



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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THE BEST REASON TO PRACTICE

Justin Stone

KARMA is an important and frequently-used word, so it is important to understand what it means. In the Sanskrit language, KARMA means "action", that and no more. So, when we glibly speak of "our Karma", we really mean the fruit of our action, not the action itself. Even this is not totally correct. The motivation behind our action is what establishes our Karma which is a result and not blind destiny. Usually the motivation that causes us to act is the result of our established Habit Patterns ("Vashanas" in Sanskrit). This is Cause and Effect. We establish patterns of thought and reaction, and these, formed by ourselves, coerce us into acting in certain ways. So we have created the very force which molds us. Should we not be careful in our thoughts and the habits we create?

There is always a result, neither "good" nor "bad" (which can be seen as "favorable" or "unfavorable" from a personal viewpoint) that is appropriate to the action. When a gun is fired, there is a recoil commensurate with the force of the shot. This adequately explains KARMA for us.

People usually believe, not what is logical, but what they want to believe. Thus their actions are rationalized. This has no effect on the inexorable KARMA, which is not concerned with sentiment or rationalization.

As one practices TCC, the quality of the CHI definitely changes. So many say "I really can't remember what I was like before TCC." As the CHI is circulated and balanced, habit energies tend to fade and one no longer feels compelled to follow dubious paths of action. One now feels more in control of (and responsible for) his or her actions. This is "burning the Karmic seeds." It is the best reason I know to practice TCC, aside from the joyful feeling such practice brings. The serenity and better health are the results of this balancing and circulation. And it is so easy to accomplish!

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

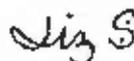
The completion of autumn brings in winter's seasonal rest and with it a natural time of contemplation. While receptive to the gentle effect of our practice, Tai Chi Chih's true meaning may become more evident. Perhaps it is best known by the innate direction and development at influence in our lives. As we are enhanced, the progression of good cause flows into our society as well, for we wield a positive impact in return.

As you will read, the unity displayed in local teacher groups continues to become more apparent. Supportive friendships and service goes on developing in areas around the country to the benefit of the Tai Chi Chih community at large. The strengthening bond we share as instructors is encouraged in this way and through individual tellings--with the same TCC aim at heart--our mutual experience is realized. This is an attestation to our collective consciousness and generally, an inspiration to those beginning or rejoining the TCC community.

The focus of the Journal of Tai Chi Chih (and here in this issue in particular) is our **connectedness**--amidst even the most diverse opportunities to teach, to grow, to be well and whole--none of us are separate. Perhaps this broadened viewpoint may contribute to an expanding group outlook: on the real meaning of our lifework in this avocation, and the potential of our furthered cooperation. Something else to contemplate!

Through our maturing associations may our purpose be fortified and inspired with clearer vision and deepened joy!

Sincerely, in mutual accord,



Liz Salada for The Vital Force

Are you aware?

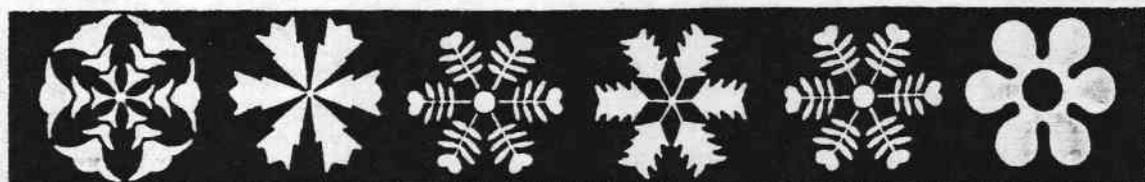
Extra copies of VFJ back-issues are available to subscribers for \$2.50 each (\$3.00) outside of U.S.) Teachers who wish to share extra copies with their students or new subscribers who want to round out their collection may utilize the vital information in 1991 and 1992 issues (just send ten dollars for year(s) ordered--inside U.S.--or indicate individual issue(s).

Order Directories Today

To date we have received very few orders for the New TCC Teacher Directory. We are therefore temporarily postponing the printing until late January to allow time to collect more funding. Please respond to our efforts to provide you with an updated directory by supporting the project with your pre-order. This will assist us in determining actual printing numbers to conserve paper and printing costs.

Why didn't I get my VFJ?

Please remember to check the expiration date on your address label. In an attempt to save postage, we continue to alert you to expired or expiring subscriptions by showing the last "paid-to" date on your mailing label. Also, if the box is checked, please send us your check so you won't miss an issue. (Note: Sometimes it's the bulk mail that has caused late or lost issues. Let us know if this is the case and we'll send another.)



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READERS' COMMENTARY

Give Voice

Thank you for another good issue of VFJ. I enjoyed hearing from new voices. If more would realize that by contributing even one meaningful sentence that others could be usefully impacted, I believe you'd receive writing from many who normally remain silent. We should all give voice to this collective experiment we're involved with, and what better format for contributing to each other than the VFJ.

Steve Ridley, Denver, CO

I enjoyed the conference issue of *The Vital Force* as never before. Thank you for your excellent work.

Ellen Tatge, Albuquerque, NM.

The Conference Edition of *The Vital Force Journal* extends the good memories! Many thanks for compiling and presenting our words in an inviting manner. So much comes through.

Connie Hyde, Cedar Crest, NM

Happy UnBirthday Justin

Names I forget
Faces I forever remember
Birthdays I never forget but
once I missed one!
Happy Belated Birthday
wishes to you, dear Justin.

There is not a day that goes by when I don't think of you as I end my Tai Chi Chih practice. The thought is brief. The thought says: Thank You for being, sharing and giving Tai Chi Chih. As every day is a celebration of life, Winnie the Pooh speaks of celebrating a very happy "unbirthday". There is one birthday a year for each of us but 364 unbirthdays. So a very happy unbirthday to you Justin since this comes to you in one of the other 364 days of 1992. Joy and Peace,

Lisette Tingesdahl, Janesville, WI

You are doing a marvelously, wonderful service with *The Vital Force*. I and the 21 certified Colorado TCC instructors have an appreciation for your efforts and everyone involved.

Michael Merriman, Highlands Ranch, CO

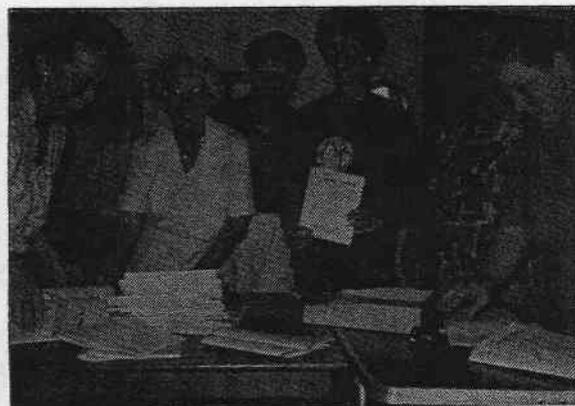
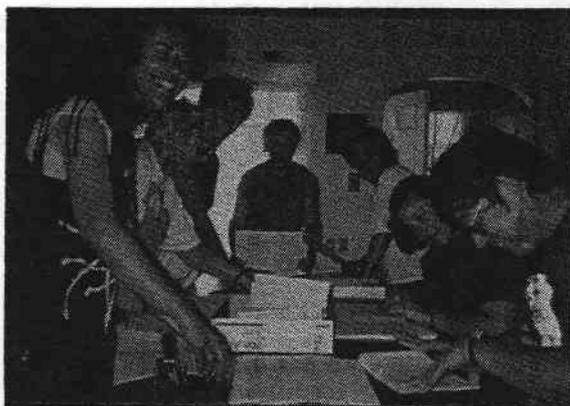
VIEWPOINT

Jamie McDonald, Chicago, IL: I agree with Steve Ridley's comments about "symbology" in TCC (VFJ, Summer, 1992). In fact, I know that personally I would not have learned TCC if it were layered with countless words and symbols to do it. As a learner, I find too many words are a deterrent to me learning. Instinctively, I find myself becoming resistant and tuning out the drone of words as a protective measure. This approach has enabled me to "cut to the chase," get the concept, and then do it. Once I've gotten the idea how the concept works, I'm more open to listening to other information. Frankly, I love to explore an idea and discover what I can see first.

THANK YOU

*** to Northern California area teachers and friends for assistance in quarterly *Vital Force Journal* mailings:

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*** for all who encourage and assist us in documenting the growth of T'ai Chi Chih and it's practitioners through

The Vital Force
Journal of T'ai Chi Chih

WE ARE GRATEFUL!

THE VITAL PRINCIPLE OF "HOW TO MOVE"

Justin Stone

When a student is having difficulty learning the simple TCC movements, it is often because he or she is not moving correctly and has no clear concept of "how" to move. It is necessary for the teacher to then focus on "how" the student moves, bringing him or her to the point where he or she is flowing in the TCC manner, not just moving hands and legs.

