



THE

VITAL FORCE

Journal of T'AI CHI CHIH Joy Through Movement

Volume 11, No. 1

Spring Equinox

March 1994

THE SPIRITUAL LIFE AND THE EVERYDAY LIFE ARE NOT SEPARATE

Justin Stone

Spiritually-minded people follow many paths toward the goal of a one-pointed mind resting in Emptiness (the Fullness of Emptiness). Their problem is that they divide life into two parts: five hours of mundane thought and financial struggle, five minutes of spiritual practice. In other words, they see life as a struggle to make a living, to raise the children, and to let the habit energies drag them around. Then a brief oasis is reached and there is time to briefly contemplate enlightenment (whatever that is).

Such division is not the way. Properly seen, every incident in life points to the unseen Essence. Right in the midst of the turmoil one must rest in the Essence, making the effortless effort while shouting, crying, and feeling bitter and joyous in alternate periods.

In our freedom there are rules we follow, and in our anguish we are still aware of the empty desireless state. To not know, and to know we don't know--that is the real knowing. As my Zen teacher said: "When you once have a day of laughter, then you are on your way." It does not come from sporadic effort.

* * * * *

An enlightened (freely conscious) **non-doer**, recognizes that useful actions can be performed effectively, harmoniously, thoroughly and on time without undo stress, when one has sufficient spiritual development.

* * * * *

T'ai Chi Chih is a concentrated way to develop individual Chi. Ultimately it can hasten one's conscious reunion with universal chi - being as the wave, as well as the ocean.

Steve Ridley

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

Steve Ridley is the Spiritual Head of T'ai Chi Chih.

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

May it serve you in "Knowing the Real."

Reflections . . . Along the Way



Our Central Calendar of T'ai Chi Chih events is brimming for 1994! Several teacher accreditation courses are scheduled in monthly succession from now through July, interspersed with a number of TCC workshop-retreats. With this wave of opportunities followed by the International Teachers Conference in August, it is evidently

A Time For Us...to gather...to share...to receive.

With Joy,

*In the aftermath of immersion
How obvious the completeness of things*

Elizabeth Salada
for The Vital Force

INNER WORKINGS

As of the last (December 1993) issue, *The Vital Force* is being printed on recycled paper. We are happy cost and availability factors permit this much-awaited conservation means. Be sure to notice the **New Enclosures** in this issue's mailing which include:

- a flyer announcement with complete details on our 9th International Teachers Conference, August 12-14,
- a re-useable Good Karma Publishing catalog with information on all TCC and related materials they distribute (like the recently completed New Justin Stone TCC videotape, which is also announced on page 37), and
- a pre-paid postcard-to be returned to VFJ-in confirmation of your current listing in **The New TCC Teacher Directory**

Teacher referral and outreach are two important aspects of supporting the widespread growth of T'ai Chi Chih. The VFJ continues to publish an annual TCC Teacher Directory for the purpose of referral and communication among teachers, and it's that time again!

Please complete and return the enclosed addressed and stamped postcard as soon as possible (no later than May 1st). Your response will provide important information to be added to the new directory (scheduled for August completion). Checking the accuracy of your personal information and noting any changes now will help us compile the most up-to-date listings and minimize later correction updates. (Read more under NEW TEACHER DIRECTORY page 38).

Features For Our Next Issue-We encourage more of VFJ readers to send in their TCC inspired writings. Perhaps some ideas may be generated from noting examples of our regular features which are depicted in the newly categorized Table of Contents. One suggested theme for the next issue is "Conveying TCC Principles"...share your creativity in the art of teaching by writing VFJ!

In addition, we look forward to hearing from hosts and participants of TCC events, such as the recent Seijaku Accreditation and Review. We'd also like to continue featuring individual instructors in each issue by means of a photograph and one-page Teacher Bio. This can be a very useful item used to present yourself with new TCC class proposals too.

Important VFJ Deadlines - VFJ submittal deadlines and mailing dates have been projected through the end of the year. Please note MAY 1st is a multiple deadline: for the June VFJ issue, the return of your teacher directory postcard, and the final extension date for your submittals to our Special Issue: 20th Anniversary of TCC! PLEASE WRITE!

TABLE OF CONTENTS

The Vital Force
Journal of T'ai Chi Chih

March 1994
Spring Equinox Issue

ARTICLES BY:

Justin Stone

- 1 - The Spiritual Life & Everyday Life Are Not Separate
- 5 - A Choice -and- The Joy of Life
- 8 - Balancing the Soil
- 22 - Comments on Newspaper Articles
- 21 - Just What Is Spirituality?

Teachers

- 14 - Mystical Journey of TCC (Richard Brier)
- 19 - Opportunity Knocks (Carmen Brocklehurst)
- 20 - TCC & Inner Healing (Marian Massman)

Features

- 2 - Reflections...Along The Way - and- VFJ Inner Workings (Elizabeth Salada)
- 4 - Reader's Commentary
- 36 - Karmic Komment

 - from Good Karma Publishing (Jean Katus)

- 37 - Contacts for TCC (Activities, Materials, Directory Referrals and Teacher Groups)
- 38 - VFJ Operations & Subscription Information
- 40 - How do I know if my subscription is due?

