Underground.

Inspired by TCC practice

Sr. Dorothy Ferrell, Portsmouth, OH



THE RIGHT TOOLS

Wm. Nielsen, New Lenox, IL

Only one student shared the chapel space with me as we moved together in the changing light of morning. Five weeks before there had been six. Not too long ago I would have wondered what I was doing wrong that so many lost interest so quickly. Not anymore.

As we moved together through the daughters, I watched how gracefully, how purposefully, he moved. A giant of a man, built like a linebacker and slow of speech. I would have never guessed that he would be the one to embrace so completely all I had to share. He had the heart of a craftsman. And as we passed the time waiting for others to arrive, he spoke of his beloved harps. He is a harpmaker by trade, and he aspired to become in the world of harps, what Stradivarius became in the world of the violin. He spoke of how he came to know and follow that still small voice within. He spoke of how TCC quieted the din of the world. The noise that kept so many from hearing their own small voice. And he told me he realized there was no one thing that would make it all right but, by God there were tools, and it was up to us to recognize and use them. And finally, we found ourselves silent in the stillness that followed, I knew with certainty the class had been for him.

DAILY TCC PRACTICE? *JUST DO IT!* Steve Ridley



The main purpose for engaging in "spiritual practices" is to foster the unfoldment of our Authentic Identity, which is ever Pure, Complete and radiantly Alive. In T'ai Chi Chih we have a potent means through which this process can be accelerated.

Through the ongoing, daily practice of T'ai Chi Chih, we are able to quicken and alter our individual growth pattern considerably. Most people are content to move through life without really desiring any significant measure of self-transformation. They would like circumstances to improve to suit them, at their current level of development. Most are unaware that as we change ourselves, our world changes. And most aren't aware that it is possible to initiate self-transformation by participating in evolutionary exercises like T'ai Chi Chih.

If we intend to grow beyond our present capacity of Consciousness unfolded, regular practice of T'ai Chi Chih is necessary. Some only practice when they feel like it. A great yogi termed this "whim guided will", or going along with ego-centered mental conditionings, which keeps us from transcending our present limitations. He advised that people develop "wisdom guided will", which assures that progress of spiritual growth will continue, in spite of ourselves!

Each of us should be able to look back 1 year from today and recognize that tremendous self-transformation has occurred. The opportunity is awaiting our response, our action. T'ai Chi Chih at its best represents a means for dynamic spiritual growth. It is up to us to make the most of it.

TEACHERS WRITE

EVERY ASPECT OF LIFE

Just a note between my sessions with children at school to tell you about my joy in Tai Chi Chih! I am a school counselor, and a counselor at the Rape & House Crisis Center in Fargo and I teach Tai Chi Chih through an adult education program. I use Tai Chi Chih in every aspect of my life! I use it in my groups with children, my groups with teens and my clients at Rape & Abuse. I have found all ages and all walks of life enjoy the movements and softness of Tai Chi. What a delight to experience the unbelievable enthusiasm and energy. Tai Chi Chih has definitely brought new meaning and experiences in my life and I so enjoy sharing it with others!

Just a big "thank you," Justin! I also very much enjoyed meeting and working with you last summer in Minneapolis. Your stories were great and the energy you send, dynamic! Back to work! Thanks so much,

Melodye Gustafson , Fargo, ND



GENTLER IN TIME

I've been teaching TCC at our Senior Citizen Center (Missoula, MT) for one year now. I started doing it as a volunteer as that was the only way I was allowed to teach there. I felt a strong pull to teach there so I agreed. About six months ago the board came forth and said I could charge if I wanted. I discussed it with my class and they decided they wanted to pay, so I charged \$1.00 per person. That felt good to me. I receive far more than a monetary value. My class is a highlight in my week. Many of the students are anxious to share their results with me and of course, their doctors want to know what they're doing (that's lowering blood pressure, e.g.). Word is spreading here in Missoula about TCC, that pleases me--chifully!

I have two other classes weekly and enjoy traveling to present weekend workshops. My husband is a minister so it allows me to share TCC whenever we visit other Unity churches. Though workshops take more energy in preparation and teaching, I feel a tremendous growth and overall feeling of well-being when it's over. I'm sure that it will be gentler in time; as I do more, the anticipation will lessen so my prep time will be more fulfilling. Allowing me to grow at my own pace, is my gift to myself.

Blessing you in love Lynne Blackford, Missoula, MT

YIN YANG

The flood tide bulges out of the
sea and creeps upon the lands.

Lagoons fill until boats can float
and sail, and wide beaches become narrow bands.

The ebb tide runs the flood waters
back to sea.

Anchored boats settle down on tide flats,
and sandy beaches once again open up to me.

Push-pull. Push-pull.
The tidal ebb and flow never ends.

Sharon Slater

To be in, go out.
To be out, go in.

Cliff Tabor



Riding cycles
toward balance

Surfing life's waves of promise
again and again

The perfect wave never comes!

Steve Ridley

The pain of sophistication

The joy of simplicity

The Contentment of passionate neutrality

Steve Ridley

TCC EXPERIENCES

Excerpt of Letter to Justin

All is going quite well here in Southwest Florida and T'ai Chi Chih is alive and well in my life. Again, I thank you for channeling TCC into world consciousness at this time.

The TCC classes I'm doing are all "One on one". I have no group classes at this time.

I'd like to share an experience with you that happened with one of my students. This person is a professional massage therapist and she came to me asking if TCC could possibly help her with her patients. (My stock approach to questions like this is to: first, make no promises!!! Then I share some of my own personal experiences with the practice of T'ai Chi Chih. This approach works quite well and it keeps me away from the position of being vulnerable to "Egg on my face" if the promises aren't realized.)

After I talked with her several times, she decided to proceed with lessons and now plans on utilizing her TCC experience to be better able to help her patients. After class the other day we talked about this and did a little experiment with each other--because she was feeling quite a bit of pain in her shoulder and my back was bothering me a bit. *What we quickly discovered was that, after a TCC practice session, both of us could "Scan" the body with our hands and very clearly feel a distinct sense of heat radiating from those places where the Chi flow was clogged by tension, strain, injury or spinal misalignment.* Also, I deliberately cut off my own Chi flow at the wrists and she could feel heat radiating from both wrists.

Her plan is to subtly and discreetly work with her patients to see if she can consistently sense the heat radiating from areas of Chi Flow blockage. Then she can apply massage therapy right at the spot and relieve the pain.

