



THE

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## CONFERENCE MESSAGE SHARED

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At the fine summer Teachers' Conference I spoke about two requisites for Enlightenment: AHIMSA and VAIRAGYA in Sanskrit.

Ahimsa is easy to understand; it means "non-violence". Of course non-violence goes far beyond lack of physical violence. Envy, jealousy, and cut-throat competition are forms of violence. If we do not have a reverence for all life and a regard for all people we can only spread ill-will. There is no such thing as being prejudiced in one direction and open in others. If we love, we spread good will. That is Ahimsa.

More difficult to understand is "Vairagya", meaning "non-attachment" or detachment. This does not mean coldness or indifference. Indeed, the non-attached person is the one most able to act with compassion. With attachment we usually act in self-interest, and that becomes barter. Not to make Vashanas--habit energies--is the way to Freedom. When Krishnamurti speaks of "Choiceless Awareness", this is what he is talking about: to be aware without judgment is his way. "Only cease to pick and choose" says the Zen statement. This is the ideal, but very difficult to follow, particularly when we have family and responsibilities. We should think seriously before taking on obligations, not be forced into them because of our appetites. The greatest attachment is to Life itself, the desire to live at all costs and in any condition. The habit energies that have been accumulated thru many lifetimes become Tendencies (Samskaras), and these lead us around by the nose thru life after life.

If the mind is filled with desires that have become habit energies, it is not open to the natural condition of Enlightenment. Attachment to self, with the feeling that where we stand is the center of the Universe, leads to suffering, not enlightenment. Then our lives become pursuit of what is pleasurable and avoidance of what is unpleasant, a very narrow view, indeed.

For those concerned with the meaning of life and death, those pursuing "enlightenment", there must be an attenuation of the pleasure principle, leading to gradual dissipation of the habit energies. Then we become like the drinker who knows if the water is hot or cold.

Justin Stone is the Originator of T'ai Chi Chih! Joy Thru Movement.

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This journal is dedicated to T'ai Chi Chih teachers and practitioners worldwide.

May it serve you in "Knowing the Real."