



THE

VITAL FORCE

Journal of T'AI CHI CHIH Joy Through Movement

Volume 10, No. 4

Winter Solstice

December 1993

FREEDOM

Justin Stone

There is great joy when a baby is born and great sorrow when that baby, having become full-grown and aging, dies. Yet every baby that is born will die, we're all dying from the moment we are born. This is not a gloomy statement, it is a statement of facts.

Realizing this, knowing our life and everything in it is impermanent, why do we grieve at what is inevitable? Can we call it 'bad luck' that someone dies?

One time the Buddha was approached by a young woman who had just lost her only son. Her grief was great, understandably. She was told that perhaps the Buddha could help her. He listened patiently, then, seemingly in a rather callous manner, said he would not see her that day but she should return the following day. The Buddha suggested that she go to each house in the village and get one grain of rice from each household that had not been touched by death. When she returned the following day, she held out her open hand-which was completely empty. What better lesson of impermanence could there be?

Without realizing (not thinking of) impermanence, we can never find out who and what we are-and without knowing the latter, ours cannot be a fulfilling life. Without knowledge of impermanence and some inkling of who and what we are, we are just on a treadmill. We have good times and bad times, enjoy good health and the opposite, and have a few pleasures and a few pains. All this seems to make no sense and resembles the aimless movements of the tumbleweed tossed around in the wind.

The *I Ching* says there is nothing constant but change. To invent myths that seem to give us eternal status hardly helps anything. The cells of our bodies and minds are constantly in a state of flux, this is a fact.

Once we acknowledge that, as we grow older, we will not look the way we formerly did and do not possess skills we previously had, we can let go, 'abandon hope,' and accept the inevitable, meantime enjoying the freedom from constant striving. Grateful for being alive, enjoying the beauty of each new day, we can be ready to let go when our time has come.

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

Steve Ridley is the Spiritual Head of Tai Chi Chih.

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

May it serve you in "Knowing the Real."

Reflections . . . Along the Way

"Each Teacher's Course is a chance to develop new jewels and a force for 'good' in the world," is Justin's affirming message. It resonates with his closing statement in our TCC text's introduction: "...Join us in this simple practice...If enough people do TCC we might even have peace and love in the world."

This sureness moves me - as simple truths do - with inspiration toward profound possibility! As we face each new horizon with TCC, the day is lightened..with surprise or certainty, we ARE guided further along The Way.

May the beauty of our elemental nature be known in full expression! How grateful this joy! How loving it's origin! Enriching all lives - giving peace to our world.

S

Elizabeth Salada for
The Vital Force Journal

Without questioning
the response
reflects before me

So simply
gesturing openness
through loving aim -

In the rhythmic pulse
of cosmic kindness
I am embraced
wholly
now



INNER WORKINGS CONTINUE...

Since September when ways were suggested to bring VFJ subscription numbers up (at least to meet our minimum for reduced mailing rates), a number of timely renewals and several new subscriptions for students have been received (along with several donations). We appreciate your supportive response and the direct opportunity it affords.

In this light, we are happy to announce a special project planned for completion by the August Teachers' Conference:

A very special VFJ Issue--A Chronicle of TCC Over 20 Years--will be compiled from our archives and your perceptions of TCC's growth since your involvement. Start contemplating and writing your thoughts for a journal that will broadly reflect (as best as words can) the TCC experience. We also welcome questions you have about the history/development of TCC, etc. which Justin, Steve and some of the earliest teachers may be prompted to reply to. We need your input so please utilize our deadline of February 1st for the Spring VFJ and the 1st draft of our special issue.

THANK YOU ALL FOR YOUR DEDICATION TO TCC-THE JOYFUL MOVEMENT WE SHARE, TO ABIDING PEACE AND HARMONY FOR ALL!

CONTENTS:

VFJ WINTER ISSUE

DECEMBER 1993

Page	
1	Freedom (Justin Stone)
2	Reflections...Along the Way (Elizabeth Salada)
3	Contents
4	Readers Commentary, Thank Yous
5	A Message of Joy in This Time (Steve Ridley)
6	A Few Bit & Pieces (Stone); The Personalized & Impersonal Life (Steve Ridley)
7	Winter Rains-poem (Jennifer Biehn)
8	<i>Perspectives</i> quote; Useful Teaching Connection (Steve Ridley)
9	TCC With Unclouded Mind (Steve Ridley); Comment from Justin
10	Philosophy of Teaching (Lia Ridley)
11	Make A Commitment to Personal Practice (Ed Altman); Chi poem (Loretta Shiver)
12	Justin Says; You've really made a difference in my life (poem)
13	Classic Contemplations; Teacher-Student, Pursuing Spirituality (Steve Ridley)
14	Teaching Tips and Tidbits; CIIIH Wisdom
15	Resource Exchange: TCC Massage? Liability Insurance; Self-Employed Benefits
16	Experiences: TCC and Birth (Carol Gliniski); The Flow of Chi, poem (Ralph Garn)
17	The Prince and the Grasshopper; Awakening (Linda Braga)
18	More on the Summer '93 Conference-Going Deeper (Connie Hyde); Being Present with an Open Spirit (Ellen Tatge); Love is Action (Carmen Brocklehurst)
19	Seijaku Change Is Good (Carmen Brocklehurst); poem (Ralph Garn)
20	Calendar Notes To Notice: First Registrant for 1994 Conference (Sandra Tanner)
21	1994-95 Tai Chi Chih Calendar
22	Some Mini Statements (Steve Ridley)
23	TC Movement Principles (Steve Ridley); poem (Susan Hudgens)
24	Journal Entries: Love Songs (Joan Sular); "Beauty of the Moment" (Scott Shore)
25	Unlimited Possibilities (Barbara Peller)
26	New Mexico's Special Notice; poetry
27	International News: TCC in Equador and the Philippines
28	Rocky Mountain High; Oregon Teachers Meet
29	Teacher News: Canada, Kentucky, New Mexico, Nevada, Washington, Colorado
30	Making News: Illinois Community Colleges (Barbara Peller)
31	CA Retirement Community (Barbara Riley); MT Gentle Fitness (Lynne Blackford)
32	Karmic Komments from Good Karma Publishing
33	Black Elk Speaks
34	Events Feedback: TCC Connected Form Class (Elizabeth Salada)
35	Autumn Awakenings (Susan Hudgens)
36	Comments on Alameda, CA's Teacher Training
37	Justin Comments; San Diego Accreditation (Donna Pietrzak)
38	Contacts for TCC, Distributors, Teacher Directory, Area Teachers Groups
39	VFJ Operations; Order Form
40	December Mailings (Note your expiration date on the label); "Ring in the Holidays"

READERS COMMENTARY

In Response

How interesting it is to me what was written about Justin's remarks on teachers' "underestimating the power of the Chi." I thought at the time (but didn't want to say) and have thought many times since then, that it is not the power of the Chi that we underestimate but rather our own power and abilities that we doubt. Practicing Tai Chi Chih is evolution and therefore life-transforming, there can be no doubt of that. But the changes that occur which affect us on a physical day-to-day level can be overwhelming. As I continue to trust and to pursue whatever is put in front of me, I find myself involved in many creative, worthwhile endeavors. I don't plan, I just do, and my life is very full. I find I need more time to sit quietly. So, I teach one class at a time, sometimes one student at a time. It may appear that I am moving very slowly but mostly I feel like I am flying! Underestimate the power of the chi? No, I only doubt the strength of the vessel holding it.

Loretta Shiver, Albuquerque, NM

The VF gets better every issue. Thanks for all the time and effort you put into it for all of us to benefit.

Viola Moriarty, Denver, CO

THANK YOU

In September a number of area teachers met at the home of Liz Salada in San Leandro, CA. The afternoon began with Tai Chi Chih practice outside; then indoors for conversation during the mailing process for the September issue of *The Vital Force*.

Thanks go to the following teachers for their help and fellowship: Sandy McAlister, Linda Braga, Lois Mahaney, Barbara Riley, Adele Wenig, George Balliet and newly accredited area teachers Rosa Fallon, Fred Muckel, Steve Tang and Randy Gale.

TO OUR READERS AND WRITERS WHO CONTINUE TO CONTRIBUTE ENCOURAGEMENT AND SUBSTANCE TO VFJ CONTENT.

We wish to thank the following people for their recent kindness in donating to VFJ for teacher outreach, referral, and other special projects:

Marjorie W. Peltier, Jamie McDonald, Ralph Garn (we missed thanking him last issue) George White, Martha Immel, Cass Redmon, and Pam Towne (on behalf of the 1992 Conference fund).

Are There TCC Situations.....?

Are there situations in which you or your students have creatively applied TCC in circumstances other than practice for practice's sake? How has it been used in stressful moments, preparation for activities, specific instances of the 'up' times in your life or 'down' events? Perhaps VFJ readers would find this interesting as well as helpful.