I can see no moral, legal, or ethical problem with this because she doesn't have to even touch her patients! We both could feel the heat with our hands several inches away from the other person's body. I think this fits in well with the healing philosophy of "First of all, do no harm!" Sort of like Jewish Penicillin (Chicken soup), it can't hurt. It could very well wind up doing a world of good if it increases her effectiveness as a hands on healer.

Sort of sounds like something right out of the Outer Limits doesn't it? Believe me, it's true! It happened! I stand again in total awe of what can happen with T'ai Chi Chih!

I plan on keeping in close touch with her as she proceeds into this adventure in healing. I am also going to suggest that she keep a diary of her experiences, good and bad, as documentation. Perhaps she'll write a book someday.

Again, thank you for T'ai Chi Chih.

Sincerely,

David J. Belz, Fort Meyers, FL

A SUGGESTION

Virginia Shilson

Share the quote below with your students. Through daily practice of TCC, one not only provides himself with maximum health and happiness, but the resulting healing vibrations extend through-out the universe, benefiting all creation.

"Each person is his or her own best healing source. The ultimate responsibility for feeling good and being well cannot depend on another person."
Justin Stone, *Meditation for Healing*

NO COASTING!

Steve Ridley

Tai Chi Chih is practiced periodically by some, to assist occasional health challenges. This is a "responsive application" of TCC practice. One feels flu symptoms coming on and begins to practice in order to balance the internal chi flow, which in turn remedies the symptoms and wards off the flu. This type of application is fine, yet wouldn't it be better to balance the chi flow regularly by practicing each new day? Perhaps then the flu, common cold, and other symptoms of imbalance would not be experienced in the first place.

By practicing TCC each day, regardless of the way we feel, we help build a considerable level of health and well-being which is more substantive than the average person experiences. Being consistent in our application of chi balancing, we achieve a deep harmonization and are less likely to fall 'victim' to health problems. We continue to accumulate reserve forces that contribute strength and resilience. As Justin has often stated, "Tai Chi Chih practice is cumulative!"

It's Eeeeeaaaassssy!

"When the cloud is dispersed the moon reveals itself without any effort."

Effortless progress is a benefit of regular practice of Tai Chi Chih, yet the above quote is from YOGA VASISTHA, which is thousands of years old. The principles behind Tai Chi Chih are universal principles, principles we may find in many practices of value and merit. There are many pathways to the one, universal TRUTH. Tai Chi Chih is a simple but powerful pathway.

Virginia Shilson, Albuquerque, NM

TEACHER NEWS

Sr. Alice Holden shares:

I would like to tell you what has been going on in St. Louis. I am the only T'ai Chi Chih instructor and have begun to set up classes. People have been very interested. However, I believe I have a lot more PR to do and many more demonstrations before the people really know that it's here.

I began teaching the classes one hour a day, twice a week, mainly because I was looking for another job and didn't know how long I'd be in the city. When I got discouraged with job-hunting, I decided to go into teaching TCC full time and, after consulting with a continuing education person at a local university, changed the class format to fit six one and a half hour classes. I then advertised for three such classes and am teaching them now. I've nine in two of them and only five in the third, but it's a beginning.

In the afternoon I have a class at a retirement center. The folks love the movements, though most are done in a sitting position. I am also scheduled to have classes at the Jewish Community Center and at Maryville University in their spring session.

Although churches are often very busy with their own agendas, I have found some quite eager to have me teach TCC as moving meditation. I had 22 sign up after a Sunday demonstration. Fourteen came to classes. Other churches also responded favorably. I believe the program is very helpful to people involved in twelve step programs, also.



Getting Started (Cont. from p. 15)

Donna Shaffer suggested introducing the prospective students to TCC by offering to "cool-down" aerobics and stretch classes with a few of the movements. The Activities Director got the Aerobics Director's approval, so a week before the first scheduled class I showed up 4 evenings and a Saturday morning to do 10 minute presentations at the conclusion of these classes. Thirteen people signed up and TCC was taught at CLUBSPORT in Fremont, CA this past Nov. -Dec.!

First-contact to first-class took 2 months. The very day of the first class was the final go-ahead from the Director.

And they want to offer TCC again! For this next session, the Club and I split the cost to have a lobby sign made with a plaque where the class dates and times can be easily changed. I also requested both a day and evening time for a "free introductory lesson". The first free lesson had an excellent turnout with the majority in attendance enrolling for the course beginning February 3rd.

Perseverance, patience, remaining open and flexible - practicing T'ai Chi Chih principles help to set up T'ai Chi Chih classes!

GETTING STARTED - AFTER ACCREDITATION

Susan Hudgens, San Jose, CA

Many tasks await the newly accredited teacher; where does a green teacher begin? Starting out: time to choose which of the many teaching possibilities to approach first. Feeling assured that I will eventually pursue a myriad of ideas over a period of time was useful so not to be overwhelmed by the multitude of avenues - community centers, adult education, church groups, clubs, private classes, etc.

It began by being available to assist my original teacher as she scheduled and made presentations. All I had to do was show up and follow her in the movements. Easy, since that was what I had been doing for over 2 1/2 years prior to accreditation! Dona Marriott and I nicknamed ourselves "Donna Shaffer's clones." We were successful in many ways. We supported Donna in helping to make her demonstrations more effective. We got to be together doing Tai Chi Chih. With absolutely no risk to us, we learned how to move in front of a large group of people. And we absorbed as much of Donna's poised, relaxed and confident style as we could possibly open to.

Next "Who ya gonna call...?"

Pursuing the want ads under Health, Fitness, Instructor and Teacher as a regular exercise paid off in a TCC way! Answering a request for Health/Fitness Instructor at CLUBSPORT in Fremont, CA, I boldly filled out an application and offered Tai Chi Chih. Personnel never contacted me, but the Hostess/greeter at the facility liked the idea and she gave me the Activities Director's name.

After several attempts to connect, the Activities Director suggested I mail her some information. Then her curiosity-or was it intuition?-kicked in. She asked a specific question.

This opened up a 10 minute dialogue with me garnering detailed answers to my questions about "how can we make this work." Our discussion included how to offer the course - class sessions twice a week for 4 weeks or once a week for 6 - 8 weeks. She was concerned students would lose interest if they had to commit for longer than one month. Next was how to charge the members. She felt the fee should be less than they would pay elsewhere or privately. We began negotiating my wage - hourly or a percentage of the total revenue. We talked about ways to promote the class within the club to ensure sufficient enrollment. Then we were ready to make an appointment to meet and discuss the details further.