I was rather disappointed, as were others, at the Summer Conference to note that very few teachers do not flow at all, not yinning and yanging much with legs, hips, and waist in a soft and easy flowing manner--but standing rigidly with feet anchored to the ground. Naturally, students would take their cue from this.

Rather, it is necessary to instruct students that it is "how" you move, not "what" you move that is important. Effortless flow from the Substantial to the Insubstantial and back, is what causes the arms to move softly.

The example the teacher sets for the student is all-important, and, naturally, all teachers are sincere in their efforts to do the best job possible. There are a few excellent teachers, such as Suni in Albuquerque, who do not immediately begin to teach movements to their students but spend the initial time in inculcating the students with the "feel" of TCC and the vital principle of "how to move".

So, if you as teacher, find difficulty with a particular student, you might want to first concentrate on "how" that student moves--always being tolerant and allowing for physical handicaps and advanced age.

Reggie Kenyon of Salinas, CA leads movements
at the October Denver teacher accreditation course



Chi is the intelligently directed agent of the Supreme Ultimate. It is the living force that under girds and perpetually sustains all processes of Life. Every being depends on this living force for its sustenance.

Through the conscientious practice of T'ai Chi Chih one can improve her/his degree of receptivity to chi, and thus empower the mind-body more completely.

CHI DIRECTS MOVEMENT REFINEMENTS

Steve Ridley

We can accomplish a certain level of proficiency in our practice of T'ai Chi Chih through the correct adherence-application of time validated movement principles. At some point, after we have successfully incorporated these important principles into our performance of TCC and our circulation of chi is relatively free, we can naturally begin to rely directly on the innate guiding impulse of chi to further shape and refine our movement patterns.

At this stage of proficiency we are simply *allowing* chi to accommodate its circulation-expression through the mind-body more efficiently and abundantly, by sensitively responding to its direction. Our responses will include various internal and external adjustments that spontaneously occur in order to improve our capacity to process and utilize this living force.

It is sometimes a wondrous revelation when chi prompts a modification in the way we execute a certain TCC movement. It might require a change in emphasis, focus, attitude, timing, alignment or shaping. Even a slight adjustment can bring dynamic improvements. The key is to honor the mind-body adjustment that chi is presently suggesting to you, by acting on it.

In our relationship with T'ai Chi Chih, first we endeavor to master the movement principles so that they are effortlessly performed through each movement pattern. Following this accomplishment we allow chi to be the director of TCC, which leads to true self-integration and joy.

Life tends to express its Good - that which assists
evolution - through well integrated individuals.

Often it is those who feel no compulsion to be the "teacher" who teach best.

Steve Ridley



TEACHING METHODS:

Flowing Form and Format Justin Stone and Lois Mahaney write

Dear Lois: Thanks for the interesting letter. It sounds as though your initial approach to giving lessons is very well thought out. I'm sure your lessons go very well. You might write about your approach in the Vital Force (you've heard of it?) and so help other teachers.

The hips and waist (which students usually turn too quickly) are very important in "Carry the Ball to the Side", the "taffy" movements, and "Passing Clouds". To be anchored rigidly to the ground is, as you know, destructive. The 'Flow' is so important--from substantial to insubstantial and back. Justin

Dear Justin: As I typed your article for the VFJ on "how" to move, I was stopped short by the phrase "not yinning and yanging much with legs, hips, and waist in a soft and easy flowing manner." Now I hesitate in my classes, to mention "hips", although I do stress the legs (with bent knee) and the soft, fluidity of the waist. In the past, when I've mentioned "loose" hips, I've had students that projected the hip so much that it threw the body out of alignment. So now, when I have a student that does have too "loose" hips, I get behind and hold the hips so that, though the yinning and yanging are taking place in a soft flowing manner, the hips don't destroy the vertical stance. I realize that the hips do move in a sideways turning manner in the Taffys and *Passing Clouds*, but I hesitate to mention "hips", instead I suggest a soft turning to each side.

I probably don't follow the same format as Suni when I begin a class, but I do start with your audio tape explaining the principles behind T'ai Chi (while I'm doing the enrollment slips). This is followed by demonstrating and having the students practice the correct posture (alignment) needed to do the movements correctly, as well as the necessity to keep the knees bent to enhance the flow of the chi. Then to get them moving, I teach *Joyous Breath*, followed by the *Rocking Motion* to show the necessity of correct posture (otherwise they lose balance or stick out their rears). After these two movements, we go into very serious practice on the basic T'ai Chi Chih forward and backward leg movement and then to the so-called T'ai Chi step to the side. Each session begins with *Joyous Breath*, *Rocking Motion*, and *Bird Flaps its Wings* followed by a review of the leg movements then on to the hand movements that are to be taught that session.

Happy
Chanukah



MERRY
CHRISTMAS

T'AI CHI THE SUN UP

Jo Rigg, Helena, MT

Just west of Helena, as you cross the Continental Divide, there is a little "scenic overlook" area that commands a breathtaking view of part of the Helena valley and the Rockies. I had long thought that it would be a wonderful place to "Tai Chi the sun up" sometime. I had hoped to organize it during the summer, but soon found that summer had, once again, gotten away from me. I decided that a sunrise practice would be an appropriate way to welcome fall, rest and "re-group" and say good-bye to summer with its activity and fun. So I scheduled the "sunup" for the Sunday morning closest to the fall equinox.

It was frosty and cold the morning we drove up the mountain road. In the predawn "twilight" we passed a moose and her calf contentedly grazing in a pasture near the road. A bit further on, three elk stood in the middle of the road curiously watching us go by. With two other students, the Tai Chi was glorious in the quiet frosty air. Just as the sun cleared the eastern mountains, a coyote burst into his own sunup song somewhere below us (It felt like everything was below us up there!) It was an exhilarating experience, one I hope to repeat several times a year.

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

I'M READY

"I'm ready!" ... I say aloud to the Great Chi that calls ...
The night gives way to a slight glow of day ...
The dance begins ...
My heart smiles in anticipation ...
I tingle with excitement ...
Love ... Love me ...
I AM!!!

Ralph Gam, Denver, CO



BALANCING CHI: A GREAT SECRET OF LIFE

Justin F. Stone

First published in *T'ai Chi*, Journal of T'ai Chi Ch'uan

June 1988

T'ai Chi Ch'uan and T'ai Chi Chih, performed properly and on a cumulative basis, tends to circulate and balance the Yin and Yang aspects of the ch'i (intrinsic energy or vital force, as some call it). This is one of the great secrets of life, not only bringing healing and energizing effects, but speeding the level of evolution to a high degree. In this respect the two disciplines have great spiritual value and all true lasting healing is spiritual in nature.

I found, in the mountains of India, that these matters are well-known to advanced Yogis. Ch'i is known as prana in India, and kundalini and shakti are other names for this universal energy.

The great sage, Sri Aurobindo, said that if the Universe were abolished, this prana could build a new Universe in its place, which is exactly what Indian philosophy says will happen.

All things seen and unseen are really a conflux of moving energies, a reflection of the Tao. When the Yin and Yang aspects are out of balance, there is ill health and worldly events are affected in a negative manner.

We are dealing with a totality here, each event affecting all other events--this is the profound teaching of Hua Yen Buddhism, the Buddhism of Totality.

"When the horse in Szechwan catches cold, the cow in Hunan sneezes," says the Zen teacher. Inner and outer disappear. "Not two," says the Buddhist.

Flowing with the Tao

Chinese cosmology says the first manifestation of life was brought about by the Yin ch'i separating from the Yang ch'i, long before there was a Heaven (Yang), Earth (Yin), or Man (wedding of the two).

When we begin to circulate and balance the ch'i--and there are other disciplines, such as the mental Nei Kung ("Nai Kan" in Japanese) that work toward the same goal--we begin to flow with the Tao.

We note an increase in intuition and creativity. Chronic ailments improve and there is an increase in composure, the feeling of well being.

Professor Wen-Shan Huang, author of "Fundamentals of Tai Chi Ch'uan," spoke of ch'i a priori, (ch'i with which we came into this world) and ch'i a posteriori (ch'i that is accumulated and stored in this lifetime).

If we cease our self-clinging for a moment and look at things on a broader basis, we realize the world (and ourselves) are the products of ch'i. We know that electricity is ch'i in action, and this intrinsic energy lies dormant in stones and mountainsides.

Everything is throbbing with life, latent and active, so we become one with the totality as we share in the Universal ch'i (which really is not individual, though the effects make it seem so). Is this not healing--making whole?



'All healing, in the end, is self-healing.'

Four accredited T'ai Chi Chih teachers are former cancer patients. Examples of T'ai Chi Ch'uan masters teaching well into their nineties are well-known. True healers are using this force, often without really knowing what they are doing.

The Japanese Healing Church, Seikai Kyu Sei Kyo, makes active use of this ch'i with little knowledge of it, projecting it for healing effects--(first felt as intense heat). Very real benefits result.