Vickie Brodie, Burlingame, CA

A MESSAGE OF JOY IN THIS TIME

Dear Teachers and T'ai Chi Chih Friends,

I want to thank you for passing the gift of TCC on to others, in your personalized, individualized way. Class sizes are increasing due to a surge of interest in learning to harmonize chi for health maintenance, vitality and peace of mind. I know that it is a joy for you as it is for me to be in this time and space offering a life-enhancing way, through which spiritual remembering is so well fostered.

We experienced many useful programs this year in various cities, including Justin's meditation retreat, the Chicago Teachers' Conference, teacher training courses and workshops. I know you are aware of the deepening spirituality evident in your life and through our body of teachers, as each year we unfold Essence in the here and now, more and more completely. This is Integration in progress!

I am grateful to have been able to meet with many of you this year. Your presence at various programs enriches my life. Several programs are already scheduled for 1994 (including the Conference in beautiful northern California - please register early), see the VFJ Calendar.

Love,



Steve

--- I hope, un-abandon-ly that this holiday season brings a deep sense of LOVE, JOY & PEACE to us all.



Without a hope (to abandon) we are free. Yogi Pranananda

A FEW BITS AND PIECES . . .

Justin Stone

The Japanese Poet and artist, Nobutada, wrote:

"Quietness and Emptiness are enough to pass through life without error (or suffering, I might add)."

Note this, you who are always rushing and being emotionally stirred by every phenomenon.

* * * * *

The Buddha was asked: "Are you a God?"

"No" was his answer.

"Are you a superman?"

"No."

"Then what are you?"

"I am *awake!*" was the surprising answer.

Buddha meant this literally. Most of us dream our way through life, superficially responding to the Karma brought on by our Vashanas (habit energies). Compulsive behavior is a sign of these.

* * * * *

Ryoanji is a Kyoto temple that is world famous for its unusual garden of pebbles and large rocks. Inside its walls one can find a sign that says:

"We can protect you from your enemies, but who can protect you from yourself?"

* * * * *

The telephone answering service (press 3) and the computer seem to be the new gods, joining the automobile (vehicle of isolation).

* * * * *

The moment of Enlightenment, concluded Zen Master Takuan, is the understanding of unity with all Creation, in which there is no need for individual desires.

* * * * *

The Personalized Life

Many experience Life only through their immediate 'mental screens' of uniquely personalized conditionings (subconscious patterns), which color the appearance of Life. This common mode of relating in Life provides a partial, relative identification of various living-processes as they arise, along with the associated reactive responses that are stimulated.

The Impersonal Life

Upon closer examination and sensitive contemplation, Life is recognized most clearly as: a unified, organic process of perfect equality, unfolding within a permanently stable and limitless continuum of CONSCIOUSNESS.

Settled in true understanding of the personal and the impersonal, one is able to demonstrate Spirituality.

Steve Ridley

WINTER RAINS

Winter rains
turn dirt to mud
Earth becomes moist
Energy runs deep
beneath the surface
Roots of trees drink
from labyrinths
of underground streams
Autumn leaves decay
into spongy beds of compost
Earthworms inch along
The creek flows heavy
First time in years
salmon swim
upstream
to spawn
and die

I, too, retreat
beneath the surface
Earthworms of mindfulness
sift the mind
I clean out debris
making compost
for the year to come

Rains of silence
saturate my parched soul
I send my roots deep
to soak up forgotten truths
buried within

Live simply
Do more of less
It takes as long as it takes

The creek flows heavy
I swim upstream
and welcome
the new year

Jennifer Biehn, Berkeley, CA

New Year 1993 7 day silent meditation retreat
at Muir Beach, CA



We sometimes call T'ai Chi Chih "Joy Thru Movement" because the practice of it helps uncover the Joy which is without cause. Steve Ridley

Above desire-driven pathways,
Behind boisterous mind-storms

T'ai Chi directs hearts
Infallibly toward freedom

A manifesting wholeness
Fostered in dispassion

T'ai Chi revives
All will see anew.

*PERSPECTIVES
In Motion and Stillness*

USEFUL TEACHING CONNECTION

Steve Ridley

How do we determine whether a spiritual teaching is truly useful, valid?

Are we more conscious, creatively functional, happier, emotionally content, prosperous (prosperity does not negate spirituality!), physically vital and mentally freer, as a result of our association and involvement? And, how well do we 'live the teaching'?

Beware of teachers who do not seem to have the capacity to manifest genuine, spontaneous humor (not sarcastic or intellectually generated "humor"). An intellectual with basic metaphysical understanding can pose as a knower of Truth, while being compulsively driven to acquire adulation and status.

A useful connection with a teaching or teacher will always be confirmed by a wholesome feeling in the heart center. Otherwise, one might feel a sense of contraction in the same area - which should not be mistaken with the initial apprehension and nervousness one might feel upon meeting a teacher for the first time. The teacher and teaching will feel 'right' for the individual at her/his current stage of spiritual awakening and the relationship will bear good fruit.

Though Reality gives faultless direction
to all beings,
It expects no followers.

All live under the dominion of Reality
consciously or not.

- Steve Ridley

T'AI CHI CHIH WITH UNCLOUDED MIND

Steve Ridley

By analyzing a thing we can get a sense of it, but only by utilizing a thing can we know its value for us.

Though T'ai Chi Chih is not specific (or restrictive) about which energy vessels or meridians are more prominently influenced when this or that movement pattern is practiced, we feel that a comprehensive balancing can be achieved by one who practices a variety of the 20 individual movements of TCC, correctly, on a consistent schedule.

Some TCC teachers have theories about energy flows prompted by specific movement patterns, based on personal practice. I feel that personal theories are not necessarily useful if shared with students. These speculations might detour a student from validating his experience because it may seem contrary to his teacher's reported experience.

A favorite T'ai Chi principle: Move With Unclothed Mind, is the best way to 'do' T'ai Chi Chih. Allow students to have their own experiences. The movements presented themselves to Justin intuitively, which should be trusted if one is utilizing TCC. Analysis does not bestow added benefits really. Regular practice brings results. Practicing TCC attentively, freshly, is all the 'analysis' we need.

**Regular and correct practice of
T'ai Chi Chih will enlighten and
liberate the sincere practitioner.**

Steve Ridley

* * * * *

COMMENT FROM JUSTIN

Some teachers are willing to debate with students while knowing full well that the benefits come from the practice of TCC, not the words about it. "Why is the right hand in front of the left hand?" and "Why is this movement named so-and-so?"--useless questions that merely waste time. Do it and know that it works.

Justin Stone

This desire world
has a Spiritual foundation
which is individually realizable
as evolving clarity of perception unfolds.

-Steve Ridley

Philosophy of Teaching

Lia Ridley

Teaching has always been a vehicle for me to assist students' continued growth as individual people. Whether I was teaching 4th graders at age 21, a variety of dances to women at community and recreation centers, teaching English as a Second Language to students from around the world (of various ages and levels), providing workshops for teachers at conferences (on a variety of topics), all teaching opportunities have provided an avenue for exchanging love.

Regardless of what I happen to be 'teaching', the essential intent remains: sharing consciousness-love. The medium of teaching is not necessarily significant to the expression of this essential intent. I continue to derive a great deal of fulfillment from the variety of teaching opportunities.

Teaching has always been much more than being 'a director of learning', standing at the front of the class and so forth. I prefer to facilitate learning and to individualize learning needs. I always encourage, prod, question and listen, while circulating among the students and deciding how best to help guide arising situations.

An ongoing, important result of my teaching involvement is the gift of being a perpetual learner/student. Teaching can certainly accelerate growth when we do it in the fullest consciousness, as explorers and discoverers of the true human potential.



MAKE A COMMITMENT TO PERSONAL PRACTICE

Ed Altman, Redmond, WA

The importance of personal practice cannot be overstated. It is the opportunity to connect with our still-center; allowing the wisdom and peace of that place to emerge and touch others. As teachers there is no more important task than to tap into that stillness during our practice. Only then will it be consistently present during our teaching. Without personal practice it is difficult to teach in a clear, and balanced way. If you seek to expand your teaching, focus first on your own learning. Daily practice with a receptive (empty) state of mind is the key to success.

Personal practice should be discussed frequently during classes. Remember Justin's quote "You can't appease the hunger by reading the menu!" Nervous laughter! Let students know about your commitment, and encourage them to make one of their own. Check in with them each week and ask how they are doing with their practice, and discuss tips for keeping the commitment. Have students begin with something small which builds week by week, and teach them to be patient with themselves.

One curious point is that students often do not practice on the day of their T'ai Chi Chih lesson. This is the most important day to practice! It enables them to be more focused, get into the flow of the movements easier, and receive new teachings with grace. Always encourage students to do their practice before the lesson.