Steve Ridley gave me practical advice: In the beginning bend to the wishes of the group or facility that is interested in Tai Chi Chih. Listen to hear how the administrators normally set up classes with other teachers. Whether it be by contract, by the hour, by class size, by percentages, be agreeable and comply

←← (Cont. on p. 14)

T'AI CHI AT THE TOP OF THE WORLD

Jo Rigg, Helena, MT

I would like to share a T'ai Chi "happenings" which occurred in the last few months. Our route during part of a vacation trip to the midwest, took us through the Black Hills of South Dakota where we planned a stop at a very special mountain. It is called Bear Butte - the sacred mountain of the Sioux, Cheyenne and other tribes of Native Americans. Crazy Horse and Sitting Bull of the Sioux sought visions there; Sweet Medicine was given the four sacred arrows and the laws of the Cheyenne nation on this mountain. Since my husband and I have long been interested in Native American history and religion, we were anxious to visit this sacred site. Early in the morning we began the three-mile hike to the top. The views as we circumnavigated the mountain were spectacular, as was the scenery close at hand: pines and junipers "decorated" with colorful prayer ribbons and offerings (usually tobacco) were tied to trees all along the path. I have never experienced a more holy place. When we reached the top, we made our own prayers and offerings and sat down to absorb some of the spirit of the place. I decided to do some T'ai Chi - to connect with the incredible energy of that sacred spot. I don't even remember what movements I did, but I do recall the feeling: as if the energy of the butte was passing through me to connect with the universe and vice versa. The peace and holiness of that place remains with me yet.

*T'ai Chi as a means of uniting with the energy of nature and the universe
- a powerful experience indeed.*



Tree on mountain



T'AI CHI CHIH ON PIKE'S PEAK

Judy Murphy

I am a daughter on the mountain top ---
pulling in the energy of the everchanging view before me.
It is first misty, with the clouds passing by,
Then open with clarity and expansiveness.
I notice the subdued late-afternoon light at the top of my head.
It moves down through my temples, chest, abdomen, legs, feet,
soles of my feet, then up through my body again,
to my deepest soul..
It warms me to the barren but richly calm scene around me.

I see cars passing in the last bend of circling road before me.
They move with diminished speed, with caution.
I hear footsteps pass in the circle of road behind me.
They move with diminished speed, with caution.
I feel myself pass within circle after circle that I create.
I, too, move with diminished speed, but with confidence.
I know my rocking motion will not unbalance the gently rocking
stones beneath me.

I am suspended and yet rooted in time.
I am peaking on this peak new to my experience...14,000 feet of high.

I quietly fulfill my joyous breaths.
I quietly absorb the healing of my soundless sounds.



SNEAK PREVIEW OF TEACHER SURVEY FINDINGS

by Jean Katus

A big thank you to all teachers who took the time to respond to the teacher survey! At the end of January when this article was written, 133 teachers had completed the questionnaire. The responses have been sincere and well thought out.

Since some responses to specific questions appeared a number of times in slightly varying form, they have been summarized in phrases and classified into general topics. The list is in order from largest to smallest number of similar responses. As there is still much data to compile and report on, this is by no means even a preliminary report. All responses will be taken into account when the full report is written. What follows are some of the responses (what teachers say) to question #15:

"If you were to make a single statement about the most important aspect of Tai Chi Chih you want to convey to your students, what would it be?"

practice itself is all important
one needs to experience TCC to appreciate it
its significance is beyond words
serenity within activity
softness/continuity as vital aspects
assistance in knowing Self (peaceful & calm "you" inside)
self-value/a special time for oneself
yin-yang balance to life/harmony
advice to relax and flow, not worry about being "right"
effectiveness in circulating & stimulating internal energy
understanding of that circulation
healthful way of life/healing
sense of well-being in body/mind/spirit
rejuvenation of system/energizing
advantages for rest of one's life
advice to stay focused and centered
joy/enjoyable/joy thru Movement!

(Cont. on p. 19)

Teacher Survey (Cont. from p. 18)

Some specific comments encompassing what several teachers said include:

"Practice: empty (to fill),
listen (to learn)
feel to know."

It's an excellent vehicle to move people physically,
quieting monkey mind."

"Rejuvenation of the system---
to go the distance while we are here on the planet."

"It can assist us out of automatic living
and into being more mindful."

"It is...a way to connect to that place within
that is always at peace, full of wisdom and perfect health."

"Finding the source within your own nature.
Go outside to learn the techniques,
but sincerity in your own practice is the key to success."

T'AI CHI CHIH FOR CREDIT

Some questions have arisen about teaching T'ai Chi Chih for college credit or for CEU (Continuing Education Units) credit.

To find out about the requirements for approval for college credit in your locality, it is best to check with the college or university Continuing Education department. In general, a course syllabus is required, as well as your credentials to teach the course. (In some cases, advance degrees are required.) The Continuing Education department can give you guidance on how to complete the forms and/or information they need. A committee usually meets to approve new course offerings and to decide how many credits can be issued.

CEUs are issued through your state departments of Nursing and Addiction Counseling. You need to check with them to see what their requirements are. North Dakota is one state where T'ai Chi Chih is offered for CEUs for nurses and addiction counselors. Christeen McLain is the T'ai Chi Chih teacher responsible for getting CEU approval. You can contact her for further information at 817 1st St. N., #2, Fargo, ND 58102; phone 701/235-0449.

+++++

Carmen Brocklehurst and Ellen Tatge have begun exploring the possibility of having CEU credits granted for 8 week classes (in addition to the currently accepted weekend format). The Albuquerque, NM TCC Teachers Group is considering this project as an undertaking to bring TCC to the New Mexico Nurses Association more fully.

CALENDAR NOTES

Copies of Teacher Training forms available: Jeanne Engen of Bemidji, MN has a surplus of information/registration forms for the June 8th Accreditation Course. Teachers may save on duplication expense by requesting multiple copies for distribution to prospective candidates by calling 218/751-3173.

Preparation for Denver Teacher Accreditation Course - After about five years, Denver is finally having another Accreditation Course, June 22-27, 1992. We are doubly excited because we have eight (maybe more) candidates from the metro area. Bryan James and I are holding free pre-accreditation classes every three weeks for the candidates from now until June. Other teachers in the area have also been invited to participate. We not only expect to have additional active teachers in Denver, but hope to establish a very informal teachers association here. I want to thank all of you for the positive thoughts you have been sending our way which are making all this possible. Joyfully, Pat Hill

THE INTERNATIONAL TEACHERS CONFERENCE

Plan now to nurture yourself, your TCC practice and your TCC teaching by participating in the July Conference. It will be held July 3-5 at the Vallombrosa Conference Center in Menlo Park, CA. A special thanks to the 36 teachers who have already sent their deposit. (Note: The Jan. 10 deposit data printed in last VFJ was a request for early registration, NOT the deadline.) See Deposit information under May 1st deadline below.