Good acupuncturists do not treat symptoms. They stimulate the flow of the intrinsic energy and balance it; the results are felt all over. Taking pills to relieve pain or to apparently cure some disorder without trying to affect the cause is somewhat like rolling up a window of the car so the knock in the engine won't be heard.

All healing, in the end, is self-healing. The sincere practice of T'ai Chi Chih, without squabble about different schools and other ego trips, enables us to accumulate, circulate, and store the most valuable of all products (and in some ways, the real one).

Guided by the mind, the ch'i comes to life--this is equivalent to safe kundalini practice. Then we perceive the results and benefits. Only the one drinking the water knows if it's hot or cold. From a healing standpoint, we are not healed, we are made whole.

Joy isn't
in
things,
Joy is
in
US

A poem about Resistance and Growth
Amy Hackenberg Evanston, IL

The door had hung so heavy:
oak, dark and thick, with
wrought iron hardware
cut in flat curls and
a gnarled knocker.

Once or twice I had crept the stairs,
touched the hard wood
tapped the veneer: smooth surface
beneath my fingerpads
unyielding to my bones.

But no one answered my weak knocks,
I didn't really want to go inside.
When my hands brushed the dense block
I didn't ask what it might be hiding
from my sight.

One day I found myself pushing
skin imprinted against the metal plates.
I wanted to stop retreat,
but when I tried to step back
the ground had dropped away.

The hinges inched and wheezed
Screws bit into my shoulder
as I leaned
and sweat ran from my eyes,
wet the wood.

Soon I lay flush against the plane
my hard muscles wincing.
Please no, I spoke in silence. Please no.
Let me turn back
Let me go home.

(Where is your True Home?)

I stayed pressed like an iron
and slowly the hinges relaxed.
My arms drained their force on the warm, moist plank,
riding the oak as it took me in—
pasted but held in a strong embrace.

Wedded to the swinging door
I feel the arc
I see the dark grains
I drink the wet wood smell.

TCC DREAMING: NO RESISTANCE

Ellen Tatge, Albuquerque, NM

On Justin's suggestion, I am excerpting part of a letter I wrote recently to him, for inclusion in *The Vital Force*. He felt others would find it interesting.

The Seijaku training was a very powerful experience for me, and the practice seems to become more and more powerful all the time. I hear your voice so clearly saying "Feel the resistance," as we move through the "hard" part of the movements. This has become a very strong metaphor for me, as I feel my own resistance and move through it to whatever is on the other side. When I returned home after the conference, I felt a very clear sense that I had been perceiving some of my own resistance as coming from forces outside myself, when indeed, it was simply inside me and therefore, was moveable. This has been a very potent insight for me.

I have also been astonished at the change in my T'ai Chi Chih--much softer and fluid, much more grounded, and the whole front of the torso more open. I even explain and teach some of the movements (the taffy moves especially) very differently because they feel so different to me. Thank you, Justin, for your corrections and instruction while I was with you.

I have begun to dream in T'ai Chi Chih and in Seijaku -- it is as if it is another language that I slip into more and more easily. I woke in the middle of the night once, having just completed practicing T'ai Chi Chih in my dream and I felt the beautiful flow of peace and relaxation. One night I dreamt of the currents that flow so strongly during Seijaku, and it was making my body jerk (very powerfully, but very gently), the energy was so strong. Later, I had a massage and the same thing began to happen during the chakra balancing. I also had a dream in which I was caught in an ocean current and swept around a point of land and then back to the land. The reason I call this a T'ai Chi dream is that there was absolutely no fear, no resistance--I was one with the water and the current and enjoying the process, even though it was an unexpected experience.

TEACHERS WRITE:

"NOTHING STOPS SHINING STUDENTS"

Marlene Brown, Cincinnati, OH, a newly credited instructor writes: I began reading *The Vital Force* long before I became an accredited TCC teacher. I was fascinated by the articles from teachers about their success. I did have some doubts that TCC could have such a positive affect in such a short time for so many people. I am very familiar with T'ai Chi Chuan and I know how long it takes just to learn it, let alone feel anything. Well, I'm now an accredited TCC teacher teaching at P & G and G.E. fitness centers and also some private lessons.

I can now speak from my own experience and have no doubts how quickly the benefits will come and what pleases me, is how well it works for young and old. Adults are fun to teach because after a few weeks of yinng and yanging they realize that it's OK to let go, relax and have fun-- bad knees, arthritis, nothing will stop them!

The one I'm most surprised at is a 14 year old girl. The progress she has made physically and mentally in the past 12 weeks is a joy! There are many negative things happening in this child's life. TCC seems to give her the needed balance. My biggest reward came from teaching this young lady! When her mother picked her up after our first lesson, she took one look and said "Why Monique, the sparkle is back in your eyes, they are shining again!" *What a way to get paid!*

In closing I'd like to thank Justin for sharing TCC so freely and to Steve, a great big thank you for giving me a chance to become a T'ai Chi Chih teacher. Thank you also for doing a great job with *The Vital Force*. Many times it has come in handy for reference or inspiration!



NEW TCC WALK

I've been running on a daily basis for 20 years and wore out my shoe heels on the outside. Note that I've always worn down heels on shoes since I can remember walking. After a month of TCC practice (since the Fall of 1991), I noticed that my running shoes weren't tolerable to my feet anymore. The footwork of TCC has changed my walk so that now the wear on the heels is nearly even and my feet became 'corrected'.

Ralph Garn, Denver, CO

PREPARING TEACHER CANDIDATES

Steve Ridley

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

While conducting teacher accreditation courses, I have found the overall experience to be most productive and rewarding when candidates adhere to the requirements expected of them. I feel it is useful for me to outline the following general statements regarding what I expect from teacher candidates. Please be mindful of these points in preparing candidates so accreditation courses can be experienced to the greatest advantage by those involved.

1. Teacher candidates must perform the movements in an expert manner. This means that candidates are confident in their execution of each Tai Chi Chih movement. Without hesitation, they know how to begin each movement and how to conclude each movement effortlessly. During the first two evenings of class, we devote time to refining each movement and correcting minor flaws. However, an accreditation course is supposed to focus primarily on how to teach the movements, and if candidates who are uncertain of their movements are recommended, the potential opportunity for learning is diminished and the true purpose of the course is missed. Through Justin's TCC text, the two TCC videos, and the TCC guidelines pamphlet, contributing teachers and candidates can be certain that each movement is being performed as it should be. Also, with the advent of the "Teacher Renewal" classes now being offered, there is really no excuse for recommending teachers not being well informed and confident about how to perform each TCC movement well.

2. Teacher candidates must be of the appropriate temperament to represent T'ai Chi Chih. A teacher of T'ai Chi Chih must be a sincere, caring individual who is clear minded and emotionally stable. Teachers have to possess the capacity to effectively assist others. If one is psychologically unstable or problem centered, it is doubtful that any useful interaction can occur within the context of teaching TCC. The ideal teacher candidate is conscientious, sensitive to others, patient, well integrated and willing to learn. Most who are naturally attracted to teaching TCC are likely to have these qualities, but we must be sure of this before contributing candidates.

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

(Cont. on p. 16)

Preparing (Cont. from p. 15)

Because a teacher accreditation course consists of only 24 hours (over a 5 day period), it is imperative that each candidate be well prepared, so that we can take full advantage of our time together in quality sharing. Ideally, I'd like to have each candidate apprentice with me until they have had adequate time to integrate what I have to impart. This isn't practical in today's world, and many would be denied the opportunity of learning T'ai Chi Chih. Instead, our teachers are expected to continue to qualify themselves as they teach - to continually aim for mastery.

Thank you for your sympathetic attention to this matter of preparing teacher candidates.

SHAPING THE CHI

As a 'little learner' ... It was I
that thought I shaped the me of me ...
Now it seems the other is
SHAPING ME ...

Ralph Garn, Denver, CO

PLANNING FOR ACCREDITATION

Teachers might find it helpful to go over a checklist with their potential teacher candidates to assist their planning for accreditation. Each teacher candidate should do the following:

1. Understand Steve Ridley's expectations of your level of preparation. (See "Preparing Teacher Candidates" above. The Basic requirements follow:
Be able to perform each T'ai Chi Chih movement *expertly* in the suggested order.
Have a basic understanding of the yin-yang philosophy and how it relates to TCC.
Be accepting of instruction and correction.
Have read or re-read the recommended books: Stone's TCC text; Ridley's *Perspectives in Motion & Stillness* and TCC Guidelines.
2. Clear your schedule so that you can attend all of the sessions for the training dates listed in *The Vital Force* (usually Monday-Friday evening and Saturday.)
3. Send a check or money order for half of the full amount of the course (your deposit) to the sponsoring host.
4. Be sure to send a letter of recommendation from your teacher/coach to Steve Ridley and to the hosting teacher by the deposit deadline.