The Art of Teaching

- 31 - Honoring - Om Shivayah Greeting (Sr. Antonia Cooper)
- 25 - Serving - As A Teacher (Steve Ridley)
- 10 - Learning - Mirror, Mirror-See What You Say (Carmen Brocklehurst)
- 4 - Practice - Teaching Tips

Teacher News

- 24 - NM-Albuquerque TCC Center Update (Hyde) Better Prepared Candidates (Loretta Shiver)
- 25 - COLORADO News: TCC Boon
- 26 - New Teacher News: Eager in OREGON (Elizabeth Tyler)
- 27 - TCC Wakes San Diego, CALIFORNIA (Susan Webster)
- 30 - Tai Chi State of Mind -Joy In Print in FLORIDA (Diana Daffner)
- 31 - Alive and Well in NEW JERSEY (Sr. Antonia Cooper)

Steve Ridley

- 6 - Meditation Practice
- 7 - Living As Light
- 8 - Joy-Bliss
- 9 - Spiritual Notes: For Light Listening
- 11 - Teacher-Student
- 22 - TCC Principles
- 23 - Enlightenment
- 34 - Breathing - and - Healing
- 35 - Breathing Methods for Health & Harmony

Poetry and Perceptions

- 6, 11 - from Perspectives...In Motion and Stillness (Steve Ridley)
- 7 - Meditation presentness...(Steve Ridley)
- 9 - Balance in Growth (Yogi Pranananda)
- 10 - Tonight it rained...(Carmen Brocklehurst)
- 16 - Classic Contemplations (Lao Tzu); Wei Shen Huang; Anonymous
- 17 - *The Te of Piglet* (Benjamin Hoff) Changes - and- To Colleen (Lysette T. Ly)
- 18 - Practice in the Park (Steve Tang) Integrity (Ralph Gar)
- Rahshelle's Transition
- 25 - Breathing Free...(Steve Ridley)
- 26 - Letting go into the beauty..(Elizabeth Tyler)

TCC Experiences

- 12 - The Rewards of Teaching TCC (V. Shilson)
 - Path to Good Health (Carolyn Chavez)
 - An Aid in Labor: The Chi (Ellen Tatge)
 - Students in Canada Write (Gordon Wade)
- 15 - Chi Power!!! (Hope Buda)
- 32 - Events Feedback
 - TCC-Meditation Workshop (Marlene Brown - and - Marilyn Faull)
- 33 - TCC Retreats (R. M. Arguello-Sheehan)

Events

- 20, 21 - 1994-5 Calendar of TCC Events/Notes



READERS COMMENTARY

Loved the last issue. Thanks for good work.

Patty Campbell, Cincinnati, OH

I feel so pleased with myself for finally getting an article written for the VFJ. Thank you for your fine work, and all the energy, time and love you devote to making it such a fine publication. The articles Justin, Steve and other TCC-ers submit are very interesting and informative.

Marian Massman, La Crosse, WI

Thanks for all your hard work. I always enjoy reading the VFJ.

Suni McHenry, Albuquerque, NM

Classes are really building up here. Joy to share Joy!

Richard Brier, Mill Valley, CA

Enclosed is my response to your invitation to write to *The Vital Force*. I so enjoy receiving each issue--it's about time I've given a contribution.

Sr.Antonia Cooper, No.Plainfield, NJ

We were away in cold Winnipeg, Manitoba for Christmas this year with one of our daughters and family (just north of Jean Katus in North Dakota). When we returned home my copy of *The Vital Force* was waiting for me. Reading Justin's article on "Freedom" certainly helped me. During our time away and on our way home we learned of four friends who had passed away. Justin's thoughtful words helped me out of a self-imposed depression I had sunk into.

Gordon Wade, Edson, AB, Canada

TEACHING & PRACTICE TIPS

New Mother's Realization

Keep a simple home in order to have a clear mind when baby comes--and to always have a free space to practice T'ai Chi Chih.

(Because I rarely get out of the house these days, it occurs to me we might offer the TCC video through *Parent* or *Mothering* magazines--to reach the homebound and healthy.)

Christine Sproehnle-Benson, Bend, OR

TCC at 3 vs. The Power Nap

Something that I have found out for myself and which I wish to pass on to you will be helpful to Seniors like myself. Every morning I do my T'ai Chi Chih then go to town where I am involved in several Volunteer organizations. I usually return home between 3 & 4 in the afternoon and often used to take a "power nap." Last week, I started doing my afternoon T'ai Chi Chih session when I came home instead of after my nap before supper. Guess what? After doing my session, I was so energized I didn't even feel like a nap and I actually slept better when I went to bed later on!

Gordon Wade, Edson, AB Canada
Align 'Em Up

Class stands in a line (like a conga line) one behind the other, fairly close, to do "Working the Pulley". This helps teach alignment of forward push from the shoulder and pulling back at the waist area. It's also fun and a nice "break".

Hope Ridley, San Mateo, CA

A CHOICE

Justin Stone

Anger usually comes from preoccupation with self. This other one has injured this self so precious to me, insulted or denigrated this ego that is separate from all others. Spiritually-minded people feel a common identity with others, so they do not give way easily to anger. Meditation-and T'ai Chi Chih-tranquilize the mind without dulling it.

To those quick to anger, I would suggest sleeping on it before countering in any way. Once anger-and sometimes violence-is vented on another, it is too late to recall it. *Ahimsa* means non-injury in thought, action and intent. To act differently is to dig the pit of Karma, we make our own future.

T'ai Chi Chih is softness in action, like the bamboo that bends gracefully before the wind but does not break. No-one is doing it; Tai Chi Chih is doing T'ai Chi Chih. There is a timeless moment as we flow effortlessly through very heavy air.