SEIJAKU

What is Seijaku? Stillness in the midst of activity...the advanced form of Tai Chi Chih...applying one additional principle to TCC practice which greatly strengthens the flow of chi. Experience it for yourself July 1-3. If you have taken Justin's course in the past, come to review it and see what he has added with the Maximum Chi Program.

IMPORTANT DEADLINE

The Deposit Deadline is May 1st to confirm your attendance at Teacher Conference and/or Seijaku Accreditation-Review. See the detailed information on the enclosed flyer. Outlined are tuition fees where applicable and a few accommodation options to assist your planning and best serve your needs. To confirm your attendance note this important information:

- May 1 \$75 deposit Due for July 1-3 Seijaku Accreditation; or
\$25 Deposit Due for those auditing Seijaku as Review.
Check Payable to: Pam Towne/Seijaku
- May 1 \$45 Deposit Due for July 3-5 International Teachers Conference
Check Payable to: Pam Towne/TCC Conference
(Indicate single room on your check, if you want one, a few are still available. The additional cost is delineated on enclosed registration form.)

SEND TO: Pam Towne, 2700 Ponderosa Dr., #34, Camarillo, CA 93010

Note: If it is not possible for you to send your deposit by the May 1st deadline, write or call Pam (805/987-3607) by this date stating your intention to attend and when you can send your deposit.

1992 T'AI CHI CHIH CALENDAR

- March thru June **Preparation for Denver Teacher Training Course** consists of once a month sessions with Pat Hill and Bryan James. See notes at left.
-
- April 1** \$25 Deposit Deadline for TCC-Meditation Workshop with Steve Ridley. See more information under event date, April 25 below.
-
- April 10** Your feedback is welcomed on Conference Program Planning. Please send your thoughts and ideas to: Pam Towne by this date (address pg. facing).
-
- April 17-21** Spring Renewal: TCC and Meditation Retreat, Guadalajara, Mexico
Contact: Instructor Barbara Joy 805/963-5627 of Santa Barbara, CA
-
- April 24-25** **Teacher Preparation Workshop, Fargo, ND** For more specific information contact any of the 3 hosts in MN, Jeanne Engen 218/751-3173; Fri.eve. in ND, Jean Katus 701/854-7435 or Christeen McLain 701/235-0449.
all day Sat.
-
- April 25** **One-day TCC-Meditation Retreat with Steve Ridley, San Jose, CA**
Contact: Susan Hudgens 408/926-5664 or Liz Salada 510/278-3263
Cost: \$50; \$25 is due by April 1st. Students & teachers welcome.
-
- May 1** New Deadline for submitting your news and information for the June issue of The Vital Force. See VFJ Operations pg. 38 for more information.
-
- May 1** **Conference and Seijaku Deposits Due.** Details on facing page.
-
- June 8** **Teacher Renewal Course with Steve Ridley, Bemidji, MN**
8 - 13 **Teacher Accreditation Course, Bemidji, MN**
Contact: Jeanne Engen 218/751-3173
-
- June 22-27** **Teacher Accreditation Course, Denver, CO**
Contact: Steve Ridley 303/322-7717
-
- July 1-3** **Seijaku Accreditation or Review Course with Justin Stone**
Wed. eve Menlo Park, CA Contact: Pam Towne 805/987-3607
Thu.& Fri. Basic course fee \$300 for accreditation, yet total cost varies depending on
days accommodation choice. See enclosed flyer for options. Accredited teachers reviewing the course pay accommodations cost only.
-
- July 3-5** **7th INTERNATIONAL TEACHER CONFERENCE,**
Fri. 5pm Menlo Park, CA Contact: Pam Towne 805/987-3607. Cost: \$195
thru shared room & meals; \$145 commuter's facility use & meals; or \$225
Sun. 3pm private room & meals. (Note single room preference on your check if you want one. 8 remain to date and will be assigned on "1st come" basis.)

TEACHER NEWS

Lisette Tingesdahl, Janesville, WI recently finished a **PRENATAL CLASS** with TCC as main theme. She noted, "It was very interesting and helpful to the couples granting both personal understanding and a coping mechanism--relaxation tools for all."



Lisette Tingesdahl's flyer reads: **T'ai Chi Chih** keeps one in the "Here & Now", which brings concentration, innercalm, increased energy, creativity and better health.

CHILDREN'S TCC WORKSHOP IN ALBUQUERQUE, NM

Donna Bundock and Loretta Shiver presented a workshop on T'ai Chi Chih to a group of middle school children in November 1991. The theme of the event was understanding of self-expression through clarity in the sense of who and what we are! Both Donna and Loretta enjoyed bringing T'ai Chi Chih to this age group.

T'AI CHI CHIH and THE ELDERHOSTEL

Bullhead, AZ

We all experience the reward of sharing T'ai Chi Chih with our students. One of my rewards is teaching the Elderhostel when they come to the Mohave Valley Community College. Recently I taught a class of 38 students, all over sixty years of age, and I loved every minute of it!

The participants are young and enthusiastic about life, and are ready to try new things. Most of them love T'ai Chi Chih and I always provide them information on the TCC book, the videos and names of teachers in their area. This class was from as far away as New York, Florida, Texas, Washington, California, and many other states.

Each time, they stay a week, and in addition to TCC they are offered other enrichment classes, such as photography, art, and plant life field trips and even "Casino Science."

I am scheduled to teach TCC at an Elderhostel class again and am looking forward to another "rewarding experience."

Love, with Chi!

Joy Carle Barbour

TEACHER NEWS

Rashelle O'Cullmain, Syracuse, NY is teaching TCC at Unity Center, Delphi Healing Art Center, and three classes for ambulatory-terminally ill, those with progressive diseases.

Barbara Lefforge, Long Beach, CA writes: I had a booth at Chevron's "Think Tank" location in Brea where all the R & D nationally takes place. It was at their "Wellness Fair" and I showed the video passed out literature and showed employees some movements. I am hoping to get a contract to teach TCC at a clinic in their Fitness Center.