SPIRITUAL POETRY

Steve Ridley has a new book to offer us--*Spiritual Poetry*--with an introduction by Liz Salada. It is available from Steve, 1921 Jasmine St., Denver, CO 80220 303/322-7717. Below is a sampling of the poetry presented.

Amidst birth-death-rebirth,
light-dark, day into night

Within poverty-opulence,
summer-winter, happy-sad

Above sky and earth,
moon-sun, withdraw-embrace

Encircling hope-doubt,
empty-full, serenity-conflict

Behind waking-sleeping-dreaming,
like-dislike, close-open

Surviving valley-mountain,
long-short, inbreathing-outbreathing

Wholeness endures
uncompromised, without flaw.

Poetic fields of sparkling white -
autumn's first!

Sun and clouds
transform fluid crystal colonies
effortlessly, nature's creative pulse

Beneath accumulated blankets
indistinct potentials await
the freeing light of spring.

Ocean fog greyly spreading ...
coolly blanketing

Oak crowned hills, silhouetted
by sun's indifference

Random eloquence.

SPIRITUAL POETRY



Steve Ridley

THE GIFT OF TEACHING

Joanne Sultar, Berkeley, CA

Tai Chi Chih is a blessing in my life that continues to blossom. I finally sat down to write and immediately the phone rang and I was asked for a brief description for the demonstration I am preparing for the Berkeley Recovery Center in December. The call felt like an affirmation--as in Yes, this really IS happening in my life.

I have been teaching a Saturday morning class in the school yard in my neighborhood since February. This class works on a drop-in basis with the understanding that it's "back to basics" whenever anyone new begins. It's been joyous beginning the weekend in this way. The class has attracted seniors who live in retirement apartments nearby. They are enthused about the Tai Chi Chih demonstrations we've scheduled in their building and hope that their neighbors will become involved in a weekday class at that site.

I am also teaching in Alameda through their Parks and Recreation Department. This class is a continual source of inspiration to me. Last night was our fourth session (out of eight). One woman told me at the second session that after one week's worth of practice, she had more energy than in the last five years. She has had chronic fatigue syndrome and said she was a little cynical about it really being possible that she could have more energy, but each week she is less cynical and more enthused. Last night she said she was amazed at the combination of feeling calmer and having more energy at the same time!



Another woman approached me after class last night. I had been watching her and felt bathed in the joy she exudes while doing the movements. She admitted she was so delighted with this new gift in her life. She has been a yoga student for years but hadn't been able to practice most postures for five months due to some injury. She is so grateful to find Tai Chi Chih now and is amazed at how it immediately centers her energy.

This is so humbling, or I am humble in my gratefulness. The class is a prayer for me that I continue to grow and be worthy of this gift of teaching Tai Chi Chih. I have been teaching one thing or another for 27+ years. My priorities in addition to conveying the material include creating a relaxed and friendly group dynamic. A background in drama therapy has enriched my ability to lighten things up so people don't get overly serious or stressed in learning relaxation! Last night people paired up and gave each other feedback about some common errors to avoid in the movements (you know the ones!) While this was going on, I went around the room and intervened giving additional feedback. It seemed to work very well, got students to talk to each other about basic principles of the movement, and, as usual, some students were able to help others more in that one-to-one situation than I was able to in the large group.

Thank you dear readers for your own contributions to Tai Chi Chih and The Vital Force. Thank you, Liz, for encouraging me to write. Blessings to all.

A LEARNING THAT HAS NO END

Letter from Teacher Candidate:

Rosa Santamaria, Walnut Creek, CA

I have been taking Tai Chi Chih classes with Liz Salada for about one and a half years. At the beginning, I was just practicing in class, once a week.

I read in Steve Ridley's article in *The Vital Force*, I think it was called "Just Do It", talking about practicing the Tai Chi without thinking much of the results or without wanting to do it. I started practicing first thing every morning whether I wanted to or not. It has been six months and I'm glad I made that decision.

I'm now preparing for the next teachers' training that is going to take place in the Bay Area. When I started to try to refine my movements, I felt really funny, out of shape. It was like having to relearn all over again. Now it seems like the movements are settling down--until the next refinement! That is, I'm discovering the challenge of Tai Chi Chih is not something definitive but something that keeps changing. (My big recent discovery is that touching the heel first on the side to side to movements, especially on Pulling the Taffy, helps me to keep my pelvis tucked.)

I find Tai Chi Chih is a wonderful tool to help focus, center and balance my life. I want to participate in the Teachers' Training because I want to learn as much as possible about it. It's fascinating to discover that this is a learning that has no end. And maybe someday, if I see myself ready, I would be glad to teach (share) that exciting experience.

REFLECTIONS ON ACCREDITATION

They come, apprehensive, knowing
excited, wondering.

They are drawn by the Chi

Confident in why they are there.

The Chi is within.

The Master enters, "Let us practice,"

They are led by the Chi.

Five long evenings, rested sleep,

They are buoyed by the Chi

Saturday's completion, the Master enters,

"Let us practice for all Life's times."

The Chi is the new Teacher,

The teacher expresses the Chi,

The Chi expresses the Teacher.

Michael Merriman
Highlands Ranch, CO



Small signature or mark.

MEDITATION RETREAT with JUSTIN STONE

This five-day meditation retreat has been specifically designed by Justin to allow the practitioner an opportunity to become fully immersed in the process. An emphasis will be directed towards being aware, at all times, of what is seen, what is heard, what is felt, and the breath. Meditation practice will consist of the T'ien T'ai, "Holding and Letting Go" (Chi-Kuan) meditation, and also a deep meditation. Evenings will be devoted to metaphysical and spiritual discussions. The location for this retreat, Green Gulch Farm, a Buddhist Meditation Center, will enhance and nurture our efforts and our experience.

The enthusiasm which is being expressed towards this retreat is joyous. It is evident that this rare opportunity to study under the guidance of Justin Stone is long overdue. The retreat is from Wednesday, April 14, 10 am until Sunday, April 18, 3 pm. The cost of \$350 covers meals, lodging, and meeting rooms during that time. There is no tuition cost. Justin is offering his time and efforts that others may benefit, not for his personal gain. There are only six (6) openings left. Mailing a deposit of \$100 will hold a space, but a call may be quicker. Contact Sandra McAlister, 24835 Second Street, Hayward, CA 94541; phone 510/582-2238.

SEIJAKU ACCREDITATION

Seijaku - meaning "Serenity in the Midst of Activity"- is the name Justin Stone has given to the advanced form of T'ai Chi Chih. Stone considers Seijaku the equivalent of turning a 60 watt light bulb into a 1000 watt bulb. He feels it is the strongest discipline he has seen in the East or West. Seijaku is for committed, accredited T'ai Chi Chih instructors who want to increase the potency of their practice, while taking it to deeper levels. See enclosed flyer for details of the next Seijaku Accreditation Course, March 19-21, 1993.



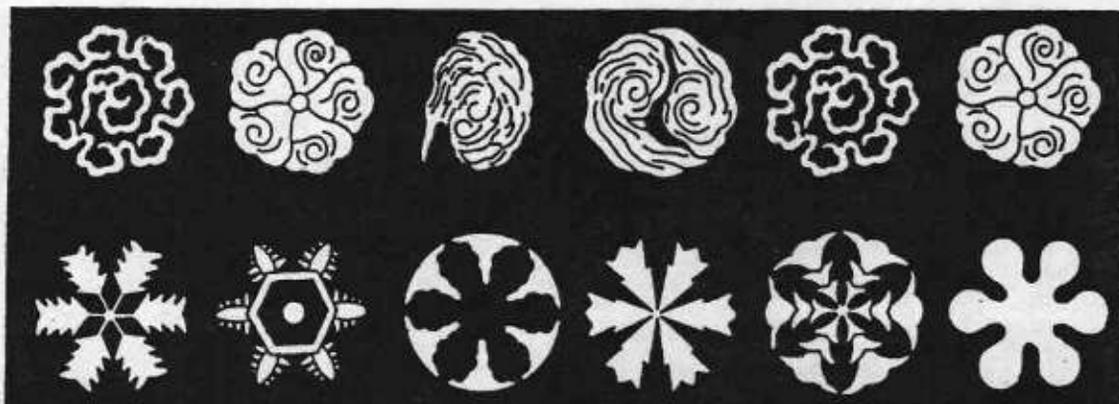
Shared Practice, Introduction to Seijaku Offered

Chicagoland instructors and potential teacher candidates are invited to gather for a shared practice the first Sunday of each month from 1-2 pm. Seijaku, the advanced form of T'ai Chi Chih, will be introduced from 2-3 pm. Students with an instructor's recommendation for an instructor preparation course are eligible for consideration. The purpose of the introduction is to inform those who are interested about the process for having a Seijaku certification course with Justin. Contact Hannah Hedrick, 312 /464-4697, for additional information.