At risk of sounding "preachy," let me say: Be honest with yourself. Don't rationalize. Do you find your actions accord with your words-honestly? If you find out who and what you are, they certainly will. But your motive and ambitions may get in your way. Don't judge them; just recognize them for what they are. That is enough. Ah, a world without anger!



THE JOY OF LIFE

Justin Stone

There are really two Buddisms. Hinayana (also called "Theravada," or "Way of the Elders") is the old Buddhism that strictly follows the pessimistic teaching of Gautama Buddha, and Mahayana, which includes Zen, has a totally different outlook, though still believing in the three truths of Impermanence, Suffering and No-Soul or Permanent Identity. The last of these three explains the meaning of "Void" or "Emptiness," which plays such a big part in Buddhism; it means "Void of Self (or Independent) Nature," not lack of anything. The Great Void includes the rivers, mountains, animals, universes, etc. but all these are connected and mutually dependent.

The Buddha and his later disciples characterized this world as a "Forest Fire" and advised to get out of it. On the other hand, the great Zen Master, Yun-men, emphatically stated, "Every Day's a Good Day." The latter appeals to me more, I must say. If the reader could spend some time in a small, isolated Indian town he would see much reason for a hopeless outlook.

Seigan, a Japanese Zen Master, as he was dying, wrote, "The Joy of Life! Better than the Zen Doctrine!" AH!

MEDITATION PRACTICE

Steve Ridley

If spiritual awakening is our purpose/intent during meditation practice, whatever arises (sensations, emotions, light or sound perceptions), should be transcended. These phenomena can be used as opportunities for further opening in us, when perceived. Otherwise, we may become so fascinated with what is perceived that meditation practice is reduced to mental playtime. We are then caught up in self-distraction or avoidance of super-conscious realization.

Many meditate for the stress reduction benefits, in our culture and a few meditate regularly for the purpose of awakening and actualizing innate spirituality.

If we are meditating, studying and engaging in other spiritual systems of practice, it is well to remember our real status. One contemporary spiritual teacher often states: "We are not human beings aspiring to spiritual status. We are spiritual beings temporarily identified and involved with the human condition."

Meditation practice is intended to serve as a way by which the individual can awaken to her/his real status and to live this fullness of being, here-now in this and all worlds. Be single minded and vitally alert in meditation practice, being willing to open beyond whatever arises, to rest content as spirit. Following practice, rest content as spirit, functioning and experiencing through mind and matter.

Body motions stir
Transforming meditations

Penetrating power
Enlivens the marrow

A linking with joy...
River of abundance!

Steve Ridley
Perspectives...in Motion and Stillness



The clarity of the meditative mind is able to meet the moment soberly, in the quiet gratitude of spirit-fullness.

Steve Ridley

The Spiritual Path
Yogi Pranananda

While engaged in the pursuit of 'consciousness awakening', one experiences continual conflict between what he presently is (as consciousness individualized) and what he presently aspires to be. This conflict is a necessary psychological condition of the Search, and a catalyst for its ultimate resolution.

Meditation presentness

Arising in your Self
to greet, fresh-minded,
the new.

- Steve Ridley



LIVING AS LIGHT
Steve Ridley

Spiritually oriented meditation practice emphasizes the use of various methodologies in order to create a favorable mind-body condition whereby Light (Reality) can be more completely realized and accommodated by the practitioner. One might assert: "I am engaging in this technique, this spiritual exercise in order to open to Light, to the experience of Reality." From the mind-body perspective, the common, conditional viewpoint or stance, we seek to acquire Reality.

When this common perspective is spontaneously transcended and Meditation alone is, we recognize: "The Light is what I am." We clearly see that the creative medium of the mind-body is included within Us as Our means of expressing and experiencing in space-time. We lovingly nourish and sustain this mind-body vehicle as a temporary modification of Our very Light, our authentic Condition.

Until we know "the Light is what I am," the seeming paradox of seeking That which we always already are, must apparently persist.

Meditation practice and other spiritual systems of Reality pursuit are useful, because they assist us in the willing activity of breaking through restrictive, Light inhibiting patterns of conceptual limitation. All sincere efforts contribute to the recovery and restoration of 'living as Light'.

BALANCING THE SOIL

Justin Stone

Tantra says that every cell of the body can be brought to a point of Bliss. If one will do Tai Chi Chih and then remain quiet for a period of time--not thinking, not planning, not conceptualizing--he or she can experience the same thing. With absolute quiet of the mind, a pulsation will be noticed throughout the body. The movement of the Chi can plainly be felt, and that feeling is one of Bliss.

We tend to cloud the mind with worry, creating problems where none exist. Then we agonize over the problem, completely ignoring the ground from which the problem has sprung. This is "beating the cart instead of the horse" in Zen terms. (Zen is not advocating beating animals!) If the problem goes away, another will arise in its place as long as the ground from which it arose is unchanged.

In T'ai Chi Chih practice, the character of the Chi gradually changes (sometimes instantly), and then the ground where the seed sprouts has undergone a "revulsion," in D. T. Suzuki's terms. We do not fight the problem, be it a lack of something, an addiction, or whatever, but the problem cannot grow in the new, balanced soil. This is the aim of all true spiritual practice, and it happens so easily with T'ai Chi Chih practice, if that practice is regular and sincere. Some people practice sporadically, breaking off practice whenever there is something to worry over or resent, thus taking away the very tool which could be a help!

Constant resentment should be a warning to a person that something is wrong; the soil is ripe for new planting. Resentment comes from self-clinging. "Who are you to tell me what to do?" we say, creating a problem where none existed. Take a good look at the ground from which the resentment or the problem arose. Have the habit energies, the attachments, created that ground?