Kanta Lipsky, Arlington, MA (formerly Karen Kanta Shigley) writes to reconnect to the TCC organization/family: I am on the faculty of Interface in Cambridge and of Lesley College, where I have taught Tai Chi Chih to augment my massage classes for the past seven years.

Barbara Joy shares this: I recently taught a seven hour day of Tai Chi Chih: "Serenity in the Midst of Activity" for the University of California Santa Barbara Personnel Office's Training and Development Division, to staff and faculty. By the end of the day, practicing with this group was heavenly! I was riding high the next day! In January and February I will be teaching three TCC courses for Santa Barbara Recreation Department. I scheduled a morning course, and two evening courses. Because they want their classes to be monthly, I set it up with a four week course, "Level 1": ten movements and another four week course, "Level 2," the remaining ten movements. Corinn Codye taught at the Rec. Dept. a few years ago. She is well-remembered and highly thought of there. I will also be teaching a course for cancer patients and others with severe illnesses called "Dance Alive! A Healing Experience." In a beautiful room with a view of the ocean, we will begin each evening with a Tai Chi Chih movement. We will then do creative movement with guided imagery meditations and music. Thank you, Justin and Corinn! March 17-20, I will be leading a daily early morning TCC practice at the American Holistic Nurses' Southwest Regional Conference, "Whirling Rainbow: Celebrating Unity and Diversity," in Sedona. A great excuse for me to go to Sedona! In April I will be teaching a four hour course to the staff on Stress Reduction using guided imagery, sitting meditation, breathing and several Tai Chi Chih movements. I'd be happy to share the proposal I made if you want to try it at your university.



VIEW POINTS

The Vital Force offers a forum for focused exchange among readers. Feedback on articles/topics and diverse "viewpoints", expressed in constructive ways, are most welcome. "Viewpoints" may be submitted as a brief commentary/letter or other format; send to VFI/Viewpoints.

Open Letter to T'ai Chi Chih Friends **Topic: Correction of form for TCC Instructors**

I believe most TCC teachers sincerely want to improve their form, to take off the rough edges, to become more flowing and soft, and to embody the principles of T'ai Chi. We do this through daily practice. And, to increase our awareness of our form through self-evaluation, practice in front of a mirror (or sliding glass door) and/or video tape our own movements for analysis. We also can seek correction/evaluation from our original teachers, and of course from Steve and Justin.

It's true that everyone moves in a uniquely personal way, and so each has strengths and weaknesses in their performance of the twenty movements. The Teacher Review provides an excellent opportunity to refine our form and this refinement benefits our students as well as ourselves. In the Performing Arts such as dance, the master teacher may demonstrate some steps or sequence of movement, then stand and observe the dancers while they perform. Ongoing refinement and suggestions are given personally as the person moves (by directing them to "bring your arms in, lift your head" or whatever is needed). The sequence is repeated many times, so that the brain/body can integrate these new movement patterns to an automatic level. I feel that all TCC teachers should be given individual correction in the context of a review class, or special time (for teachers only) set aside at Conferences. I do feel that correction should not be given when teachers meet at 7 am for morning practice at Conferences. It disrupts the meditation and puts everyone on edge.

There is a time and place for correction. Every teacher should be open to refinement suggestions. Let's do it in a review session, when it would be expected and gratefully received.

Linda Braga,
San Leandro, CA



(415) 572-0549

George Balliet
Instructor

THE MYSTERY OF THE CURVING LEG

J. J. Barbour

Some years ago, when I was nineteen! I broke my leg above the knee, a compound fracture. It was set excellently, but the doctor in Ireland was unaware of the need for therapy. The result was, my right leg remained 4 3/4 inches short, which meant wearing surgical shoes for seven years. After three years in this wonderful country, a surgeon suggested shortening my left leg so I could wear regular shoes. Naturally, I jumped at this chance to get on even keel again, even though it meant a come-down in the world for me--4 3/4 inches; still it would give me more freedom to play handball, tennis, soccer, bowling.

Since that event, about six years ago, my right leg gradually curved, which meant constant pain as well as going up or down stairs dragging one leg at a time. In the meantime my beautiful soulmate and wife, Joy, was enthusiastically pursuing T'ai Chi Chih.

When she became accredited to teach TCC, and had private students, I used to watch, rather lackadaisically, as I wasn't overly impressed by its gentle movements. However, being surprised so many found it challenging, I decided to join her class. And so I discovered a sense of serenity in my daily life was one of many wonderful effects of TCC, and last year proudly received my own "Teachers' accreditation."

Now to clear up the mystery of "The curving leg.." Which is to say, about two years after I began TCC I noticed I was walking better, and about a year ago, on a bet with myself, I ran up and down the local school steps. Then, just a short time ago, while wearing shorts doing TCC before the large mirror in our living room, both of us, Joy and I simultaneously exclaimed, "The leg is straight!" This was admittedly not a very romantic phrase, but to me, it was the most beautiful event in my 68 years.

Thank you, Justin Stone, Steve Ridley and my beloved teacher, Joy, for this wonderful healing gift you have given me---TAI CHI CHIH."

Feet grounded in Earth's bubbling core,
Hands clasping the smiling sky,
Opening the heart's door
To peace, serenity, health and more--
The unity of many in heart and mind,
The end of space and time,
And all is one, within--upon--
An immeasurable Now.

Rev. John J. Barbour



KARMIC KOMMENTS from Good Karma Publishing

Most teachers stock copies of the T'ai Chi Chih manual and Justin Stone's video to make available to their students. While these are certainly important and necessary resources for both teachers and students, the other materials offered by Good Karma can be equally enhancing. In an effort to familiarize those who may not feel comfortable presenting information about some of these other items, a more in-depth look about one title than what appears in the flyer follows:

Justin's audio cassette tape, "Justin Stone Speaks on T'ai Chi Chih," presented as a lecture on Side A and a question-answer session on Side B offers an articulate, concise discussion of the philosophy behind T'ai Chi Chih in the words of the originator. Some teachers have used the tape when they present to a group of prospective students by playing Side A while performing the movements, giving their audience a combined visual and verbal demonstration of what T'ai Chi Chih is. Others have used it with their students in longer class sessions where a break is called for, by playing parts of the tape while students rest their legs, thus reinforcing in words what students have been practicing in their bodies and minds. Still other teachers gift their more serious students (and friends who may want the background information first, before fully diving into T'ai Chi Chih in a class) with a copy of the tape. As Justin has remarked, "Most thinking people want to know why (T'ai Chi Chih) means so much to their future, being far more than a physical exercise." As teachers, you know that the creative uses of this cassette are endless.