Monthly Meetings in the Denver Area are open to students at all levels. Practice and share T'ai Chi Chih with area teachers. For more information contact: Mike Merriman at 303/791-8985.

1993 T'AI CHI CHIH CALENDAR

February 1	Deadline for submitting your news and information to The Vital Force for March 1993 Spring issue.
March 19, 20, 21 Fri.-Sun.	Seijaku Accreditation Course with Justin Stone San Francisco (near S.F. Airport) Contact: Sandy McAlister 510/582-2238. Basic course fee \$300 for accreditation. Total cost will vary depending on choice of accommodations. See enclosed flyer for details.
March Date to be announced	Exploring Meditative Ways Retreat with Steve Ridley, Bay Area, No. CA Contact: Liz Salada 510/278-3263 or Susan Hudgens 408/926-5664 Informal Talk and Practice for Teachers & Candidates precedes retreat
April 14-18 Wed-Sun	5-day Meditation Retreat with Justin Stone \$350 Green Gulch Zen Center, Marin County, CA. Contact: Sandy McAlister 510/582-2238 \$100 deposit to reserve a space (limited to 20 participants).
April date to be announced	TCC Teacher Accreditation Course, Chicago, IL Contact: Hannah Hedrick at 515 N. State St., Chicago, IL 60610 Deposit due in March. Course will be canceled if there are not at least 8 candidates.
April 1 April 25 June 1993	Application and Recommendation Letters due. \$200 Deposit Due for Candidates of TCC Teacher Accreditation Course, Bay Area, Northern CA Contact: Liz Salada, 1477-155th Ave., San Leandro, CA 94578
Tentative 3rd Weekend July	8th International Teachers Conference, Chicago, IL area Contact: Hannah Hedrick 312/464-4697 Seijaku before Conference if enough people register.



TCC IN COLORADO

The regular monthly meeting of the T'ai Chi Chih Colorado Teachers group took place on 10-18-92. Since there was a Teacher Training in Denver at the time, we took advantage of this opportunity to support the new teachers and also have our monthly meeting. We made plans for our November and December meetings. We also discussed a possible spring outing to include teachers throughout Colorado. I know we all look forward to our monthly get-togethers for support and group energy.

With Joy, Judy Hughes, Littleton, CO

Group Provides Open Membership & Supportive Fellowship

A little history about the group in Colorado. Until June of this year there were 5 certified instructors in Colorado. After the teachers' training in June and October, we now have 21 TCC teachers.

After the June training we decided to stay in touch with each other. We meet once a month to practice and then have a short meeting to decide where to practice the following month. We have elected to keep things simple with little effort to being organized as a group. We have a newsletter only because Marge Manzanares and I chose to be of service to TCC in Colorado.

The fellowship of like-minded individuals inspired most of us to continue with what we are doing and even expand our horizons (Chi) to express ourselves even more than we do currently.

After the practice we usually brown-bag lunch and share what is going on with our teachings and practice. We, in Denver, are fortunate enough to have Steve Ridley available to us and we are constantly focused on refining the subtleties of the TCC movements.

The group started out limiting the practice to just instructors and teacher candidates, but now we have expanded it to include students at any level of experience. Who knows who the next teacher will be!

While the group does not have major goals and accomplishments as part of their structure, we are interested in sponsoring the 1995 TCC Conference in the Rocky Mountains. We'll have details and questions to the TCC membership-at-large later.

Mike Merriman, Highlands Ranch, CO



Every atom and molecule
positively charged
Soft, exuberant energy
wafted by the motion
Gently effecting
Constant Creation.

Viola Moriarty
(after Monday night TCC
practice at Steve's house)

TEACHER NEWS FROM MINNESOTA

My TCC teaching has taken me to a variety of groups apart from my usual classes. I presented at the Annual Conference of the Wisconsin Association of Specialized Kinesiologists in St. Croix Falls, WI. The Conference was held in a renovated train depot overlooking the St. Croix River. The beauty of autumn melted into the flow of the Chi. It was a marvelous experience and another session is being planned for Spring. During the summer I taught TCC at a Bed and Breakfast place where some of our TCC accredited teachers stayed during our '91 TCC International Conference and introduced the owners of this huge family estate to TCC. Again amidst the song of birds, beauty of nature and realization that TCC had been experienced in the gardens there previously, the outdoor sessions were wonderful! More recently I've returned to do TCC with the Hmong Refugees (a large population here in St. Paul/Minneapolis). They are definitely the most joyous group that I've taught. What an energy comes from these simple people of the earth! To see their smiles, hear their laughter and song as well as their ease of movement speaks of the universality of the Chi! Thanks to Justin and Steve for their dedication and teaching. Peace-- **Sr. Anita Germain**, White Bear Lake, MN

TEACHER NEWS FROM CANADA

Here's a note of what is doing with TCC in Edson, AB.

We had a class of 12 seniors (ladies) taking Tai Chi Chih in the month of October, Tuesday and Friday mornings from 10-11 am.

There is a class of business gals (8) who are taking a once-a-week class at a local school each Monday night from 6-7 pm. Both of these classes are going well. Some small glitches but they are being overcome.

I have given demonstrations at the Seniors Parkland Lodge, after a meeting of the Order of the Eastern Star, and at a TOPS meeting. I have been asked to demonstrate at a TOPS Rally at Wildwood, 50 miles away. My wife and I are both members of these organizations.

We went to Banff and I made arrangements to teach TCC at two sessions (each one week duration) at an Elderhostel as they have been looking for someone. The YWCA Program Administrator is a Tai Chi Ch'uan student. (This is for September 1993!)

I am enjoying instructing and am benefiting myself as I pass on the Tai Chi Chih message. Sincerely, **Gord Wade**, Edson, AB Canada

ARIZONA TEACHER NEWS

Ruthmarie Arguello-Sheehan, Sun City, AZ: I'm teaching two new classes of Tai Chi Chih at Arizona State University, 2 hours each on Tuesday and Wednesday, plus a couple of shorter classes. We have weekly Thursday 6:30 am practice session on a nearby island in a beautiful lake (really! here in the desert) while we watch the sunrise together doing Tai Chi Chih. This practice is open to any of my present or former students in this area. It is fun and inspiring! Still keeping Friday-Mondays open for travel and for other workshops, plus trips for R&R.

CHICAGO NEWS AND FUTURE PLANS

Hannah Hedrick, Chicago, IL

We now have 29 certified instructors in the Chicagoland and surrounding area. We are hoping that our efforts to get together will inspire the inactive teachers to begin teaching. Several of the new instructors are organizing classes to start in the very near future. Now that we are listed in the *Directory of Self-Help and Mutual Aid Groups*, as a group or as individuals, and our next priority is to develop a group brochure that everyone helps to distribute. I am hoping that self-help groups and health and human service providers will make referrals or even incorporate T'ai Chi Chih before group meetings.

TEACHER TRAINING NEWS

Hannah Hedrick, Chicago, IL

Congratulations to Our New Chicagoland TCC Instructors!

The American Medical Association headquarters will never be the same now that it has hosted the third Chicago instructor certification course. From the very first night, the teacher candidates, Steve and Lia, and visiting instructors were in such harmony that the room literally vibrated with the circulation of the chi. That harmonious resonance increased continuously throughout the week, concluding in a powerful final shared practice, when family members and potential teacher candidates followed the new teachers through the movements.

The inspirational presentations reflected the commitment to service of this cadre of teachers, with many of them intending to serve special populations: individuals impacted by cancer, HIV infection, and multiple sclerosis, as well as school children and seniors. Eight of the new teachers join the growing T'ai Chicago Chih family; the other two teachers will be opening new territory in Wyandotte, Michigan and Pekin, Illinois.

Steve and Lia Inspire Chicago Students and Teachers

The new and "old" teachers feel especially honored that Lia joined Steve for the instructor course. In addition to the extra instruction and the increased individual attention, we appreciated the sensitivity with which they guided us in improving and refining our movements (and their understanding of our initial nervousness). More than anything, we were grateful for their ability to support us as we experienced the transformations initiated or accelerated by the instructor course. We love you, Steve and Lia!

Future Activities

See Calendar Notes, p.20, for more information on shared monthly practices open to students and teachers. **Note:** 1993 Conference is being planned for July in Chicago--dates to be confirmed in January. Contact Hannah Hedrick 312/454-4697.

CHICAGO CERTIFICATION COURSE

Congratulations to the new teachers who received their certification at the October 1992 course in Chicago. (See enclosed Teacher Directory update sheet for listing of new teachers.) From all accounts, it was a wonderful experience--expert instruction from Steve, cooperative effort by Lia as well as visiting teachers.