Furthermore the teaching will not be served without a sincere commitment to personal practice by both the teacher and student.

POETRY

How easily

Still

Centered

Beings

Forget Their

Inner Nature

No Self Excluded

Ed Altman



Chi

Peace in the heart
Clarity in the mind
Certainty of purpose
Unconditional love
This is why we practice

Loretta Shiver

JUSTIN SAYS

Here are some casual notes, make what you will of them:

Within this emptiness is a circle, and within the circle are the mountains and the lakes. There is nothing empty about emptiness!

The preaching of no words, the brilliance of no color.

Too few can be too many.

The ocean waves: the essence is water.

A day of profound gratitude. When we are grateful we are joyous. Gratitude does not mean rejoicing because some desire has been satisfied.

The hand of Satori is held out.

Confucius stressed 'human-heartedness' and 'Teh'. I find them preferable to the attitude of the Zen Master who turned his back on all callers.

The important thing about a problem is to understand the ground from which it arose.

You cannot give the same teaching to two people. It must fit the Karma of each one and never be a teaching by rote. How do you know what teaching to give? You will be guided.



JUSTIN

Many thanks for being (a) present in our lives! May each TCC practice and class be extended and received as actions of love, deepening the reflection of your innermost smile.

In honor of your influence:

How the wheel turns fully as these words (to the right) could be passed from one to another many times over in our TCC associations.

Remembering origins,
our message rightly returns to you now,

In remembrance of your birth:
Great Love
on behalf of the whole body
of TCC teachers-friends.

You've
really
made a
difference
in my life.

We probably cross paths
with thousands of people
in a lifetime,
And hardly even notice
a lot of them.

But there are a few,
like you,
Who affect our outlook
in an
important way...

You have been
a real inspiration to me...

I'm grateful
for that,
and grateful

That our paths crossed
the way they did.
You're someone
I'll never forget.

CLASSIC CONTEMPLATIONS

*The sage does not accumulate for himself.
The more he uses for others, the more he has himself.
The more he gives to others, the more he
possess of his own.
The Way of Heaven is to benefit others
and not to injure.
The way of the sage is to act but not compete.*

Lao Tzu

TEACHER-STUDENT RELATIONSHIP

Steve Ridley

When the love between teacher and student remains free, the relationship can continue to be an inexhaustible resource of spiritual nourishment.

The effectiveness of the teacher-student relationship becomes diluted when emotional possessiveness, personal expectations and intention to manipulate, cloud love with conditional boundaries. This kind of controlling relationship can promise only bondage. It is not freeing unless one or both in the relationship open to loving freely. Without unconditional love at the heart of the relationship, nourishment will be minimal (intellectual and physical only) and will have nothing to do with spirituality.

Teachers and students grow in consciousness continually if the relationship is founded in Love. Attachment inhibits the potentially creative evolution of the teacher-student relationship and its ultimate resolution.

PURSUING SPIRITUALITY

Steve Ridley

Surrendering is much easier than maintaining the 'seeker' role, undergoing years and decades (and whole life-cycles) of very difficult pursuit work.

Our essential Being Nature is ever Joyous, Fulfilled, Loving, Bright, . . .



TEACHING TIPS AND TIDBITS:

I heard a comment teaching last weekend at the retreat for the Jewish Women's Resource Center that I thought was a very nice description of the TCC experience. A woman said after class, "It feels like giving yourself your own massage - only from the inside." Every time I have the opportunity to share TCC with others their responses remind me of how lucky I am to get to do this. **Viola Moriarty, Denver, CO**

One student had trouble telling left from right. We decided she could remember left because she wears a watch on the left wrist. So, do the moves first on the watch side, then on the other side. It really helped her. **Hope Ridley, Menlo Park, CA**

I introduced a 4 lb. rubber 'bodyball' into class as an aid to the position of the hands in 'carry the ball'. I ask students to do a set, pass the ball around 'letting it go' while retaining the shape of the hands during the movement. **Ralph Garn, Syracuse, NY**

My first attempt at leading a TCC practice session in the park was with the help of Lana Blake-Seaman, who is a teacher candidate. I took the no-frills approach and led a silent practice. At the end, I solicited comments about the practice session and all of the students agreed that they would prefer to be prompted as to the name of the movement, and also the start and ending of each movement. We will incorporate their suggestions at the next monthly practice session. We also fielded some questions concerning movement clarification. All things considered, it was an OK practice session, which we hope to improve upon at next month's meeting. **Steve Tang, Fremont, CA**



CHIH

WISDOM

"The knowledge that spreads like the sun's rays, benefitting the world at large."

"The character for *chih* is a complex one with a simple message. Above is the word knowledge, a combination of *oath* on the left and *mouth* or *spoken* on the right. Below is the character for *sun*."

Art and translation courtesy of *The Spirit of the Chinese Character*, by Barbara Aris and Russell Eng Gon.

Has anyone ever "written" T'ai Chi Chih in Chinese kanji (characters)? Most people are not aware that the character for the word "CHI" in "T'ai Chi" or "T'ai Ji" is not the same as the character for CHI (as in Qi Gong, or Aikido) which means energy, spirit, or vital force. Can anyone shed any light?

Dianne Daffner, Sarasota, FL

RESOURCE EXCHANGE

QUESTION TO OTHER TEACHERS--

TCC Massage

Massage therapists love TCC and find it immensely valuable. The Florida State Massage Board has reviewed my request for CEU (Continuing Education Unit) status, and requires that I more closely detail how TCC benefits the practice of massage, *during the actual massage*. To be eligible, the program must be of benefit to the client, not just to the massage practitioner. My original application covered the obvious basics, but apparently didn't go far enough. I'd appreciate any input on this subject.

Diana Daffner, P.O. Box 35195, Siesta Key, FL 34242 (813/346-1024)

LIABILITY INSURANCE

Teachers interested in information on liability insurance for their classes, may contact Howell, Murria & Frick Insurance, 380 Stevens Avenue, Suite 115, Solano Beach, CA 92075 (619/259-5800).

PROGRAMS AND BENEFITS AVAILABLE FOR SELF-EMPLOYED

Following is some information on an organization called NASE (National Association for the Self-Employed):

"Over 300,000 of us all across the U.S. All people like you, in business for ourselves, banded together to give us big-business advantages. NASE can offer hundreds of valuable assistance and discount programs such as:

- . travel discounts (both business and personal)
- . toll-free business advice service
- . office equipment discounts
- . small business advocacy in Washington, D.C.
- . education and advice on taxes, regulations, financing

But our most significant benefit to you continues to be our group hospitalization plan."

My husband and I joined NASE last year. We have looked into the insurance program which looks very attractive and will most likely sign up this year. If you are interested, write to:

NASE Information Services, P.O. Box 869023, Plano, TX 75086-9899

Lynne Blackford, Missoula, MT

EXPERIENCES:

T'AI CHI CHIH AND BIRTH

Carol Glinski, Jacksonville, FL

While pregnant with our daughter, Sasha, I faithfully practiced TCC and several of the meditations from Justin's book daily. When it came to "healing sounds" I did a set for myself, visualizing my internal organs, then did a second set visualizing her little body inside me. I did not realize the net result until it was time to deliver.

After two and a half days of labor at home with contractions three minutes apart I was admitted to the hospital labor room. There was a point, according to the fetal monitor, that the baby's resting heart rate increased by thirty points and would lower considerably during contractions. This caused great concern to my midwife and I was told that if this pattern did not change that IV drugs and a possible C-section may be necessary. I was determined to have a totally drug free birth for Sasha's sake so I told my midwife to give me thirty minutes before they tried intervention.

I sat up straight, closed my eyes and focused on Sasha's heart like I had done so many times during my T'ai Chi Chih practice and just b-r-e-a-t-h-e-d. Within fifteen minutes her heart rate had returned to normal and we continued with a trouble free, drug free birth. We left the hospital for home nine hours later.

Now that Sasha is nine months old, happy and healthy, I look back and think. Of all the wonderful things I have experienced with T'ai Chi Chih, that was the most profound. Thank you to all who spent time teaching me this Joyous discipline.

BATHED IN CHI

Ralph Garn, Syracuse, NY

In the morning glow ...
The freedom of movement bathes me ...

Deep within ...
Tapping the reservoir ...
Soul soothing streams
Wash my being ...
Uplifting presence
Cleanses and refreshes ...

I AM re-formed ...
One step at a time ...
The charge continues ...
Renewed in the Oneness of the One!

THE FLOW OF CHI

Not long after returning from this year's teachers' conference, vibrations of chi became strong in the fingers of the left hand during 'rocking motion'. This has progressed to many more of the movements now and are quite 'strong' in both hands while doing 'daughter in the valley' and 'push-pull'.