JOY-BLISS

Steve Ridley

The Center, Heart or Essence of us is (already, always) pure bliss.

Bliss cannot be 'created' through any method or discipline. When we engage in "spiritual practices," we are endeavoring to resolve and clear restricting tendencies from the ever transitioning field of mind-and-body. Such efforts may result in an improved mind-body condition and capacity for accommodating and reflecting our innate bliss, to whatever degree.

(I think it is important for people to continue to be reminded that cause-effect thinking is not bliss producing. Sometimes folks get this idea. Internal conditions allow bliss. Bliss can 'arise' while doing or not doing anything when the individual constitution-environment-condition favor it's arising.)

Balance in Growth

If the demands of your physical-material life increase, it is essential to increase your devotion to 'inner work', if balance and truly useful results are desired. As a tree grows in mass above ground, it simultaneously works to enlarge and strengthen its root system,

- Yogi Pranananda



From SPIRITUAL NOTES for Light Listening - Steve Ridley
Potential

If you didn't already know about it, would you ever suspect by examining it in isolation, that an acorn could become so much?

Comparatively as humans, many of us have yet to grow beyond the seed form of egoic consciousness. If we only knew what tremendous potentialities we could actualize! A seed must break open to truly live and communicate its potentials.

Spiritual Path

It is not that we are intentionally arrogant during the times we find ourselves opposing the 'Natural Way'. We are only continuing to progress toward our most easeful Resolution as spiritual beings. And, it is important that we progress in our own way, in our uniquely destined manner. What seems like progressing on the path of spirituality must eventually give way to comprehensive Wake-Fullness!

Yin-Yang

Cause and effect are inseparable actions, equally responsible for each other. This simple characteristic and relationship is the operational basis by which all life cycles are maintained and shaped.

Toward Balance

*Meditating and patiently waiting are far superior to "killing time" and the mental restlessness it sustains.

Pausing for a few minutes of quiet centering and renewal is always a life-enhancing thing to do when we are given space and time unexpectedly during our otherwise planned daily schedule.

(* "Meditating" also refers to T'ai Chi Chih, of course. 3-5 minutes of Rocking Motion can do wonders.)

THE ART OF TEACHING: LEARNING

"Mirror, Mirror: See What You Say"

Carmen Brocklehurst, Albuquerque

Unaware that she is being observed, the teacher does her T'ai Chi Chih. "Oh, I see that I have not been doing that movement right," the student says, in a caring voice. The teacher, interested, turns and faces the student. The student, having the teacher's attention, then goes on to show the teacher his concept of the movement (which is correct), and then shows her what she had been doing (which is not right).

Often I have heard teachers say, "I always learn a lot from my students." When teaching T'ai Chi Chih it becomes very obvious when we as teachers are not following the form we are talking about. Are we leading with the shoulders, instead of the tan tien while yinning and yanging? Is our knee turning in, and crossing over the opposite knee just before we snake the foot out for the side movement? Are our hands synchronized with our leg movements? Are we holding our elbows up too high and turned out so that there is tension in our upper arms?

Watch your students. Does it seem as if the whole class is doing the movement incorrectly? Is it their fault or are they being very careful in following exactly what the teacher is doing? Often we hear ourselves say the correct words, but if someone were videotaping us, what would we see?

Many times after practicing with Justin, I have noted the suggestions that he has made to everyone in general, and then later, at home, have taken the time to observe myself in a full length mirror. Sometimes I have heard myself say, "Oh, is that why I was feeling that tension," or, "No wonder that didn't feel round."

As teachers, we always have plenty to say to our students. Take time to teach the person you see in the mirror. It may give you some insight into the strange movements your students are doing, or from whom they get their extra fancy curves.

"The Fairest in the Land is T'ai Chi Chih!"

Tonight it rained
round, soft
joyous movement
no movement

Time
dissolves
in mist

Carmen

Thanks to all of you who have shared your TCC experiences, and to Liz and Lois for your excellent work in publishing and editing THE VITAL FORCE Journal.

United with all of you in the circle of TCC Joy, Light, Peace and Love.

MAKING THE NEWS

The *La Crosse Tribune*, La Crosse, WI, of August 2, 1993 featured a TCC article (with this picture) of Sister Marian Massman. Quoting excerpts: Massman, a Franciscan Sister of Perpetual Adoration, is a Tai Chi Chih devotee and an accredited instructor who teaches the movements at the Franciscan Spirituality Center in LaCrosse. The words "gentle" and "exercise" may seem contradictory, but that is the premise behind TCC, a series of 20 movements that proponents say will energize and renew the body. "The more you practice and use the movements, the more benefits you get from them" says Sister Massman.

The movements, which employ various circular hand and arm movements and the shifting of weight and balance from one leg to another, can be learned by nearly everyone, including elderly and disabled people. Even people who can't use their legs can adapt the movements for use in some form. Massman, who has been practicing Tai Chi Chih daily for more than a year, said she experiences a sense of relaxation, deeper breathing and more harmonious well-being. She has also noticed that her body is more supple and that occasional pains in her knees have disappeared. Now that she's teaching Tai Chi Chih, she said her students report similar benefits.



Marian Massman, La Crosse, WI

TAI CHI STATE OF MIND Joy In Print in Florida

Diana Daffner of Siesta Key, FL periodically offers classes at Shanti Center. Here are excerpts from her article featured in their newsletter, *The Shanti Connection*.