The tape begins with soft music and a reading from Chinese poetry. Interspersed throughout themes on serenity, balancing the yin and yang chi, what the Tao is and is not, an explanation of the reciprocal character of mind and chi, the practical aspects of T'ai Chi Chih in everyday life are appropriate quotes from some of the great masters and scholars: Lao Tzu, Hakuin Zenji, the Buddha, Paul Reps, Sri Aurobindo, Wen-Shan Huang and others. These quotes serve to emphasize certain concepts and clarify aspects of how the chi works; for example, "like medicine in its health-promotion, though it's NOT medicine; like meditation in its stilling of the mind and attunement to spiritual insight, though it's NOT meditation; and like exercise in its toning of the body, particularly the inner organs, though it's NOT exercise."

In addition, Justin relates anecdotes that tell of the success of those who have experienced T'ai Chi Chih; compares this form with T'ai Chi Ch'uan and indicates correlation with modern science; responds to questions about: the relationship

(cont. on pg. 27)



Karnic Komments (cont. from p. 26)

between karma and chi, the role played by habit and habit energies, the moral-judgement, abstract nature of good/bad versus positive/negative, athletic application of the principles, how the chi helps balance the intellect with the emotions. "Though not a martial art," the explanation goes, "in a deeper sense, Tai Chi Chih is the ultimate psychic self-defense." For those concerned about "religious" overtones, we are assured that this art is spiritual in nature, though it is not a religion, with dogma attached. To illustrate that point, the idea that the chi manifests uniquely within each of us, and to underline how vital one's individual experience of it is, Justin suggests, "You must do it yourself." As an infinite science that continues to unfold as one works with it more and more, words to describe how the chi functions become inadequate. The tape ends with a reading from the Lotus Sutra, a fitting closing for an informative, vibrant look at the philosophy and background behind Tai Chi Chih. What's been written here are simply highlights of "Justin Stone Speaks on Tai Chi Chih." The profundity of the material on the tape comes through upon listening for oneself, upon pondering the information with repeated hearings.

. We recently received a letter from a death row inmate who had read Meditation for Healing. He said he "found it to be very helpful and inspiring." He spends his time in meditation and religious studies and ends the letter with these words: "Open mind, open heart--universal meaning."

Notice: In February GKP also received an empty envelope with no return address. Apparently the contents slipped out as the envelope was open when it arrived. If you suspect this may have been your correspondence, contact Jean Katus.

The newest printing of Abandon Hope, completed in late January and containing the rich content it always has, now boasts a more durable, laminated cover with improved-quality photos than the previous edition. The price remains the same--\$9.95.

Correction: The listing of Justin's 20th Century Psalms has been inadvertently left off the order form for Good Karma. The book is most definitely still available at \$6.95 retail. Sorry for the mistake!

While the Tai Chi Chih/Joy thru Movement book comes shrink-wrapped in packages of 6, you can purchase any number of copies at a time. Remember, too, that the 40% discount applies to certified teachers when you purchase **any 3 items**, all one title or in any combination of titles.

The Good Karma phone number is 701/854-7459, different from Jean Katus' personal phone number. If a real person is not there to answer your call, you can leave a message and you can also order in that way. (The answering machine picks up after the fourth ring.) Feel free to phone evenings and weekends as well as during the day. For those who like the convenience of using credit cards, we take Visa and Master Card, either by phone or mail.

(cont. on pg. 28)

Karmic Komments (cont. from p. 27)

For quicker service to teachers, you can contact the teacher distributor nearest you to order your materials:

Carmen Brocklehurst - 505/299-0562 - Albuquerque, NM
Guadalupe Buchwald - 403/489-6748 - Edmonton, AB, Canada
Jeanne Engen - 218/751-3173 - Bemidji, MN
Christeen McLain - 701/235-0449 - Fargo, ND
Liz Salada - 510/278-3263 - San Leandro, CA
Pamela Towne - 805/987-3607 - Camarillo, CA
Susan Webster - 619/441-1165 - El Cajon, CA

Thanks for your help and continued support of our efforts to bring you useful tools to aid your teaching of T'ai Chi Chih.

Jean Katus,
Publisher

NIGHT BLOOM

Justin Stone has released a new audio cassette music tape called "Night Bloom." 80% of the compositions are original; while some are jazz pieces, others defy description and seem to have a classification all their own as the composer/musician lets us in on his memories of Kyoto, one of his favorite sacred places. He orchestrates the tape fully himself, playing French horn, strings, harp, vibraphone, and other instruments along with the piano. The tape is available from Good Karma for \$9.95 + shipping (see shipping chart in flyer/order form) and at the usual discount of 40% to certified teachers who purchase 3 or more copies or a combination of any 3 titles.

Night Bloom

Justin (alone)
Stone



Permission for use given by Andrew Lehman, Chicago, IL

A SPIRITUAL STORY

Jean Katus, Fargo, ND

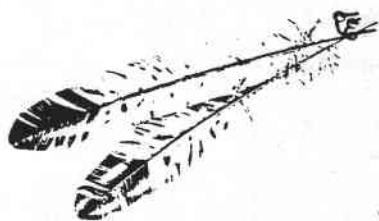
I was reminded of a series of Justin's stories when an incident in which I was involved occurred. In particular, the story about a Tibetan Yogi, a friend of Justin's who was photographed in a timed sequence as he went into Samadhi--from the photos being normal at the beginning to showing less and less of the yogi's form until only radiant bright light appeared on the last photo--seemed especially related. The story about Prof. Huang's friend being photographed during a Tai Chi Ch'uan demonstration where a rising bluish light came from the man's T'an T'ien also seemed applicable.

I was a student in a Native singing class called "The Spirit of Song." While the songs we learned in the class and the corresponding drumming that goes with them are mainly "wacipi" (pow-wow or social) songs, the basis for all Native music is spiritual. Our group was often asked to sing for area events and to explain the significance behind the songs. Earl Bullhead, the head singer and teacher of the class, has researched, both with elders and academically, the material he presents to his students and those who come to listen to his presentations. He is knowledgeable as a teacher and a practitioner of traditional ways.

During a program at one of the local high schools where our group was presenting, someone took photos. When they were developed, only those of the singing group showed blue lightning bolts shooting up each one. All the other photos from that roll of film had no unusual markings. Lightning is indicative of the powers that the Lakota believe to come from the west.