Seems that the 'refining' of Steve and Justin has opened me to new 'feeling awareness' and enhancement of TCC practice.

Ralph Garn, Syracuse, NY

THE PRINCE AND THE GRASSHOPPER

Linda Braga, San Leandro, CA

On the occasion of my nephew's graduation from college, I stayed at an artist's home in southern California up in the Hills of Mount Baldy. Amid cactus and desert palms, it is California desert country at its finest. Upon arriving, I noticed a wonderful open patio area that would be perfect for Tai Chi practice. And so it was.

Early the next morning I quietly arose and crept outside before anyone was awake and began my practice. At first, there was only a cool stillness as the morning light slowly emerged. Then, one by one, they came.

First came Prince, a large ferocious looking Doberman. He pushed open the door and came and sat right near me, facing the sunrise. He sat perfectly still except for occasional sideways glances up to me to see if it was OK to stay.

Next came a three-inch brown grasshopper who landed on the patio to the left of me, and also faced the sun. Then a fuzzy bumblebee buzzed by and hovered near some cactus, while a noisy hummingbird fed from tall purple flowers. Two geckos hung upside-down on a rock wall and watched. A small, completely-round vole peeked out from under a rock pile, gave a little squeak, then disappeared. Ants made a congo line around my feet and carried on their relentless march, back and forth, back and forth.

There must have been others, too shy to show themselves completely or preferring to watch from a distance as I made slow, circular movements on that patio, my nightgown rustling softly in the breeze. The Prince and the grasshopper both stayed in the same spot for the whole practice. About one hour! The others came and went in their early morning ritual.

I shall always remember that practice for its quiet desert beauty and especially for the company of two very different species, the Prince and the grasshopper.



AWAKENING

Linda Braga, San Leandro, CA

On a visit to my parents in Iowa following the Tai Chi Chih Conference in Chicago, I decided to start my day with an early-morning sitting meditation on the front porch. The morning was already hot and humid at 7 am. Aside from the occasional squawks and chirps from crows, robins and cardinals in the trees, all was moist and quiet. (The drone of lawn mowers had not yet begun.)

I sat on the edge of the chair, placed my bare feet on the cool wooden floor of the porch, and closed my eyes. Ah, it felt so good.

I started counting my outbreaths and got into a soft breathing pattern. Ah, it felt wonderful. In/out. In/out. In/out....

Several minutes passed.....Suddenly I was vaguely aware of an odd sensation. But where? Oh! It was my right foot. But what? My serene mind struggled to label it, to identify it. Then yipes! A nip on my toes (or was it a kiss?) In a flash I was wide awake, flicking my foot. An ant? A bee or wasp? No! A totally frightened little chipmunk who flipped off my foot, ran helter skelter across the porch, down the steps and sidewalk with tail straight up. It was he who had "an awakening" that hot summer morning in Iowa.

MORE FEEDBACK ON THE SUMMER '93 CONFERENCE

Going Deeper

Connie Hyde, Cedar Crest NM

Everything led to our going deeper. Form reproduced itself as our community of teachers reflected, refined, balanced. We drew closer. Beginning and ending times of sessions flowed with the ebb of the group. "I" dissolved as we sunk deeper. An incredible beauty emerged in each moment. Friendships sprouted, branches grew, leaves opened. Thank you, T'ai Chi Chih!

Being Present With An Open Spirit

Ellen Tatge, Albuquerque, NM

Before I began attending the Annual Teachers' Conferences, I had no comprehension of all that is gained by being present there with an open spirit. One takes a giant leap forward in spiritual growth, powerfully propelled by the collective Chi. Seeds are planted, energy created, joy and love shared, and ideas stimulated. Once again, I left the Conference feeling nourished, revitalized and, indeed, transformed. I am filled with a potent sense of my life as an opportunity for which I am extremely grateful. To Justin, to Steve, and to all my T'ai Chi Chih family, thank you for your presence in my life!

Love is Action

Carmen Brocklehurst, Albuquerque, NM

There is gentle goodness that is felt by all when love is truly in action. This was the case in Chicago at the 8th T'ai Chi Chih Conference. Barbara Peller followed her intuition (Prajna), and a gentle beautiful environment was created. Many say that Prajna will not let us rest until we do that which we are ready to do. This action usually brings much good into the world.

The good that began was the Conference. It was wonderful to be with old and new friends (family), to have time to move with them talk, laugh and even play.

Hannah Hedrick, who originally invited us to Chicago, did a great job of guiding us through the three days by being the Master of Ceremonies. As some of you know, this is not an easy task.

Justin set the tone of the Conference with his talk, *Enlightenment: Vairagya and Ahimsa* (non-attachment and non-violence). Everyone was/is ready to hear about, and become, part of a non-violent world, beginning with ourselves. It was also gratifying, again, to be aware that every time we teach T'ai Chi Chih, we are helping this process to become stronger in people, and as it follows, in our world.

My heart is always grateful for the time I am able to spend with people who feel about life as I do, that this is indeed the time of communion and love (serenity in the midst of activity). Thank You again, Barbara, Hannah, and CHI-cago.

SEIJAKU CHANGE IS GOOD!

Many of us have heard the koan: Inch time, Foot gem. This describes, for many of us, our experience as we do Seijaku. As Justin artfully leads us through the movements, we begin to feel that each inch of movement has helped us move, with grace, through a 1000 years of growth.

The learning that happens, occurs on all levels of our being: mental, emotional, and physical. We feel the power of each movement as it gives us the opportunity to release all that is unnecessary and find new clarity, gentleness, and creativity. We begin to sense our own power. Our bodies are able to do feats, which before, we would have thought of as having super human strength. We no longer have to try to be gentle, we ARE gentle, and as one of our teachers who plays great jazz mentioned, the new sounds flow without the stress and strain of trying to bring them forth.

It is especially interesting to note that many T'ai Chi Chih teachers have observed that after the Seijaku Course, many of their students have told them, in awe, "Something really nice has happened to you; you sure have changed."

If you have been looking for a change which doesn't start with a lot of moaning, groaning and gnashing (or is it grinding) of teeth, perhaps it is time for you to consider that you are ready for the Seijaku Teachers Training. And lucky you; there is one coming up February 19-21, 1994 in Albuquerque, New Mexico. (See separate registration flyer enclosed.)

We look forward to hosting you for this SPECIAL event.

Love and Share the Chi,

Carmen L. Brocklehurst

EXCESS BAGGAGE: MUCH 'TO-DO'

Practice begins ... 'rocking motion' ...

'Soles of the feet', 'tan tien' ...

'To-dos' of yesterday and tomorrow die ...

Excess baggage/heaviness gives way to lightness of 'now' ...

Past is 'passed' ...

A new glow soothes body/mind ...

Freedom of movement without thought ...

Activity becomes 'non-doing' acceptance of what is ...

Letting go, tension ceases ...

CHI roams through all I am ...

Receiving vessel in JOY!

Ralph Garn, Syracuse, NY

**JUSTIN STONE FIRST REGISTRANT
FOR THE 1994 TEACHERS CONFERENCE**

The 9th International Teachers' Conference will be a celebration of 20 years of the teaching of Tai Chi Chih! Isn't it exciting to be a part of this miraculous gift which enriches our lives and those of our students!

In the last *Vital Force*, a request was made for early registrations, to help gather the deposit needed for holding the site, the very beautiful Vallombrosa Conference Center, in Menlo Park, CA. Several teachers did generously respond to help assist this conference, and foremost among them was.....wouldn't you know it.....Justin Stone!

Won't you match that enthusiasm? We're still many registration deposits short of having enough to make that thousand dollar deposit. \$75 will hold your place and, should the unforeseen arise up to a month before the conference, you could get a full refund. A vigorous conference committee has been meeting to develop plans for the event. Look for full details in the March '94 *Vital Force*, and remember that any suggestions or requests are welcome. Please send a check with the pre registration information below. Although all programmatic details have not been sufficiently locked in to be able to conclusively state the total fee, we do know the cost will be around \$180-\$200. And note this: *a discount will be given for early registration!*

.....
EARLY REGISTRATION 9th Annual Tai Chi Chih Teachers' Conference
 Vallombrosa Center, Menlo Park, CA Aug. 13-15, 1994

Checks payable to *Tai Chi Chih Conference*

Mail to: Sandra Tanner, RR2, Box 1171, North Mankato, MN 56003

Include your Name, Address, Phone Number, with amount enclosed (\$75 or other) and any suggestions or requests.

ARE YOU READY?

The 9th International Teachers' Conference will be
 August 12-13-14, 1994,
 at Vallombrosa (near San Francisco).

Next year marks the 20th Anniversary
 of when the first Tai Chi Chih Class was held.