"Our thought process is not separate from the world that we view. And so, applying this principle to the energy that moves within us, when we attend to that energy, when we experience it directly, we influence its presence in our life. T'ai Chi Chih is an easily learned system for recognizing and experiencing this vital energy. It is a tool that enables us to actually enter into the realm of the energy. The movements direct our attention, and as our attention becomes rooted in the movement, we perceive a shift of consciousness from an outer-involved state of mind into a more internal and ultimately expansive state.

"In this 'T'ai Chi state of mind', we let go of past and future, and in this letting go of past and future we let go of fear and pain. The T'ai Chi state of mind existing only in the present moment, allows the natural joy of life to surge through us, unhampered by our thoughts of limitation. Our hearts open with a smile. We are no longer lonely or afraid. We experience an unconditional happiness.

"Through T'ai Chi Chih, we sense our connection to a larger universe....T'ai Chi Chih trains us to recognize and make that joyous connection easily. And it is a powerful training that goes beyond the movements themselves, encouraging us to be mindfully and physically present in all our activities. It allows us to attain the inner happiness that we seek."

Diana recently attended a Tai Ji workshop in Big Sur, CA with Chungliang Al Huang. In a letter to VFJ she states: "...Although I have always allowed the TCC moves to transport me into a state of awareness that includes everything around me, I was reminded by Chungliang to actively bring the various energies of my surroundings into the moves themselves. His playful approach, how he dances with the Chi, and more importantly, how he allows the Chi to dance through him, has inspired my own practice. It has validated and confirmed my continued dedication to teaching TCC as an expression of energy presence...*Life, like Chi, moves in cycles and circles.*"

Joy Thru Movement



Tai Chi Chih

TCC EXPERIENCES

CHI POWER!!! Hope Burla, San Leandro, CA

I want to share a personal experience of the healing power of *chi*:

On Wednesday, November 17, I had abdominal surgery. Prior to that date, I had done all the intellectual preparation I could: researched my surgery, interviewed other women who had the surgery, conferred with my doctor, shared/discussed everything with my family and special friends. There was only one thing left to do that morning, before going to the hospital: *T'ai Chi Chih!* As I began my practice, my mind and emotions were in a whirlwind of worry for my husband and daughter and *their* emotional states and, of course, an entire army of *what if's*: What if something goes wrong during surgery? What if I die? What if I have trouble healing? What if....? You name it, I worried about it! I began to count my repetitions in an effort to quiet my spinning mind, deliberately breathing slowly and deeply. As I continued my practice, my meditative focus began to take hold, and my fears/doubts/worries fell away. By the end of my hour-long practice, I was ready. I was able to calmly kiss my daughter good-bye that morning, and later, hug and kiss my husband good-bye, then walk down a hallway into the operating room. At the time I didn't realize that I had "*abandoned hope*", as Justin says. I had done everything I could to prepare; now I felt ready to accept whatever was to come.

I woke up in the operating room four hours later. My doctor and her assistant told me how happy they were with my condition and the results. I was wheeled into recovery and then to my hospital room. The expectancy prior to surgery was that I would be in the hospital 4-6 days before going home. The following morning I was up and walking, albeit slowly at first. On Friday, my doctor came to see me in the morning, and asked me if I wanted to go home that night! She couldn't believe how soon I was ready to go home (after all, I'm an *older woman* of 46!) I smiled and said two words, "*T'ai Chi*". She commented that *T'ai Chi* evidently worked for me and encouraged me to keep up. I just smiled!

To make a long story short, my recovery continued to be speedy. Within a week I was up to my usual practice of *T'ai Chi* (40 minutes) plus a mile walk with my dog. I was driving after a week and a half and running short errands, to the surprise and sometimes consternation of overly-protective friends! I continued to make rapid progress and am now back to work.

In looking back on the entire experience, I firmly believe that the key factor in my coming through the surgery well and healing well, was *T'ai Chi Chih*. I had experienced its healing power before, but never on such a profound level. Now I know what it feels like to "*abandon hope*" and taste the freedom of acceptance. My challenge is to let the *chi* continue to guide me so that I can learn to live joyously, in the present moment. I know I have a long way to go. Yet, when joy bubbles up inside of me for no apparent reason, I know I'm on the right path!

Thank you, Justin and Steve, for your incredible gifts to us!

THE MYSTICAL JOURNEY OF T'AI CHI CHIH (Part I)

Richard Brier, Mill Valley, CA

(First published in VPI, Spring 1986)

It all began in a land called Chi Lanka, just this side of eternity. My name is Richard, and how I arrived in Chi Lanka is a mystery to me, yet I will strive to share with you the apparent road I traversed. At first it seemed like walking in a dream, then it seemed real, then a dream--nonetheless. The earth began to move and the hardness of physical reality seemed to rock, so gently and yet powerfully. I've always associated this experience, which might have been nine seconds, nine days, or nine years (so indistinct had time become) with a birth or a new beginning in my life. Because of the feeling I had, I called it Rocking Motion. In a strange way I felt like a baby again, being gently rocked by Mother Earth in a loving way. So nice to let go, to trust, to relax, to be a child again. I had passed through the first gate of Chi Lanka.

At a certain point soon after I saw a wonderful bird swoop down in front of my path and look at me with complete attention. I said or thought (I'm not sure which), "Who are you, O Skydiver?" Immediately the bird changed size and jumped into the palm of my hand. It, not even knowing that my palm was upturned and receptive, said, "I am here to teach you to fly and be grounded simultaneously." I was astonished, as I had always thought they were mutually exclusive realities..