NEWS: CHICAGO TCC

TCC Comes to Chicago TV

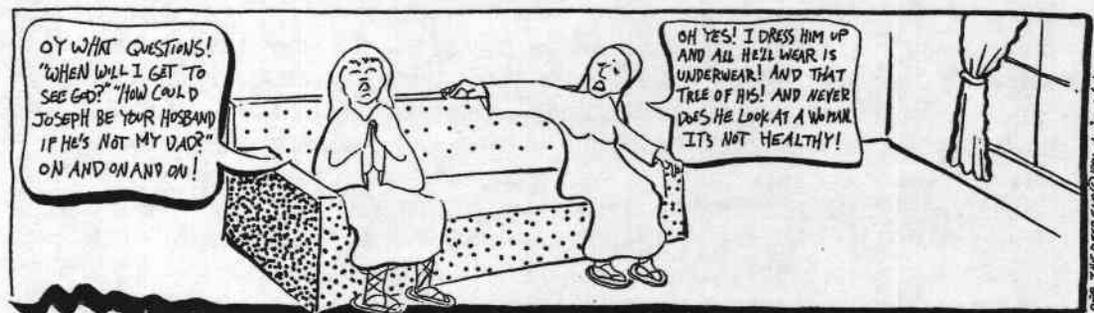
Thanks to the efforts of Drena Delaney (TCC certification, 1991), Chicagoland TV fans can learn of the benefits of TCC through a cable access TV program featuring Steve and Lia and co-hosted by Hannah and newly-certified instructor, Veronica Hall. Newly-certified Linda Prosche also appears in the second half of the tape, during which Steve leads the groups through several movements. Drena learned how to operate the equipment for the express purpose of producing TCC programs, and we are delighted that her first effort involved Steve and Lia. We hope to have videos of the program available for viewing at the annual conference in July 1993.

STAYING CONNECTED via TCC Newsletters

We plan to strengthen our local family of TCC teachers through a newsletter, T'ai Chi Connection, edited and produced by Meagan Everett, which will also be used to share information with *The Vital Force*. The newsletter will keep us informed about shared practice sessions, teacher refresher classes, and other relevant activities. We will also develop a single brochure, listing all of the certified teachers, where they teach, and the groups with which they prefer to work.

Refining the Movements

During the July 1992 annual Teachers' Conference, Justin reminded us that our purpose for coming together was both to *renew ourselves in the essence of TCC* and to *refine the movements of TCC so that we do it and pass it on correctly*. In the September issue of *The Vital Force*, teachers expressed their appreciation for the opportunity to see where they were "off" and to seek help from Steve and Justin in making necessary corrections. Several of us who attended the conference and/or who attended the teacher certification course (including the new teachers), will be meeting for this purpose the first Sunday of each month. For more information, contact Hannah at 312/464-4697.



THE MOTHERS OF JESUS AND BUDDHA DISCUSSING THE TRIALS AND TRIBULATIONS OF RAISING A GIFTED CHILD.

CONGRATULATIONS!

Dear T'ai Chi Chih Teacher:

Congratulations on becoming an accredited instructor. Thank you for your excellent work throughout the week-long process and for your respectful attitude. Justin and I are confident that you will represent yourself and T'ai Chi Chih in the highest way, and that you will continue to qualify yourself by progressing toward self-mastery and mastery of this life-enhancing art.

As Justin suggested, it is best to begin immediately with your sharing of TCC. You might get started by teaching TCC to your family and friends, if you haven't yet made plans to offer a public class in your community. The important thing is to begin now! You want to establish yourself as a TCC teacher as soon as possible, riding on the momentum of enthusiasm we generated during our training program.

Approach community colleges and recreation centers by setting up interviews with their coordinators. Most will be happy to include TCC in their program and will list your class in their catalog, provide classroom space, and register participants for you. This has been my primary way of sharing TCC in Denver. Offer T'ai Chi Chih in as many ways, using as many useful formats as you can. Be creative in your advertising of lessons and experiment with various teaching approaches and methods - continue to look for more efficient and effective ways to share TCC.

As was highlighted in class, be sure to cultivate your own TCC by practicing faithfully each day. Practice alertly and sensitively, always endeavoring to refine your performance of TCC externally and internally. Consult the "Literary Background" section of your TCC Teacher's Manual now and then, and attempt to better apply the principles to your practice. Also, refer to my book, *Perspectives in Motion and Stillness* for additional hints on movement execution and refinement.

By practicing conscientiously each new day, you will be able to enjoy the cumulative benefits and the process of maturation that Justin often speaks about. You will progressively embody the TCC spirit or essence, which is your actual, enduring identity. As this essence is less and less veiled or seemingly restricted, you will be a "knower" of T'ai Chi, and your students and associates will be benefited in unexpected ways. This is true.

Please stay in communication with Justin, myself and the other TCC teachers. Contribute your experiences to the Vital Force Journal, through poetry, articles, artwork, statements, etc. Whenever you can, audit a teacher accreditation course or attend a Teacher's Renewal Class with me. The ideal is to continue growing, evolving and expanding in awareness, function and joy with this special art. Through this practice we perfect ourselves through a profound process of integration.

If you should find yourself dropping away from your daily practice for whatever reason, please do not teach, until you get back on track with your practice.

Justin and I wish you every success! Love,

Steve Ridley



Denver graduates and visiting teachers at the October teacher accreditation.



Chicago graduates of the October accreditation course.

RAPID GROWTH OF T'AI CHI CHIH GREATLY SURPRISES ORIGINATOR

Justin Stone, Fall 1991

Nobody has been more surprised than the author, the originator of T'ai Chi Chih, by its rapid spread thruout the world since it was first introduced seventeen years ago at the Open Mind Bookstore in Albuquerque, New Mexico. At that time there was no way of knowing whether there would ever be a second class for beginners, let alone a series of Teacher Training Courses that have accredited worthy teachers numbering more than 500. The success of the first class was a surprise, and the rapid spread, by word of mouth and excellent pioneering efforts by the teachers could not have been foreseen, particularly since there has been no organization, no financial backing, and no hype to convince potential students of the merits of this relatively easy practice.

During the years the author was studying--and practising--in the Orient, he often noticed that many who became ascetics and renunciates did not seem suited for that life and remained miserable and torn by inner dissension. In the Himalayan foothills of India, living with the Yogis, the author made friends with a man in his fifties who had left his family and renounced the world, a man who had been a successful lawyer in Lucknow and was now following the Scriptures literally in leaving his family, distributing his wealth, and penniless, breaking all connection with the world. He suffered much from never having seen his grandchildren, and while outwardly a renunciate practising Yoga in stringent conditions, was inwardly torn by all the conflicts of the man of civilization. When walking near the village of Laksmanjula, the former lawyer would sneak away to buy and smoke a cigarette, and then resuming our walk, we would pretend it had never happened. Where he got the money to buy the one cigarette, I don't know. Later the author helped him financially when he was asked to leave the Ashram at which he stayed and wished to make his way, by bus, to Dehra Dun, a place in which quite a few prosperous patrons of Ashrams made their homes.

Such incidents led me to believe that Peace was not found by simply detaching oneself physically from familiar scenes. The Vashanas (habit energies) and Samskaras (long-held tendencies) followed one wherever he went; you cannot get away from yourself.

Like Zen, T'ai Chi Chih points out the way to serenity and fulfillment while living in the midst of busy worldly conditions. Advanced T'ai Chi Chih, the most powerful discipline I have come across, is called "Seijaku", which can be translated as "Stillness in the Midst of Activity".

T'ai Chi Chih, working with the principles of the ancient Yin-Yang philosophy, stimulates circulation of the CHI, the so-called Vital Force which is the basic force of Life. We are really the product of this CHI. Sri Auribindo said that, if this Universe were to be abolished, this CHI (known as PRANA in India) would be capable of building a new Universe in its stead! When this Chi is circulated and the positive and negative aspects (the YIN and the YANG) are brought into balance, not only does health improve, but an inner serenity seems to follow naturally. The increased energy (because CHI is energy) brings vast changes in the practitioner's life, both inner AND outer, if we can judge by past results. At least four of the accredited teachers--all women--are known to be former cancer patients.

T'ai Chi Chih is not a martial art. Not bothering with violence or defense against force it provides the greatest defense, which is inner peace and harmonized CHI. The one

Rapid Growth (cont. from p. 28)

who focuses on violence, self-defense, etc. will probably attract violence thru the frame of mind. Like attracts like.

Can enlightenment, that much misused term, be achieved thru sincere practice of T'ai Chi Chih? D. T. Suzuki, the Zen writer, has pointed out that, at the moment of Satori (enlightenment experience) there is a 'revulsion of the CHI', a complete change in the character of this Chi energy. Isn't it logical that a gradual change in the character of the Chi energy thru sincere practice of T'ai Chi Chih, maybe a half hour a day, then can bring about the experience of Satori?