When I mentioned this incident to Justin, he commented that it seemed a similar kind of occurrence to what had happened in the stories he told. To me, it says that spiritual manifestations into the physical can come in many different forms and traditions. As the Lakota say in all their ceremonies, "Mitakuye Oyasin" (All my relatives OR We are all related.)

To know the complete stories told by Justin that have been referred to in this article, listen to Side 1 of "Spiritual Stories of the East, Vol. 2" and read p. 70 of 20th Century Psalms.



Some Quotes From Justin Stone

"Zen training has a good deal to do, a good deal in common with, T'ai Chi Chih training because both Zen and TCC do not feel that words are important. Zen is supposed to be a transmission without benefit of words or doctrine, leading to seeing your own true nature. Of course, that could be said of TCC as well. It is true that you have to use words to communicate and you teach with words, but it is the circulation of the Chi, not the words, that brings about the changes."



"Many of the greatest thinkers have said: "There is nothing but consciousness."...and Gopi Krishna says: "The world that we observe with our senses is very small, very limited. But the inner realm (which is not only inner) of consciousness is unlimited."

from *Evolution Through Chi*



Most people introspect by worrying about individual problems. This is not finding out "Who and What you are." This Life Force will manifest in strange places, bursting out in isolated plants springing from bare rocks. It is almost absurd in it's urge to express, to transform. We move from "potential" to actual -- essence to function.

from *20th Century Psalms*



NATURAL INTENTION

Steve Ridley

Life force is continually endeavoring to foster/accomplish harmony, regardless of our degree of cooperation. This is its natural thrust or impulse-intention. Through T'ai Chi Chih practice and by sensitively living the T'ai Chi principles, we improve our attunement/cooperation with this ongoing harmony-restoring influence.

Every life form is continually undergoing transformation-transition, while being absolutely imperishable in Essence.

Steve Ridley
10-25-91

PRESENTING TCC SUPPORTIVE MATERIALS

HOW I USE GOOD KARMA BOOKS AND TAPES IN MY CLASSES

Pam Towne, Southern CA

I feel strongly that it is beneficial for my students to have at least the TCC book, so I have enough on hand and encourage them to get it. At the first class I talk about the book and Justin's video and say "You'll want to get a book before you leave today. That way, when you get home and wonder 'How did that movement go?' you'll have a resource to refer to! The video is optional and provides good visual feedback on how to move. Both go into the philosophy and principles behind TCC."

I find that students are hungry for what Justin and Steve offer in their books, so I have at least two of each out on a table at each class. My students love to browse through them before and after class, and buy them because they are right there. I find it works much better than taking orders without having books on hand.

At the 4th or 5th class I talk about the "Justin Stone Speaks on TCC" cassette. By then many students are interested in the deeper aspects of TCC. The tape is one they will want to listen to again and again, gaining new insights with each hearing. In fact, I invite them to listen to it three or more times in the next week. If you as a teacher haven't heard it, by all means get some immediately and listen to it over and over!

I encourage every TCC teacher to make at least these three items available to their students: T'ai Chi Chih book, TCC video and "Justin Stone Speaks" cassette. If you already do this, consider expanding to offer Meditation for Healing, Heightened Awareness, Abandon Hope, and Perspectives... and then Good Karma's other offerings. Read--or re-read--them yourself, and you'll want to share their wealth with your students!

Tiny butterflies

Flutter among the blossoms--

White dissolves to white.

Gwen Cameron, TCC student



A TEACHING TOOL

Dyanna Chowka Eastsound, WA

Over the last several months I have created and been using a tool for teaching T'ai Chi Chih during my classes that has proved to be instrumental in enhancing the students understanding, soliciting group participation and has been fun! I would like to offer this to all TCC teachers. Called "Shen Emerging", there are 54 cards (approximately 2 1/2" x 1 1/2"). One side contains the Tao symbol and the other expresses words of wisdom regarding T'ai Chi. Examples of phrases are: "Action without attachment to results", "Relax Into the Essence", "The purpose is to generate, circulate and balance the chi", etc. Students intuitively select a card and share it with the class. Usually the appropriateness for each student is astounding and they hold that thought during class. Especially beneficial for beginners. They are artistic, durable and attractively boxed. The cost is \$12.95 each plus \$1.50 shipping and handling.

Contact Dyanna Chowka, P.O. Box 1467, Eastsound, WA 98245 206/376-4522



TCC FORM CHECKLIST

Gary Halden, Two Harbors, MN passes out the following checklist to members of his classes (and is giving all of you permission to duplicate with notation, 'used by permission of Gary Halden'). Using the checklist, he has students pair up and point out to their partner what they are doing correctly and incorrectly. He uses the phrases over and over in class and suggests students use them with home practicing by posting the checklist nearby.

The following check points may be helpful to remember when doing T'ai Chi Chih:

- | | |
|--|------------------------------------|
| ✓ wrists loose | ✓ head held straight, not bobbing |
| ✓ back, neck and head
in alignment | ✓ leading with the tan tien |
| ✓ arms and torso moving
at same speed | ✓ gaze soft, focused ahead |
| ✓ elbows close to body | ✓ knees flexed throughout moves |
| ✓ sinking down before move | ✓ total weight shift onto each leg |
| ✓ upper body held light
as if hollow | ✓ concentration in soles of feet |
| | ✓ gentle conclusion |
| | ✓ softness and continuity |

MAKING NEWS

"T'ai Chi Chih--The balancing act of the '90s"

Jeanne Jacobs' extensive article was published in **THE NEW TIMES**, Seattle, WA, January 1992. To quote from the six column article:

"Our lives would be immeasurably improved if we could successfully handle and even bypass many of the pitfalls that cause imbalance and discord in our lives. The daily practice of T'ai Chi Chih (TCC) empowers us to do just that. Through it we find and maintain our inner balance and harmony by establishing a state of centeredness. We experience a more joyous and rewarding life. Walking each day with a renewed sense of adventure, joy, and an inner glow of serenity that maintains itself throughout the day is possible with this effective practice.

"With every practice session, no matter what the length, we continue to break steadily through the patterns of resistance that block us from being how we want to be and from doing all that we really want to do. As we evolve in our practice we find deeper levels of expression and adventure growing with ourselves to ever-deepening levels of self-awareness and realization.....T'ai Chi Chih results in a personal and continually evolving form that teaches us well beyond the beginning course. It is a practice that is self-initiated and self-sustaining. It delivers a lifetime of growth and an opportunity to experience the "ever-becoming" that we are all about.....