Let's have the biggest conference yet!
 Open the heart. Listen. Make that commitment NOW.

1994 - 1995 TAI CHI CHIH CALENDAR

1994

- January** **TCC--Meditation Workshop with Steve Ridley**
Sat. 15 Carew Tower Health & Fitness Club, Cincinnati, OH. Mail registration check or money order to Marlene Brown, 653 Cranford Drive, Cincinnati, OH 45240. Tuition \$45 by Dec. 25; \$50 thereafter. For more information call Marlene at 513/742-1866 or the Fitness Center at 513/651-1442
-
- February 1** Deadline for submitting your news articles, etc. for the March 1994 issue of *The Vital Force* & the Special Issue, a chronical of 20 years of TCC.
-
- February** **Seijaku Accreditation Course with Justin Stone** **\$300***
Sat. 19 **Albuquerque, NM.** Saturday 4 pm through the Monday Holiday.
Sun. 20 *Note: Room and meal accommodations extra. For more information
Mon. 21 contact: Janet Yannacone at 505/262-0427 or write her at 1309 Lobo NE, Albuquerque, NM 87106.
-
- March 1** \$200 deposit due for April 18-24 Teacher Training in Illinois
-
- April 8-10** **3-Day Meditation Retreat with Justin Stone - Albuquerque, NM** **FULL**
-
- April 18-24** **TCC Teacher Training with Steve Ridley, Techny, IL \$380**
 Divine Word International Conference Center (1/2 hr. from Chicago O'Hare Airport.) Contact: Barbara Peller, 1913 Willow Hill Court, Northfield, IL 60093; phone 708/441-5710. Reasonably priced accommodations available on-site.
-
- May 23-28** **TCC Teacher Training with Steve Ridley, N.Plainfield, NJ \$380**
Mon.-Sat. Contact: Sr. Antonia Cooper, 99 Harrison Ave., N. Plainfield, NJ 07060-3506. Phones: 908/769-6498 (h) 908/757-3050 (w)
-
- June 6-11** **TCC Teacher Training with Steve Ridley, Albuquerque, NM \$380**
 Contact: Loretta Shiver, 300 Placitas Rd. NW, Albuquerque, NM 87107; Phone 505/345-0976. **\$190 deposit due by May 6.**
-
- June 20-25** **TCC Teacher Training with Steve Ridley, Alameda, CA \$380**
 Contact: Liz Salada, 1477 - 155th Avenue, San Leandro, CA 94578
 Phone: 510/278-3263
-
- August** **9th International Teachers Conference, Menlo Park, CA**
13-15 Contact: Sandra Tanner, 507/388-1904
 Note: Registration deposits are eagerly welcomed. See information on previous page.
-
- 1995** **10th International Teachers Conference, Denver, CO**
 (Dates to be announced in future issue.)
 Contact: Pat Hill, 1420 Kingsbury Ct., Golden, CO 80401; 303/231-9951
 or Bryan James, 11558 W. Arizona Ave., Lakewood, CO 80232
 303/989-4695

SOME MINI STATEMENTS

Steve Ridley

STILLNESS becomes
MOVEMENT -
becomes STILLNESS -
becomes . . .

TAI CHI CHIH is a useful complement to sitting meditation. Stillness is a natural completion for Tai Chi Chih practice.

Everything you do is your contribution to Collective-BEING.

The way we carry ourselves, the way in which we move - walking, mowing the lawn, talking, etc. - indicates our current state of personal integration (integrity).

See in a focused way,
this game of 'becoming'
we Play.

People develop at their own unique rates, each one living an individualized and transforming perspective as "me."

The non-Integral one takes, while appearing to give, being driven by habitual tendencies - everything is self-motivated.

When true giving is experienced, at that moment, Success and Prosperity are known.

Above and within the activities
of yin-yang ...
What is not sacred?

Pride can provide a certain kind of motivational force. Acting with pride can be useful in many respects, yet is Finally non-useful.

Can pride and Wisdom occupy the same space?

Recognizing potential opportunities for fulfilled creative expression is not possible unless one's mind is calm. When led by emotionalism (doubt, fear, elation, etc.) little if anything worthwhile can materialize for the individual, because this person is unstable in the way of Integral living.

I recognize that everything that I am prompted to write, by direct inspiration, is something that I need to realize more fully in Self.

Sometimes when hearing another express a 'spiritual statement', we wonder if it is the result of their enlightened realization or another's, though we may recognize that the words are authentically inspired conveyers of the Real.

T'AI CHI MOVEMENT PRINCIPLES

Steve Ridley

When postures/positions are opened up too much by overly extending, chi tends to be released/dissipated, exhausting the progressive 'charge' to some degree (extreme yang).

When postures are too closed by overly folding in, chi circulation tends to become inhibited/stagnated, dampening the charge (extreme yin).

Extreme yin or yang usually results in weakness.

When extending, keep some yin in reserve and when drawing in, allow some yang to support it. In this way 'continuity' is preserved and the unbroken momentum of yin-feeding-yang-feeding-yin etc., contributes to an efficient, uninterrupted circulation of chi, as well as to its refinement and accumulation.

* * * * *

Nature responds decisively and is motivated without compulsion.
It always does perfect T'ai Chi without practice! Steve Ridley

*When the night stillness
and I*

match star for star

*The azure hued
eye of night
opens*

*Dreams disappear
and freedom being
has its way*

*A momentary
soft and whispered glimpse
of brilliance*

*Then the black surround
retracts the view
hush-fullness remains*

Susan C. Hudgens,
San Jose, CA 11-2-93

JOURNAL ENTRIES

Love Songs

Joanne Sultar, Berkeley, CA

Teaching is a joyous improvisation as I follow the
breath in response to the moment.

Teaching Tai Chi Chih I am aglow.

Heartfire mindfire sinking sinking

Bubbling springs take root;

I am spirit alive on earth.

Bring the mind to some aspect of the movement.

So many choices:

the breath just breathing itself simply

a foot receiving weight

solid firm connected

the weight shifting

the arms floating

neutral face

solid feet

I chant my Tai Chi chant

and learn myself good

and remember be-ing.

I suspect Tai Chi Chih of making me feel good.

I suspect this TAO wants to lighten my life

and disperse every blockage towards freedom--

(Pettiness explodes silly in my face

and I don't even feel ashamed.)

So much joy for me in this gift of teaching Tai Chi Chih.

(Thank you, universe.)

BEAUTY OF THE MOMENT

BETWEEN DARKNESS AND LIGHT

BALANCE IS FLEETING

CONTINUOUSLY FLUID

AS NIGHT GIVES INTO DAY

THE SUN RISES FROM THE HORIZON

THE DIM MORNING LIGHT

CLOUDS OUR VISION

AND FORCES US TO CONSTANTLY

READJUST

TO THE BRIGHTNESS

UNTIL THE MOMENT IS GONE

AND THE SUN RISES

TO FULL ILLUMINATION

LEAVING US DISPLACED

IN OUR DESIRE

FOR BALANCE

AND BEAUTY OF THE MOMENT

SCOTT SHORE, Student of C. McLain, Fargo 1



UNLIMITED POSSIBILITIES

Barbara Peller, Northfield, IL

It's been one year since I sat down and wrote *In Gratitude for the Unexpected*, a *Vital Force* article, reflecting my experience teaching TCC to seniors for the very first time. I've still not pursued these classes, yet they keep finding me. My sense of gratitude continues to expand, as my ability to truly appreciate the depth and strength of these seniors' acknowledgments of the gifts of peace and pain relief, TCC offers them.

A 1/2 hour seated TCC class has continued for almost a year now at a Senior Day Care Center for people with Alzheimer's, and others recovering from strokes and other disabling conditions. Many of the original 12 are still practicing every Monday afternoon. They do all the first 10 movements seated, as well as Light at the Top of the Head and Light at the Temples, and the Six Healing Sounds, and a good portion of Maximum Chi. We were featured with a photo and story in the newsletter of the Center's sponsoring agency.

My original Community College class has grown from 12 students to 31; and we were recently featured in a Sunday Chicago Tribune article on continuing education, along with a color photo of me and the class. The college has started up four off-campus TCC classes at retirement villages and Park District Senior Centers. Enrollment at off-campus sites is about 25 students per class, and one site now offers an Intermediate Level TCC class. Several students from this Intermediate class came to meet Justin and Steve, and to participate in an open practice session at the Teachers' Conference. This class was also the subject of a full-page photo spread and story in a local weekly newspaper.

Other senior classes have started up as well, and the possibilities seem endless. Recently the college called to see how large a class I might be willing to teach, as they were contracting for a new site for next Spring that could hold over 100 students. My inner guidance advised me to set no limits on class size, as long as they would provide a lapel microphone to help project my voice.