Then the bird showed me the art of flying while grounded, or being here and there at the same time, and it was a magnificent performance. After many times practicing this art I learned that it is simple, therefore difficult, because simplicity can only be known by the childlike. Fortunately I became a child again and learned to pass by the second gate--called Bird Flaps Its Wings. I had learned to be rocked, and I had learned to flap, and I was ready for more lessons. I was enjoying Chi Lanka and was constantly amazed at how light and agile I was beginning to feel.

After this gate I felt really hungry and saw what looked like a pizza parlor. As I got closer I saw that it was a Chi Omelet House. That sounded strange, and I was giggling. Nonetheless, my hunger moved me to sit down on one of the outside stools and wait for a waiter to ask me for my order.

Up came this impressive looking man who told me his name was Just-In. He looked vaguely Japanese. I responded to this name by telling him that I could identify with his name, as I had just come in myself! He smiled and said that the Stoneburger was especially good because of the extra Chi on it--also because the sun was in Aquarius and no ego was rising at this time. I somehow intuitively understood these extraordinary statements, and ordered a Stoneburger Supreme, which I found I could only buy by practicing daily. I asked Just-In what that meant, and he said mysteriously, that eating the Stoneburger Supreme would cause me to understand. All right, I thought, I'm here because of my hunger--so I'll just eat.

Only once before in my life had I ever eaten anything so delicious: I recognized the quality of the food because of my previous experience.

The meal was served on a round platter. As I finished, I suddenly found myself going around the platter. I had become as tiny as an ant, going around the platter very slowly and consciously. How unusual it felt, and I knew that the third gate was to be called Around The Platter. I rejoiced that I knew that I could now change shape and size at will. This path I was on was circular and seemed to expand and contract. At this point on my journey through Chi Lanka my personal identity seemed to be changing from moment-to-moment.

Suddenly, I was shown a variation of Around The Platter in which my cupped hands seemed to contain small universes of dynamic energy--merging and flowing harmoniously. How could cupped hands feel so different than uncupped hands? Only God knows, but I could only trust the feeling and named Around The Platter Variation--the fourth gate. Change is the way of Life in Chi Lanka, change and openness to change. How refreshing!



Around the next turn I saw something resembling a bass drum which had a little door in it, which I entered. A large, empty circular room--revolving slowly, entrancing me and turning me upside-down so gently that I lost sight of myself, and found something new and yet familiar--the gift called NOW. And the fifth gate is called Bass Drum and it is said to aid longevity.

Next I saw a tall mountain and immediately, as if propelled by a jet I was on top looking at a wondrous and beautiful lady who repeated gently, "When two meet and become one, there is joy. When not, there is pain. Meet, O meet, my love and feel joy." I sat, entranced by her beauty, and suddenly was only left with joy. I shall always call that joy Daughter On The Mountain Top--the sixth gate.

A few minutes later I was placed at the foot of the mountain. Appearing before me was another magnificent lady, who said, "I am the sister-soul of the Mountain Top Lady, the other side of your true self. O listen and learn." She sang, again and again, "Gather the love at the bottom and bring it to the top; do so and be healed." I sat enthralled and amazed, which was becoming normal for me in Chi Lanka. I sat, lost in bliss, until I realized I had passed the mystical seventh gate, called Daughter In The Valley.

After a deep sleep, which helped me to absorb and integrate all of these experiences, I saw a crystal ball, which radiated all the colors of the spectrum from within itself. It was floating in front of me, light as a feather, and I immediately reached for it. It moved as through a series of circular wrist movements and graceful leg movements from side-to-side, as softly as if I were a feather being blown by the wind. I learned from this that life is a circle, that happiness comes from letting go of expectations, that gratitude is the best attitude and that I still love apple pie à la mode and a glass of milk.

This gate came to be called Carry The Ball To The Side (and Don't Drop it!). Now I know that humor is also a spiritual path. This was the eighth gate.

This journey is fun, I'd begun to realize. There was never anything to fear. Delightful, I thought, as I rested and contemplated the wonder of it all and munched on a fresh coconut. Boy, was I glad I had my Swiss army knife! As I began again to walk the winding path, I began to see life as a great game of giving and receiving. The image hung before me of giant bamboo against the sky, a monster wind coming up. The bamboo received the wind and bent back, back, back, and then slowly came up, up, up, dancing with the wind, giving and receiving, pushing and pulling. I saw a lesson there--to be balanced, flexible, and strong in all life's situations. A new beatitude came to me: "Blessed are the flexible, for they shall not be broken." This gate is called Push Pull or Giving and Receiving--the ninth gate.

After that I saw a great
platter with fruit and cheese on it
moving in circular fashion
openly receiving and the platter
became my hands holding
Great Chi Lanka energy--
What a lovely feeling...

My fingers tingled and were swollen with Chi, and I felt great joy--this gate, the tenth, is called Pulling In The Energy, and it is always happening, though I sometimes forget.

By then it was time for dessert. So I entered what is called the Taffy Forest which houses many variety of the sticky candy, a great favorite of all Chi Lankans. The taffy formed like stalagmites and was upraised in some places like acupuncture needles coming up out of the earth. They all had different colors, were both hard and soft, and I ate and ate and ate until was satisfied. Then I napped, having passed halfway through the Taffy Forest during my mystical journey through the land of Chi Lanka.

Part II was published in June 1993.