From the beginning, the emphasis of T'ai Chi Chih has not been on organization (the author has seen, all too often, what happens to spiritual organizations when jealousy and greed enter the picture) nor on financial welfare, though the author does believe the working man is worthy of his hire and the teacher worth many times what he or she charges. Many times teachers have proffered checks to the originator saying they believed they should tithe 125% of their earning to him in appreciation. These checks have always been torn up. Neither the author nor any organization has taken one dime from accredited teachers; they keep what they earn.

To enter a Teachers' Training Course, a candidate must have a letter of recommendation from an accredited teacher, testifying that the candidate does the movements well, has the type of character necessary to make a good teacher, practises faithfully, and understands a bit of the philosophic background of T'ai Chi Chih. Then, having entered the intensive Course, formerly taught by this writer and now taught by Steve Ridley of Denver (who has been training with the author for twelve years to give these Courses and become the Spiritual Head of T'ai Chi Chih), the student is impressed with the fact that more than technical excellence is needed to be a good teacher. The emphasis is on the "TEH", a Chinese word that can be translated as "the power of inner sincerity". This may seem simplistic, but how can one explain the rapid spread of T'ai Chi Chih to New Zealand, Switzerland, Mexico, Canada, Chile, etc. etc. without any organized publicity of any organized authority? In a talk the author gave at the 1990 Teachers' Conference (Convention) the deeper aspects of the Discipline, its place in evolutionary development and help in developing favorable Karma, thus influencing the future, were stressed. This talk was made available to teachers, on cassette, without any charge, thanks to the efforts of long-time T'ai Chi Chih teacher Carmen Brocklehurst of Albuquerque.

Our lives cannot be changed by words. If they could, everyone hearing a sermon in Church on Sunday, or spending time with a psychoanalyst, would be quickly changed; starting Monday there would be no more cheating or lying in business. But is this so? As the basic energy of life, which flows thru us, and, in effect formed us, changes and is balanced, then change takes place, sometimes very radical change. An ill, depressed woman in her early 70's, not strong enough to take her initial lessons standing up, eight years later is seen dancing in the aisles to music being played. Often people do not remember what they were like before, and do not recall the 'troubles' that had bothered them. Remake "your" Chi and you remake yourself. Apparently T'ai Chi Chih can do this quickly and efficiently, and it is easy to learn and easy to do. This author, who lives in Pacific Grove, California, firmly believes this, and sees the benefits in his own life. About to be 75 years of age, this appears to be one of the most energetic and creative periods of his life. So there is much to be grateful for.



KARMIC KOMMENTS
from Good Karma Publishing
Jean Katus, Publisher

Good Karma Publishing Gift Ideas

With the gift-giving season upon us, it's not too late to consider Good Karma items that you might want to offer others as gifts, perhaps to relatives, special T'ai Chi Chih students, friends. Besides the books and tapes we have that are specifically T'ai Chi Chih related--always a good gift item for students or potential students--other titles that come to mind simply as gift ideas are:

Let Good Fortune Jump on You by Paul Reps

20th Century Psalms by Justin Stone

Justin's piano and keyboard jazz audio tapes*

most of the items listed under "items we distribute" section
(see enclosed flyer/order form)

the few remaining T'ai Chi Chih coffee mugs at \$6.00 each

including shipping (no discount)

*Very few copies of "Pensive Piano" remain, and this tape will NOT be reprinted.

Justin's Videos

Our announcement about the remake of the Justin Stone T'ai Chi Chih video was premature. We will let you know via *The Vital Force* when it's ready. In the meantime, as teachers, you'll want to encourage your students to have a copy of the current video as a reference to Justin's teaching. Even if they use a practice video, which some teachers have made for their students, it's most enriching to also have the instructional tape made by the originator.

Important Notice

It has been brought to my attention that some of Justin's videotapes do not have the tabs on them broken off, making it possible for them to be accidentally taped over. Anthony, our duplicator, has been alerted and will be routinely breaking off the tabs now. However, please check your video(s) to make sure they all have the tabs broken off. If you don't know what I'm talking about, please ask someone in your area about it or give me a call and I'll explain it further. Thanks! Jean Katus

The Oriental Philosophy lecture series videotapes of Justin's informative talks are available for a one-month rental at \$7.50 each + shipping or \$30 for the entire five-tape set + shipping. For more serious T'ai Chi Chih students or for the general public who may be interested in learning about the philosophies of the East, the series provides an excellent in-depth discussion. Justin's insights about the people, cultures, and spiritual traditions in various places in the Orient, based on his experience living and traveling there, are like having one's own personalized Oriental Philosophy course. (See Komments p. 31)

New Illinois Distributor

We now have a distributor in the Chicago area: Meagan Everett at 708/801-4477. She joins the other teacher distributors listed on p.38. For greater convenience, if there is a teacher distributor in your area, you can order your T'ai Chi Chih materials from that person. Otherwise, send in your order or phone it in to Good Karma at 701/854-7459.

TCC Text on Recycled Paper

The latest edition of the blue T'ai Chi Chih text was printed on recycled paper, the way we now have most of our materials printed. Also in keeping with attempting to be ecologically conscious, we are phasing out the shrink-wrapping on our audio tapes. (Our supplier for the Kevin Locke tapes, who has agreed to comply with our wishes, tells us that their wrapping is environmentally safe.) We are also looking into the possibility of eliminating shrink-wrapping for the blue text the next time it is printed.

Special Teacher Discounts

We still have available a few copies of previous-edition *20th Century Psalms* (at \$6.00 each) and *Abandon Hope* (at \$8.95 each). Even with the lowered price, you get your teacher discount when you purchase 3 or more of these or any other titles in whatever combination you choose.

Thank You!

A Happy Chanukah, Merry Christmas, Wonderful New Year filled with T'ai Chi Chih blessings to everyone! On behalf of the Good Karma Board of Directors, we all thank you for your continued support of our offerings.



THERE'S MORE

A 'new' song was sung this morning ...
Being 'timeless' it couldn't be
Written by the body of 'me'. ...
Have I lost this wonderful 'song' of love?
Within I hear, "This is just a sample" ...
"There's More!"

Ralph Garn, Syracuse, NY

BECOMING ONE WITH THE DOW



OFF THE DESK AND AWAY: Advertisement concept by Ted Montgomery



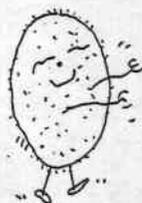
Farmer Johnson grows impatient waiting for Daisy to finish up her morning TAI-CHI

FUN WITH "CHI" IN THE KITCHEN

Jean Katus says: I couldn't resist sending you these goofy drawings my sister did while I was visiting her in Wisconsin. She had made chili for dinner one night, which inspired the "T'ai Chili" drawing. Then when I told her we had a teacher who taught part of the year in Mexico and part in New Zealand, "T'ai Kiwi" came forth. Don't ask me where the other ones came from! This is the sign of some kind of mind that has a particular brand of stimulation coming from a woman who dances around the kitchen with a colander on her head and a honey dipper between her upper lip and nose to make her 1-year old son laugh. Please note that "T'ai Chickin" is flapping her wings as she goes around the platter.



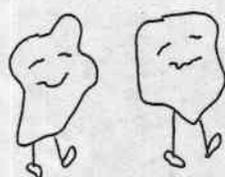
T'ai Chili



T'ai Kiwi



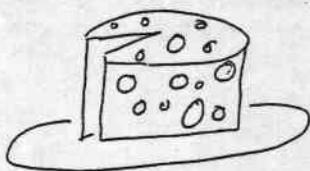
The result of a
T'ai Kiwi doing
"around the platter"
once too often



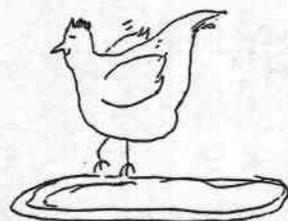
T'ai chips



T'aice cream



T'ai Cheese



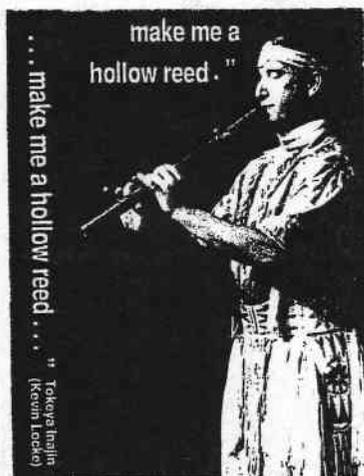
T'ai Chickin
flapping her wings
as she goes
"around the platter."

Baby's 1st Philosophical Babble:
Whodah Boodahdah?
Pllbbppth

Health Professional Bumpersticker?
TCC Doctors Make the Rounds

THE SIGNIFICANCE OF NATIVE FLUTE MUSIC

"You know, a lot of people think of...American Indian music as kind of an anachronism and our languages [as]...anachronistic and maybe irrelevant. But the thing that I really feel any time I play the music or any time at a pow-wow--some of the dances-- [when] the singers are really singing good and you get in there,...you can just FEEL the ancestors sitting rank on rank--and [they're] joyful and jubilant!" This is what Kevin Locke has to say about his deep feeling for the music he learns and performs. (His tapes are available through Good Karma Publishing.)