Jean Katus and Justin are developing a royalty arrangement in response to a rather unique request I received from the Head of Activities at a Retirement Community that sprawls over five acres, and is home to 500 seniors. One of the students in my class there helps run their close-circuit TV station, and hopes to broadcast Justin's TCC video every day, so class members can tune in and practice at home.

It does seem as though the possibilities are unlimited. My records of Good Karma orders placed for Justin's TCC text and video for senior classes since last March totals over \$1,500.00. I continue to be amazed by the enthusiasm and interest these seniors express in so many ways. I always laugh when I remember Steve commenting at my Teacher Accreditation class, that I appeared to have real trouble projecting my very soft voice. He also commented, at one point, that I might consider myself a physically challenged TCC teacher due to my reconstructed right knee. Well, the Universe, with its usual sense of humor, has me learning how to project my now stronger voice, as I teach nearly 130 seniors a week, many of whom are hearing impaired. Oh yes, my reconstructed knee gives me a special bond with a lot of my students who've experienced joint and knee surgeries. My knee has also strengthened a lot, and serves as a real inspiration to many as proof of what's possible when we let go our sense of limitation.

May we continue to allow our hearts to open as the Universe offers possibilities of evolution and personal healing in unexpected forms.

SPECIAL NOTICE

A special week-long conference, held at the International T'ai Chi Chih Center (in Albuquerque), closed yesterday with a lecture by Justin Stone, the originator of T'ai Chi Chih.

Where, you ask, is the International T'ai Chi Chih Center? What kind of campus does it have? Why were you not informed of the conference? Well... the Center does not yet exist and no conference was held. However, the Albuquerque T'ai Chi Chih teachers are considering whether a center for T'ai Chi Chih should be established in Albuquerque. Lectures would be held here as well as T'ai Chi Chih classes. Teachers would benefit: teachers needing an attractive and accessible place to teach could stop looking and those who teach in other places who wish to expand their classes would find it possible through phone referrals (via the Center). With a central spot, a central identity, people would know where we are and how to get in touch with us. Right now the Center is only a concept.

Ed. Note: At recent meetings of the Albuquerque teachers, the possibility of such a center was scheduled for discussion. We all look forward to hearing the results of the meetings.

A WINTER'S POEM

Clutching the past
I go nowhere
Dropping it
I go sledding
Jim Houle

Winter white
unfolding bright
lighting within
Mountain beauty
blanket of snow
warmth is felt
inside
Rivers
solid cold ice
Listen
deep, still, flowing
life

Carmen B.



The leafless branches form
Their own calligraphy
Virginia Shilson

Lifting arms
Time stands still
Circle the Earth
Becoming whole
Lines between in and out
Disappear
Vibrating into one.
Loretta Shiver

INTERNATIONAL TCC TEACHER NEWS

Shelley Morey, who was accredited in Alameda in June and is a resident of Santa Fe, is taking Tai Chi Chih to Ecuador. As part of the Peace Corps, she is a consultant for special and regular education and plans to teach it in the school as well as with volunteers. Good luck, Shelley!

Sr. Yolanda Tancinco, Talamban, Cebu City, Philippines writes: Peace, love and every blessing! It's a wonderful feeling to receive and be posted by what's happening to our World of Joy thru Movement. Since my return here in the Philippines I've shared to my own community of sisters the vital force - Tai Chi Chih. My wishes for a deep Great Chi.

She further states:

It is my Joy to share with you what T'AI CHI CHIH has done to my own community of sisters.

The movements touch one aspect and principle articulated in our Constitution: "Every sister is bound to care for her health and the community according to its possibilities...must offer ways and means to develop and foster the physical and spiritual health of the sisters and their abilities."

Through constant practice (of Tai Chi Chih) several sisters have gradually discovered and commented the following that:

- Tai Chi Chih and meditation indeed compliment each other
- Provides grounding and synchronization of mind and body
- A subtle change of attitude in facing the day, in the midst of activities.

I'm glad of our becoming a living Tai Chi Chih in our continuous listening and responding our God's call. Greetings to all!



Sisters practicing on the beach.





Viola Moriarty of Denver performs Daughter on the Mountaintop at the summit of Pikes Peak, elevation: 14,110 ft.

OREGON TEACHERS MEET

Joan Torrence, Beaverton, OR shares: We had our first Oregon Teachers Meeting last month at Elizabeth Tyler's--a potluck lunch, chi and business exchange. Fabulous! We'll meet quarterly or more often and we touch base by phone to share news and support each other--perfect!

TCC Helps Karate Students

Earlier this month I taught the first five movements of TCC to a Karate class and my life has leaped to a new place. It's a typical Chi story...magical and efficient. I taught on Orcas Island where I've spent summers as a child and where my parents now live. Chuck, a Karate master, is a good family friend. We talked about martial arts and teaching and balancing life, practicing, etc. He was curious about TCC and asked me to share with him and his class. What a fabulous opportunity--he welcomed me with open arms--even video-taped us. My Chi is much fuller and richer as a result of that evening. For the first real time I was truly humbled and knew I was the vehicle and had TCC knowledge that could alter the participants lives--and they were fully open, receptive. My thought was that perhaps TCC could give them an edge in their competition and add a gentle soft focus to help harmonize their yang style work. One student had a real break thru with a very challenging segment in a routine and excitedly exclaimed that the chi was working and helping him relax enough to let the movements come thru from deep inside.. Awesome! I am honored, touched and moved--they gave me so much and they've asked me back. Since **Dyanna Chowka**, (of Orcas Island), and I are pen pals and plan to meet in person, I've asked her to share with Chuck and his students.

TEACHER NEWS

Gordon Wade, Edson, Alta, Canada says: I had a great experience in September conducting two classes of T'ai Chi Chih at an Elderhostel in Banff, Alberta. The classes were of five days duration and participants were people age 60 and over. They came from all over the USA and Canada. In one class there were two Chinese couples--two of them were proficient in T'ai Chi Ch'uan and they demonstrated for us. They were very gracious and took the whole class. I'm sure some of those who took the instruction will carry on and join the T'ai Chi Chih family.

Sister Trinitas, Covington, KY: So many wonderful things happen to body and spirit with T'ai Chi Chih and massage combination. I continue to do TCC with our retired resident nuns. What a help it is to their walking, their balance.

Pat Graves, who was accredited in Denver last October, is teaching T'ai Chi Chih in Santa Fe, at a half-way house for people having experience sexual trauma. She teaches Monday through Saturday and has seen many positive results in her students.

Luis and Linda Sanchez, Incline Village, NV share some news: Over the past few months, they have undergone a significant change moving from Santa Barbara to Lake Tahoe--finally after many years considering it. Linda is teaching with the Incline School District; Luis has classes at Sierra Nevada College, at a Senior Citizens' Center, and a health Clinic. They invite any of us who are in their area to come and visit.

Dorcas Hueners, St. Paul, MN writes: In September I finished a master's degree in human development. The thesis was: *Movement for Prayer and Meditation in the Western Culture.* T'ai Chi Chih has been included.

Michael Setters, Bellevue, WA says: I recently taught a class for people from various cities across Canada and the U.S. They are now clamoring for teachers in their areas.



Denver, CO's October 93 Teacher Training Course

MAKING NEWS

Excerpted from the *Chicago Tribune*: Sunday, Sept. 19, 1993

Barbara Peller teaches "Tai Chi Chih: For the Body That Wasn't Born Yesterday" at a branch of Oakton Community College. She stated that although the article's focus was on continuing education, she felt it was sure interesting that the reporter chose her class to attend, photograph, and interview students. William Draves, executive director for Learning Resources Network, says, "What we've seen is that it's become a societal phenomenon. It's hard to bump into someone who hasn't taken a course or isn't taking one now at a community college."

Bump into Beatrice Langerman 67, of Evanston and she's likely to be on her way to a class offered by Oakton Community College's adult and continuing education program. On Monday mornings, she's learning the ancient Chinese method of relaxing, energizing and improving muscle tone through Tai Chi Chih. Asked why she decided to attend a Tai Chi Chih class, Langerman had a quick answer. "First of all, it's not jogging," she said. "I can't stand jogging. And, I've had ballet, so this is similar. But this is a mind-set. I like the movements. They put your energy in different places and as I get older, I need more energy. I need to keep moving my butt."

Classmate Hal Secor, 73, a retired screenwriter from Lincolnwood, said he has been taking Tai Chi Chih from instructor Barbara Peller for nearly a year "to keep my legs flexible and strong. I think anyone who is bored and doesn't know what to do with their time is nuts if they live anywhere near a community college. There is so much going on here that you could wear yourself out easily in one day."