CLASSIC CONTEMPLATIONS

*The human spirit has its source in the divine fountain
which must be permitted to flow freely through man.*

*Anyone who flows as life flows has solved the enigma
of human existence and needs no other power.*

*Anything that is of error blocks the flow of creative action
and everything is healthy that flows with the universe.*

- Lao Tzu



*Through the Divine Energy in me
to unite with the Primal Divine Energy.*

- Anonymous*



*From Professor Wen Shan Huang, Scholar and T'ai Chi Master
(Author of Fundamentals of Tai Chi Chuan)

"Things are continually moving and restless. Yet each is proceeding back to its origin (activity of Tao, or T'ai Chi--the Supreme Ultimate).

"In the Universe there is an ever-active, ever-creative Life, and an inexhaustible source of life-energy, which is made available to mankind when a fitting stage of development is reached. It is particularly significant that it has a great reverence for life. That which is unfathomable in the movement of the Yin-Yang operations is the presence of spiritual power. (What controls the power? Motion cannot control motion.) That which controls the motion of the Universe is absolutely One."



*Some favorite contemplations in the T'ai Chi Chih Teacher Training Manual.

The Te of Piglet
by Benjamin Hoff

Let's find a Way
Today
That can take us to tomorrow--
Follow that Way,
A Way like flowing water.

Let's leave
Behind
The things that do not matter,
And turn
Our lives
To a more important chapter.

Let's take the time
Let's try to find
What real life has to offer.
And maybe then
We'll find again
What we had long forgotten.
Like a friend,
True 'til the end,
It will help us onward.

The sun is high,
The road is wide,
And it starts where we are standing.
No one knows
How far it goes,
For the road is never-ending.

It goes
Away,
Beyond what we have thought of;
It flows
Away.
Away like flowing water.

CHANGES

A page of updates! A page of changes...name
changes...address changes...
Colleen Heising..."life" form changes...
She went on quietly, no fuss, no noise,
like a butterfly...like an angel!
Wings are noiseless yet carry the spirit. Hers are
sprinkled with T'ai Chi Chih spirit "power".
As she hovers over this field of humanity, I wish
her peace, I send her love
and gratitude for all she is.

Lysette Marie T. Lv. Milwaukee, WI

TO COLLEEN

Remembering two bright eyes dancing
above a luminous smile
Remembering humor, depth, and true
humaneness

Remembering spontaneous giggles, joie de vivre, and attentiveness

Remembering T'ai Chi Chih spirit

Remembering crossing of our paths
Remembering the brightness and the
heat of the last day.

Remembering Colleen soaking in the sun, lying on the green lawn, one leg bent, toes pointed at the sky.

Leg bent; toes pointed at the sky
Remembering we were waving as we
said goodby

Remembering my thoughts, at that time, so brief..."until the next conference of course!"

**Knowing now it was goodbye forever..
Feeling that each hello and each**

but goodbye can be the first of many

**remembering that any hello and any
goodbye can be the first and last
of one's destiny**

**Thanking you most gratefully, Colleen,
for meeting me along the way!**

PRACTICE IN THE PARK

Cold but clear
The winter air is clean and fresh
Yin and yang
The movements flow while nature sings
Feel the chi
The sea of energy lurks within
All is well
The grass and trees are green once more

Steve Tang
Fremont, CA



INTEGRITY

Summing up my learning process with my T'ai Chi Chi Chih teacher, Rahshelle-Lei O'Culmain ... "Integrity" stands out as I reminisce on our association and her passing on this past Monday: February 7 in Hawaii.

A spiritual being of courage and inner strength who showed up in my life when the teaching was necessary, her work is carried on in JOY!

Ralph Garn, Syracuse, NY

Rahshelle-Lei's Transition

Rashelle made her transition in Oahu at a hospice. She had cared for other family members stricken with cancer for years and had been dealing with her own for some time.

OPPORTUNITY KNOCKS

Carmen Brocklehurst, Albuquerque, NM

Justin says things like, "I don't know if anyone is interested in this," (while he is sharing the wealth of his wisdom). "You don't have to do these movements, (then in a lower voice), "they might help, but you don't have to do them." These are words that I have often heard Justin use when he is talking to various audiences or to individual people. Justin says such things, because the person or audience he is talking to would benefit greatly if they would just do what he is talking about, instead of arguing with him, or asking the mountains of questions that are, more often than not, irrelevant to the subject.

Each time that I am with Justin, it becomes more and more apparent why he says, "You can't appease the hunger by reading the menu." "T'ai Chi Chih doesn't need a lot of talking. Don't talk, just do it." What we want, and what T'ai Chi Chih offers us is found in the profound silence that we experience when we do T'ai Chi Chih and Seijaku. We are moving, we are active, we are alive to life, there may even be a mountain of thoughts appearing in our minds. Yet, there is this wonderful sea of energy that is underneath it all, pervading it all. When we experience this, there is no longer a need for talking. The hunger is appeased, for the lover and the beloved have come together.

Now comes the part that is of greatest benefit. The experience doesn't stop because we have finished our practice. We see it in small and big ways. The edge we had to our voice is usually gone; the idea that we needed to have, comes to us. The car accident we were in was not fatal. We just happened to be out of town when the earthquake hit, and so on. This is our story, although it is not the end of the story, only one part of it. But it is an important story, because as one student said, "Many disciplines offer great things, but never deliver. T'ai Chi Chih and Seijaku deliver."