Kevin's involvement with the Native flute comes from his effort to preserve Lakota (and other Native nations) music--music that has become nearly extinct. That is why he chooses to work with traditional music handed down in the oral tradition instead of composing his own.

The melodies and words (songs were first sung, then learned on the flute) were part of a formal courtship ritual in a highly-structured society of the past; now, Kevin's intent is to restore honor and dignity to a people who have been "broken-hearted" and "dispirited" for over 100 years. He feels that by sharing this beautiful music with the modern world, the Native people can offer a gift that brings back a small piece of the proud heritage they all have in common. When 6-10 Native languages are being lost per year, a great deal of information simply cannot be recaptured when one elderly person dies.

Kevin Locke has no need to get others to ascribe to a traditional Lakota way of life. Rather, he prefers to use the culture to "...penetrate to the core. If I can do that, then I can find, at the heart of that culture, that it's the same and it hooks us up with all the other cultures in the world because we're all essentially the same."

The flute, as one of the harbingers of spring and new life--along with the thunder of the drum, the lightning of the voice, and the rain of the rattle--uncovers hope for a time of greater unity for all people in its "embodiment of the spring wind."

Thanks to Kevin Locke and to Steven Smith of Minnesota Public Radio for information provided in an interview aired on March 16, 1991. Jean Katus

"MAN DID NOT WEAVE
THE WEB OF LIFE,
HE IS MERELY A
STRAND IN IT.
WHATEVER HE DOES
TO THE WEB, HE DOES
TO HIMSELF."

Chief Seattle

Through meditation practice, our Awareness is released from the accustomed perspective of mind-body exclusiveness. We find that our Awareness is independent of sensory perceptions, relative conditionings and thought activities, yet links and operates through these functions. We then recognize the possibility of living freely, within the mind-body continuum, while traversing the ordered cycles of time and space.

from PERSPECTIVES in Motion & Stillness

by Steve Ridley

Meditation practice is:
acute Listening-surrender,
not fantasy generated conceptual excursions.

Steve

Silently ... witnessing ...
into no witness (know-witness)
The common is uncommonly Seen.

Steve



"Inspired Life-Cycle"

- Steve Ridley

A NEW LIFE BEGINNING

Rolph-e got up at his usual early morning hour and after his usual coffee ... prepped for his daily appointment with Tai Chi by stretching and breathing ... bringing 'mind' to the calm of 'acceptance' ... advantageous for this wonderful 'purification' rite.

The quiet of the new day breathed itself into the body as the current of 'Chi' began flowing ... ebbing ... flowing ... rocking with the slow beat of the Earth on which he was grounded.

How long has it been since this daily 'secret' was given for the love expended to this universal force that had no demand of name or status? When did the 'wooing' process begin?

"Rolph-e, come play with me," I hear ... rise to my feet and go before the open deck door ... feeling the cool Fall air penetrate the lungs in warm-up and ... the 'orchestration begins.

Rocking motion, feeling the 'beat' of the Earth drum beneath me ... anchored by the 'Force' and becoming 'One' with the silent music of the 'Chi' ... flowing now, smiling inward with me ... the move begins to make a transition to something not felt before ... a new song ready to be sung in the "Universe" of man ... continuing ... mixing the energy ... the Conductor becomes the instrument ... the song continues.

How long was it this time? Who knows and cares? The 'Chi' has had its 'Way' again ... finding one to 'comfort' in the "Sea of Man" ... receptive hands reaching out to the morning sky in prayer of gratitude ...

Ralph Garn, Syracuse, NY

STUDENT EXPERIENCE

A HOLIER VESSEL

Marcia Jones, Danville, CA

(Student of Liz Salada)

I'm really appreciating having your gentle strength as an influence and wanted to share my experience. I'm feeling powerful effects from the T'ai Chi. I've always had trouble with my hands being cold except when I'm working (massage therapy)--then they're on fire. Now I'm having warmth running through them more and more consistently at all times. I am very aware of a different quality to the energy also. It's very nice to feel my body heating up and flowing more clearly and purely. It's also effecting what I put into my body--my body lets me know very clearly when foods are not in harmony.

Also, it's always been a bit of an issue with me--that I am just the vessel the Healing Energy runs through and that the healing has to occur within and from each individual. In fact, recently the papers called me for my opinion on an issue I'd written the Supervisors about and I got really upset because the writer quoted me as saying I heal and cleanse people's bodies. I wrote the Editor for a correction. Anyway, T'ai Chi is helping me to become a "holier" vessel/facilitator.

SHEN



Spirit,
Tao or God within,
rules chi of body and mind

from the "TAO TE CHING" (eight)

"The highest good is like water.
Water gives life to the ten thousand things and does not strive.
It flows in places men reject and so is like the Tao

In dwelling, be close to the land.
In meditation, go deep in the heart.
In dealing with others, be gentle and kind.
In speech, be true.
In ruling, be just.
In business, be competent.
In action, watch the timing.

No fight: No blame."

EVENTS FEEDBACK

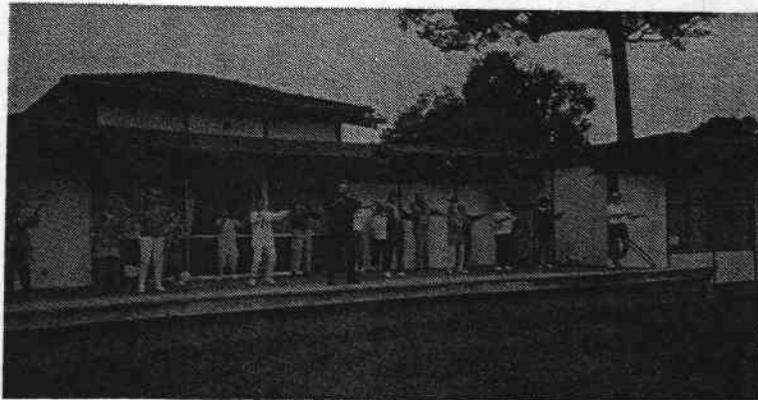
Liz Salada

November started off beautifully with three Tai Chi Chih events in CA's SF Bay Area. A weekend visit from Steve Ridley began with a Friday evening practice and informal discussion. The participants included several area TCC teachers and several teacher candidates. After individual introductions, Steve began by sharing news of the recent two trainings he'd just conducted in Denver and Chicago. This gave the group a sense of the dynamic developmental process which occurs during an accreditation course. Questions which followed stimulated discussion clarifying preparatory methods for recommendation to training, common corrections addressed to refine movement understanding, and the healing aspects of T'ai Chi Chih. Each candidate had particular queries and the opportunity to meet with Steve in this way had a reassuring effect on their intent to represent T'ai Chi Chih upon accreditation.

Among the 25 people who gathered the following day, (Sat. Nov. 7) were several first-time and continuing students of T'ai Chi Chih, along with area teachers. This event was the second one-day TCC-Meditation workshop sponsored this year; the first was in April. The variety of methods provided a deepened awareness and focus through flowing movements embracing t'ai chi principles and sitting meditations in which Steve directed the group to open from within. The feedback from those attending was positive and reflected the sensitive immersion many experienced more intently in this full day format. We'll do another one soon!

The third Practice in the Park completed the T'ai Chi Chih triad of community activities as another beautifully blended group joined in San Mateo Central Park Sunday morning. T'ai Chi Chih on the deck of the Center drew the eyes of passers-by and the setting allowed those practicing an expansive exercise in nature. How wonderful to be guided once more through expert suggestions by a T'ai Chi Chih master. Refinement can be so easy presented like this!

Thank you to Susan Hudgens for excellent organization in hosting the workshop and to area teachers who supported the success of all events by attending and inviting their students involvement. On behalf of all present, thank you again, Steve, for being available for us in these favorable modes of healthful enlightenment!



"Practice in the Park"

San Mateo, CA, Central Park

TEACHER DIRECTORY AVAILABLE

Pre-order your NEW copy of the TCC Teachers' Directory to be available soon 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

1992-1993

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih
and Seijaku (Advanced TCC) Courses
214-A Congress, Pacific Grove, CA 93950

Steve Ridley: 303/322-7717

1921 Jasmine, Denver Co, 80220

Spiritual Head of T'ai Chi Chih and conductor of

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

Jean Katus: (701/854-7459):

P.O. Box 511, Ft. Yates, ND 58538

Publisher, Good Karma Publishing, Inc.

- Distributor of T'ai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- conductor of 1991 Teacher Survey

CONTACTS FOR THE VITAL FORCE - JOURNAL OF T'AI CHI CHIH

1477-155th Avenue, San Leandro, CA 94578

Liz Salada: (510/278-3263)

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

Lois Mahaney: (510/276-5718)

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

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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Winter

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