The future for continuing education is promising. As baby boomers age, they will continue shifting away from work to personal interests while their children do the opposite. Continuing education will be in a prime position to adjust to those changes. Langerman hopes the future is bright for all such education. At the end of her Tai Chi Chih class, she pulled on her black leather biker's jacket with a button pinned to her lapel. On it is printed "Listen to women for a change." I haven't gone to college so this is my learning experience," she said of her participation in continuing education. "I do this because I want to feel alive and experience what I'm involved in."

In the *NTSW INDUSTRIES NEWSLETTER*:

Barbara Peller, working for the Oakton Community College at the Great Opportunities Adult Day Care Center recently had a two-column article with pictures published in the NTSW Industries newsletter. To quote: "Part of a trend to adult education, their enthusiasm and response affirm that those over 65 are still learning, growing people." Further: "The discipline is preventative, relaxing, and tones the body from the inside out. Body organs and muscles become stimulated by the movements, joints become looser, the body softer, and Chi--the life force--can again flow through the body's channels. Blood follows the energy, much the same as what takes place in biofeedback. Barbara points out that to both relax and activate the body and mind is not contradictory, because the channels open naturally when the body is toned and the mind relaxed. Only then can the body and mind come into balance. The article goes on to state: "TCC is part of some cancer wellness programs, and the elderly, including those with Alzheimer's and those who need to remain seated, have responded well to this relaxing, energizing form of therapy."

MAKING THE NEWS

Encouraging Joyful Movement

Barbara Riley, Orinda, CA has classes at a Senior Retirement complex in Walnut Creek called Rossmoor. Their newspaper featured Barbara recently with pictures of her and her students. The headline said "Tai Chi promotes well-being, peace of mind." To quote further.. "It's a breezy, sunny afternoon but there is a special calm and beauty in the Clubhouse...gentle music plays softly in the background as a dozen residents shift their bodies quietly, gently, gracefully. Although the exercises demand concentration, they are not complex; the uncoordinated,



as well as the dexterous, are welcome. With the encouragement of a smiling teacher, the class is practicing T'ai Chi Chih." A student, Frank, said, "It's not a strenuous thing. With me that means a lot. I can't jump up and down, like in an aerobics class, or get down on the floor (he had one hip replaced). My orthopedist recommended TCC because other types of exercise are too stressful....this is gentle with easy balanced motion. I would recommend it to anyone who has to do exercise that is not aerobic." Adele said, "When I do this, I'm in another world. Slowing down has been good for me personally." Sara said, "Barbara is very good...she understands the problems some older people have with movement. She is very kind."

A Gift of Spirit



Lynne Blackford, Missoula, MT was featured in a full page spread (with color pictures) in the *Missoulian's* Health & Fitness section. The article catches the readers attention by asking, "Are you searching for improved health and balance, more coordination, better flexibility." Then the writer goes on to give the history of T'ai Chi Chih along with comments by Lynne and students. One person, a 13-year aerobics student said: "The class is kind of spiritual--gentle and spiritual. You get exercise clear to the bottom of your feet in this one." Lynne remarks, "It's the exercise of the '90's and anyone can do it...even in a wheelchair.....T'ai Chi Chih has been a gift to me. I receive as much as the others in class. It's a gift we give ourselves for the rest of our lives. There's so much you can do with it."



KARMIC KOMMENTS
from Good Karma Publishing
Jean Katus, Publisher

Stories of Life in the Far East

Many teachers and students have shown great interest in the spiritual experiences Justin Stone had while he lived and traveled in the Far East. Few westerners have had the opportunities presented to him. Justin has related these meaningful experiences on audio cassette tapes in "Spiritual Stories of the East, Vols. 1 and 2." Volume 1 contains more general stories, while Volume 2 is more personal. All are rich in significant detail, some are humorous and entertaining, most provide lessons or morals. A reminder for teachers and their students to avail themselves of these tapes. Just \$9.95 each. (And, of course, the usual teacher discount applies.)



Back Royalties Paid Off

We want to let you know that, as of the end of September, all back royalty payments to Justin and Steve have been made. While Good Karma still has some other indebtedness to repay, we're closer to being debt-free than we've ever been. And you, the teachers and students of T'ai Chi Chih, are who make that possible! We are always grateful for the loving support we receive from those who read and listen to our materials, yet another way that T'ai Chi Chih can be experienced-at the mind and perception levels.

Defective Videos - What to Do

Occasionally, a teacher or student will purchase a video of Justin's that does not work properly. We replace defective videos and receive reimbursement from our duplicator. What we've found recently, though, is that some videos believed to be defective really are not. Sometimes the picture will "jump" or "skip." Very often, nothing at all is wrong except that the tracking button on the VCR needs to be adjusted. This simple adjustment often allows the video to work just fine. Sometimes, too, a VCR that has not been serviced for some time will begin playing videos improperly. Our suggestion: should a difficulty arise with your video, check out the two possibilities described before returning it to Good Karma.

Another video note: be sure that the small tab just under the "T-90" is broken off. That prevents recording over the video. We check every one we send out, but if the Justin Stone video has come from another source, the tabs aren't always broken off.

Holiday Offer

The Special Holiday Offer from the last issue of *The Vital Force* is still in effect until December 31. To explain how it works: 4 items have been put on sale and those 4 must be purchased as a package in order to take advantage of the offer. For certified T'ai Chi Chih teachers, the 40% discount applies to the package; in other words, the package costs \$34.80, a savings of \$1.25 per item. With the teacher discount, the total price comes to \$20.88, an even bigger savings. As with the previous *Vital Force*, we are including the Special Holiday Offer flyer instead of our regular flyer. You can receive the regular flyer by requesting it.

Have a fruitful Holiday Season filled with many blessings and a terrific New Year of opening to even more T'ai Chi Chih opportunities!

Good Karma Publishing
P.O. Box 511, Fort Yates, ND 58538
701/854-7459

T'AI CHI CHIH



Joy Thru Movement

Everything
the Power of the World does
is done in a circle. The sky is round
and I have heard that the earth is round like
a ball, and so are all the stars. The wind in its
greatest power, whirls. Birds make their nests
in circles, for theirs is the same religion as ours.
The sun comes forth and goes down again in a circle.
The moon does the same, and both are round. Even the
seasons form a great circle in their changing, and
always come back again to where they were. Life is
a circle from childhood to childhood, and so it is in
everything where power moves. Our teepees are
round like the nests of birds, and these are
always set in a circle, a nest of many nests,
where the Great Spirit meant for us
to love our children. **Black Elk**
Black Elk Speaks

EVENTS FEEDBACK: The Connected Form of T'ai Chi Chih
Elizabeth Salada, Host

Everflowing, enduring...cultivating peaceful inner state...

"Once we learn the movements of TCC and have a basic understanding of movement principles, we have the opportunity of refining our performance and deepening our knowledge of this profound meditative art for our remaining years.....TCC is a beautiful life-gift for renewal and evolutionary processing."

- Steve

Much was accomplished during an evening of focused intent with Steve Ridley leading the Connected Format of T'ai Chi Chih. The class, comprised of thirty teachers-students, began with a concise review of movement patterns and principles. Next, our refinements were reinstated as the connections and transitions presented were easily assimilated.

Indeed, in practice, it seemed as if new aspects of "continuity and softness" were quite naturally encouraged expression. The potency of circulating chi was also efficiently accessed, along with the aftermath of deep peaceFULLness - so familiar in our experience of TCC!

Thank you all who joined together to continue nurturing our collective understanding. Through Self-care and camaraderie we are stronger and more able to share the teachings. Thank you Steve for masterfully introducing an applicable format to extend knowledge of the great t'ai chi.



TCC Connected Format Class - October 27, 1993, Alameda, CA

EVENTS FEEDBACK:



Exploring Meditative Ways Workshop--October 30-31 in San Jose, CA

AUTUMN AWAKENINGS

Susan Hudgens, San Jose, CA

The "Exploring Meditative Ways" workshop with Steve Ridley at Mercy Center in Burlingame, CA, Oct. 30-31 was a very full and rich experience for the 25+ participants. Among them were practicing meditators, Tai Chi Chih instructors and students, and some who were trying the variety of meditative methods offered for the first time.

The workshop opened with meditation, and throughout Saturday and Sunday, we practiced breathing methods, meditation and movement techniques from Oriental and Indian traditions. The involvement were enriching, dynamic and enjoyable. We practiced indoors and outside; we paired up and tried some Acupressure massage, and experienced Steve's guided "deep relaxation" before sleep Saturday evening. Alternating movement, breathing and meditation preparation procedures encouraged clear focus, and application of the methods introduced was possible.

Participant's experiences varied as each person approached the retreat from their own individual perspective. Beneficial results were evident as the weekend came to close. Some people expressed a renewed and deepened commitment to their regular practice routines. Several planned to enroll in Tai Chi Chih, Chi Kung or Yoga classes this winter. A few decided to meditate together to utilize their collective inspired energy. And many came away with an understanding of meditation and its usefulness in relation to themselves personally - that they hadn't before realized.