"With each movement of TCC we develop a pattern of joy into our lives that moves as a continuum through all our experiences and adventures. The Vital Force, so intimately connected with the core and essence of our being, is stimulated and enhanced and a powerful vibration is set into motion. It is with awareness and action we achieve what we want. In T'ai Chi Chih practice we learn that this act of balancing our consciousness with the joyous energy, innate within us, is the truth of ourselves."



KARMA and EVOLUTION

Steve Ridley

Through progressive stages of spiritual awakening, we work with, neutralize and ultimately transcend the karmic patterns we have created. In this way we become less and less bound by actions performed, because they are directed through an evolving capacity of Consciousness. The mind becomes a perfect window through which the Compassionate heart freely expresses.

Consumed by a house of vain dreams;
an ego mansion of useless hopes.

Opposing effortless abundance
of harmony and expansive joy.

A dilemma of habitual forgetfulness!

Who will courageously abandon hope
and hopelessness,
allowing the true fullness
of Life to breathe, unobstructed?



"Faith opens doors to greater possibilities - potentials manifesting. Appearances are past causes unfolded. Nurture the seed potential of useful possibilities and allow them to unfold!"

SAMSKARAS - Habitual Tendencies

Steve Ridley

Our individualized Chi is refined and transformed through correct and consistent practice of Tai Chi Chih. As our Chi changes in character we become aware of corresponding modification in attitude and behavior at work within us. We notice that certain long-standing reactive patterns are being altered, enabling us to respond to unexpected circumstances more appropriately and efficiently than we formerly tended to do. Also, we recognize an apparent weakening and neutralization of habit tendencies that are life-negating, and that we feel happier and less burdened as a result.

Looking a bit more deeply, the most significant samskara or habitual tendency within which we have to deal is the delusive assumption that we are restricted to the parameters of ego-consciousness; that we are separate and distinct from the "Supreme Ultimate," "Great Tai Chi," or "Original Completeness." This common condition of fragmented awareness in which we feel more apart from, than a part of the Whole, is the situation in which we most deeply require resolution. I think of this samskara as the "original contraction" which gives birth to the multiplicity of habitual tendencies that further bind us.

The ultimate promise/potential of Tai Chi Chih is declared in its name: "Knowing the Supreme Ultimate" which signifies the final resolution of our spiritual hunger, our life-quest.

BIRTHDAY REFLECTIONS

(BIRTH OF AN EGO)

LIGHT SPIRALS DOWN
TO ENLIVEN MATTER
CONTRACTED IN FORM
TO DEVELOP UNIQUENESS,
TO BECOME AN OTHER
SEPARATION VANITY
SERVES SPACE/TIME,
ASSISTING THE INTEGRAL DRAMA
UNTIL THE IMPULSE BEGINS
TO AWAKEN,
TO EXPAND, RETURN, RECONSTITUTE!
REFLECTING ON LIGHT
SPIRALING DOWN
TO ENLIVEN MATTER
ONLY TO WORK ITS WAY OUT,
SPIRALING UPWARD,
TO DANCE THROUGH/AS ALL
OCEANS OF EGO-BUBBLES
JOURNEYING IN BIRTHING AND DEATHING
WITHOUT IMPORTANCE
OF WHO?, HOW?, WHY?
ALERT IN THE JOY,
COMING, GOING,
BEING.

STEVE RIDLEY

12/10/91

THOUGHTS....

Actions performed by an enlightened being, that seem contrary to the Dharma (way of righteousness) when viewed through screens of conditioned mind, can be in perfect and necessary accord with the Dharma.

When we believe ourselves to be the persons we create, we are in trouble!

Steve Ridley

Steve Ridley

[illegible]

Breathe!

Jennifer Biehn, Oakland, CA

Breathing in
Stop to listen
and smile
Breathing out
Make room to breathe in
for awhile

HOW IS IT?

Continuing to practice and share TCC. How is it that no two sessions ever seem the same? That each time we allow the movements to emerge, it feels so new and alive, renewing and reawakening? How is it that when effort has no beginning, gratitude has no end?"

Diana Daffner, Sarasota, Florida



T'ai Chi Chih: Softness & Continuity

Seijaku: Continuity Thru the Hard and Soft

FREE FOR THE ASKING

Teachers may receive an audio cassette of Justin's October 25, 1991 talk "The Spiritual Life" by requesting a copy from: Justin Tape, 977 Seminole Trail #130, Charlottesville, VA 22901

BOOKLETS by JUSTIN STONE

Many thanks to Connie Hyde for the long hours of transcribing Justin's talk from last summer's TCC Conference. "Sense & Essence" is expected to be ready by the end of February. It will be made available to TCC Teachers FREE of Charge by the T'ai Chi Chih World Foundation. Please call or write to: Carmen Brocklehurst 505/299-0562 for your copy. The postage for the "Sense and Essence" booklet will be announced later.

If Teachers still have not asked for a copy of "Evolution Through Chi" it is still available FREE of charge. The Evolution booklet is Free, however, please send \$0.52 in stamps to cover the postage. Contact: Carmen Brocklehurst, 9500 Prospect NE, Albuquerque, NM 87112

TEACHER DIRECTORY AVAILABLE

Additional copies of the TCC Teachers' Directory are available for referral purposes and communication among accredited TCC instructors.

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

Consult VFJ for updates to information contained in the directory. Each quarterly issue will include new listings of recently accredited teachers, changes of name, addresses, and phone numbers. Please keep us up to date on any changes to your listing by sending all new information to our address above.

"This is a wonderful referral tool to support the wide-spread teaching of "Joy Through Movement!"



Teachers' Directory

August

1991

CONTACTS FOR TAI CHI CHIH

Justin Stone: Originator of Tai Chi Chih

and conductor of Seijaku (Advanced TCC) Courses
214-A Congress, Pacific Grove, CA 93950

Steve Ridley: (303/322-7717) Spiritual Head of Tai Chi Chih and conductor of

- Teacher Accreditation Courses
- Teacher Renewal Workshops
- Exploring Meditative Ways Workshops
- Lectures & group practices in Tai Chi Chih
- his creative works and supportive materials

Jean Katus: (701/854-7459):

- Publisher, Good Karma Publishing, Inc.
- Distributor of Tai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- selling agent for Satori Resources
- conductor of 1991 Teacher Survey

Liz Salada: (510/278-3263)

- Publisher, The Vital Force,
journal subscriptions and submittals
- Publisher of Tai Chi Chih Teacher Directory

Lois Mahaney: (510/276-5718)

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

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Spring

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