Thank you to Steve for an enlivening and enlightening weekend and to those involved for sharing their love and light!

COMMENTS ON ALAMEDA, CA'S TEACHER TRAINING
June 1993

I'm really glad that I decided to be part of the Teachers' Training in Alameda last June. I never before felt the 'chi' circulating so strongly through my body.

It was insightful to meet all the different students coming to Tai Chi Chih from very different backgrounds and points of view.

I felt really touched with one of the presentations when the student explained how Tai Chi Chih helped her to put order in her life and to stop addictions. But, also, the very next day there was another student who felt how the 'chi' was helping her to loosen up her structure to life. So I thought it's true that we are dealing with a very smart energy, that knows what is convenient for us at every moment.

Thank you to all who were there to help us to become part of the Tai Chi Chih family! And of course, thank you to Justin Stone for Tai Chi Chih!

Rosa Santamaria Fallon, Walnut Creek, CA

We have always enjoyed the people we have met through Tai Chi - it either attracts nice people or its practice makes them that way - and you all in Alameda are true Tai Chi people. Until we see you again, keep the faith.

Mary Jane and Dan Ashton, Cincinnati, OH

The week of Teachers' Training in Alameda was greater than any of us imagined.

It was a very moving and growing experience. Everyone there helped us all to open up more and to feel Tai Chi Chih and life more deeply. We all arrived separately from different directions but as the week went on we grew closer together.

I want to thank Steve and all the other teachers who came to share, and who gave us so much of their time, support and help.

It was a great week. I wish everyone the very best.

Darlene Ross, San Jose, CA

What a wonderful experience Teacher Training was for us. The week was so amazing and one of the most meaningful! The time together was an incredible experience and I feel honored to have shared it with everyone. Each of you gave me something of yourselves that is very special to me.

Thank you for your presence in my life. I wish you all the best as we each continue in the evolution of ourselves through Tai Chi Chih. We're on our Way!

Hope Burla, San Leandro, CA

*Each Teachers' Course is a chance to develop new jewels,
and a force for 'good' in the world.* Justin Stone

SAN DIEGO ACCREDITATION

Donna C. Pietrzak, El Cajon, CA

At the Teacher Training in San Diego, August 1993, we completed our activities with a silent round of T'ai Chi Chih. As we moved together in silent awareness, the sense of oneness was so profound it brought tears of Joy to my eyes.

During our week of training, I found many new insights, discovered some ideas for further exploration, and became aware of refinements I am now incorporating into my experience of the form. Each of these aspects are welcome and worthy contributions to the whole. And, still, the essence is in the movement. The Joy is in the movement. It is the moving that moves me.

Steve Ridley spoke of our "T'ai Chi Chih Family". Thank you for your warm and loving embrace.



CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih

and conductor of Seijaku (Advanced TCC) Courses
12440 Chelwood Trail, NE, Albuquerque NM 87112

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

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

Liz Salada: (510/278-3263)

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

Jean Katus: (701/854-7459)

- Publisher, Good Karma Publishing, Inc.
- Distributor of T'ai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- conductor of 1991 Teacher Survey

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

Published by Good Karma Publishing, Inc., Box 511, Ft. Yates, ND 58538

ND, Ft. Yates	Jean Katus	701/859-7459
ND, Fargo	Christeen McLain	701/232-5579
NM, Albuquerque,	Carmen Brocklehurst	505/299-0562
BC Canada, Victoria	Guadalupe Buchwald	604/385-6748
MIN, Bemidji	Jeanne Engen	218/751-3173
CA, San Leandro	Liz Salada	510/278-3263
CA, Camarillo	Pamela Towne	805/987-3607
CA, El Cajon	Susan Webster	619/441-1165

TEACHER DIRECTORY

VFJ is projecting the publication of an up-to-date Teacher Directory sometime in 1994. It is hoped that those of you who have purchased the 1993 Directory have kept it up to date with the quarterly additions and corrections. There are additional corrections and new teachers listed in this issue as there will be in each issue until the new Directory is available. If you have any suggestions as to how the Directory can be made more useful, please let us know.

AREA TCC TEACHER GROUPS

The following people, at the present time, are contacts one can make to get information about TCC teacher groups that meet in various areas of the country. If there are any that we have missed, please let us know so they can be added to the list. The area meetings are great ways to generate and maintain enthusiasm for TCC, renew friendships, share ideas about classes, plan workshops, get publicity for TCC, plan practice sessions for the public etc.:

- Susan Webster, San Diego, CA 619/441-1165
- Connie Hyde, New Mexico (Albuquerque area) 505/281-1040
- Roxanne Post, Riviera, AZ 602/758-6617
- Pam Towne, Camarillo, CA 805/987-3607
- Joan Torrance, Beaverton, OR 503/579-8451
- Pat Hill, Golden, CO (Denver area) 303/231-9951

THE VITAL FORCE Journal of Tai Chi Chih
is published quarterly on a not for profit basis by
The Vital Force, 1477-155th Avenue,
San Leandro, CA 94578

Liz Salada, Publisher; Lois Mahaney, Editor
Yearly subscription: \$20.00; \$25.00 outside
of U.S. and first class mailing option (See below.)
If teachers would like extra copies of THE VITAL
FORCE for their students, please send \$2.50 for each
copy desired. Back issues are available for 1991,
1992 and 1993 at \$10 per year.

Copyright © 1994

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

VITAL FORCE JOURNAL OPERATIONS:

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

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

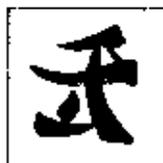
We are offering a **first class mailing option**
to those who regularly have difficulty receiving bulk-
mail. If you choose it, your subscription rate will
cost an additional \$5.00/year to cover the extra
expense for special handling (and you'll have
'guaranteed delivery').

SUBMITTING INFORMATION: Deadlines are now
by the 1st of the preceding month of issue (i.e.

February, May, August, and November), unless
indicated otherwise. Lengthy articles should be typed
and double spaced to be considered for print.

FAX service is available, if you are in need of fast
delivery of your VFJ submittal. Our FAX is
510/276-5541. You will also be responsible for
covering our expense for receiving your FAX.

Cost: \$2.50 for first page, \$1. each additional, plus
25 cents for cover letter which should be addressed to
VFJ/Liz Salada and include our phone number
510/278-3263. This way we will be informed when
your communication arrives. Thank you.



Winter

SUBSCRIPTION FORM
for THE VITAL FORCE JOURNAL
of Tai Chi Chih

- Teacher
 Student,
 Interested person
 Renewal or New subscription
 My subscription is current but please
note changes in address, etc. on your
mailing list.
 I would like to make a donation of
\$ _____ to assist VFJ projects
(outreach and referral to teachers).

Name _____

Phone () _____

Address _____

_____ Zip _____

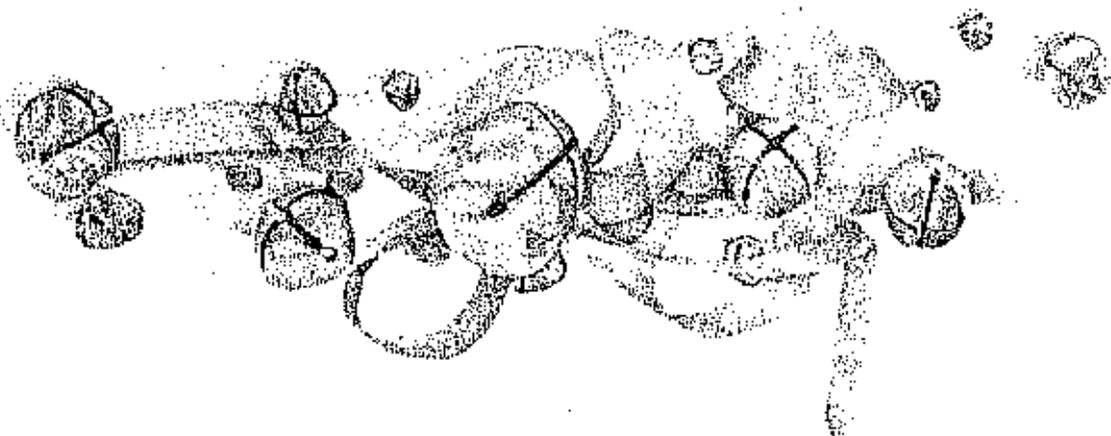
Subscription options:

Enclosed is \$ _____ (\$20/year, bulk mail
rate in U.S.) for _____ year(s) subscription.

Rate for Canada and others preferring
1st-class delivery: enclosed is \$ _____
(\$25/year) for _____ year(s) subscription.

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

Ring in the Holidays



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

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

ADDRESS CORRECTION REQUESTED