We have the opportunity to be with Justin: Seijaku Teachers' Training, T'ai Chi Chih Conference, using his video to experience his presence (even though we may know the movements perfectly) and during workshops or lectures that he may give. These are times to renew and deepen the experience of our discipline, T'ai Chi Chih. It is an important time and one we must take advantage of it often.

Love and Share the Chi!

New Beginnings

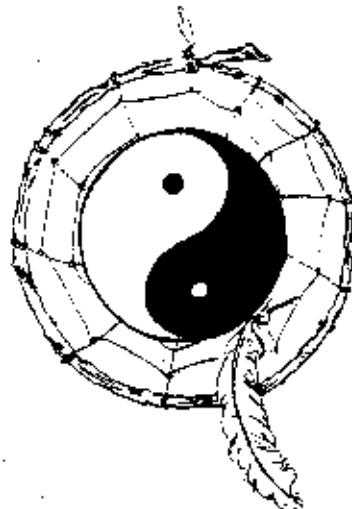
Carmen Brocklehurst

This is the time to know that life is good and that we choose to be a part of it. How do we do this? As Justin says, as he bends his back right knee and extends his left leg, his arms go out to form around the platter. "I just do these silly movements; you don't have to do them, but they might help." This is such a great thing to have and to know: T'ai Chi Chih. It doesn't take long, but like riding a bike it is something that every time we do it, the wonder, strength and love we experience is imprinted on every cell of our bodies and this is enough for a new beginning. Happy Spring!

1994 - 1995 T'AI CHI CHIH CALENDAR NOTES

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
	Contact: Barbara Peller, 1913 Willow Hill Court, Northfield, IL 60093; Phone 708/441-5710.	
April 24-25	TCC Teacher Preparation Class, Valley City, ND with team-teaching of Jean Katus and Chris McLain. For details contact: Chris at 701/232-5579 or P.O. Box 2821, Fargo, ND 58108-2821	
April 30	TCC-Meditation Workshop with Steve Ridley, Denver, Co	\$50
	Contact: Margaret Manzaneres, 5031 S. Ulster Stc.450, Denver, CO 80237 Phone 303/794-8300 (h); 290-6090 (w)	
early May	Please note deposit due deadlines under June events.	
May 1	Deadline for all Directory changes. Deadline for submitting your news articles, etc. for the June 1994 issue of <i>The Vital Force & the Special Issue, a chronicle of 20 years of TCC.</i>	
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 11	VFJ Mailing and Teacher Social follows a 1 pm TCC Practice. Hosted by Lois Mahaney, 1633 Via Amigos, San Lorenzo, CA RSVP and Directions: 510/276-5718	
June 18	TCC-Meditation Day with Steve Ridley, Alameda, CA	\$45
Sat.	Contact: Liz Salada, 1477 - 155th Ave., San Leandro, CA 94578 As space is limited, preregistration is required by May 2.	
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 \$200 deposit due May 2.	
July 11-18	TCC Teacher Training with Steve Ridley, Fargo, ND	\$380
	Contact: Chris McLain, P.O. Box 2821, Fargo, ND 58108-2821 Phone 701/232-5579	

**GATHER THE DREAMERS
CATCH THE DREAM**



**August 12-14 9th Annual International
T'AI CHI CHIH TEACHERS' CONFERENCE
Menlo Park, CA**

Contact: Sandra Tanner 507/388-1904

**SEE ENCLOSED CONFERENCE FLYER
for early registration savings and more complete
information.**

August 20 Extended Deadline for Fall Equinox Issue of *The Vital Force*. Send in your conference feedback, photos, news, articles, etc.

September 12-17 TCC Teacher Training with Steve Ridley, Denver, CO \$380
Contact: Steve Ridley, 1921 Jasmine St., Denver, CO 80220
Phone 303/322-7717 \$190 deposit due by August 12.

October 1 VFJ Mailing and Teacher Social follows a 1 pm Practice.
Hosted by Liz Salada, 1477-155th Ave., San Leandro, CA
RSVP and Directions: 510/278-3263

November 1 VFJ Deadline for Winter Solstice Issue--Send your seasonal news!

December 10 VFJ Mailing & Teacher Celebration after 1 pm TCC Practice
Hosted by Lois Mahaney, 1633 Via Amigos, San Lorenzo, CA
RSVP and Directions: 510/276-5718

1995 **10th International Teachers Conference, Denver, CO**
Dates Contact: Pat Hill, 1420 Kingsbury Ct., Golden, CO 80401; 303/231-9951
to be or Bryan James, 11558 W. Arizona Ave., Lakewood, CO 80232
announced 303/989-4695

COMMENTS ON NEWSPAPER ARTICLES

Justin Stone

Recently I read in a newspaper article mailed to me that T'ai Chi Chih is a form of therapy. I also read that it is thousands of years old and was brought to these shores by me. Of course, neither of these statements is true.

The purpose of the TCC movements is to circulate and balance the Vital Force. That this has therapeutic effects is easy to determine. That TCC is a 'moving meditation' that tends to bring serenity and renewed energy is well known. But these are not the aims of TCC; they are side effects which bring great benefits. When the Yin and Yang are brought into approximate balance (to be perfectly in balance would be to return to the "Uncarved Block", to our "Original Face", a state of perfect bliss) the physical mechanism is in tune and circumstances of life seem to favor us, all subject to the laws of Karma.

People usually begin study of TCC to correct some physical ailment or to gain renewed energy. We all know how often this happens, and their efforts usually meet with success. But the spiritual benefits, the changes in negative habits and conditions, are more than was originally bargained for. TCC is not therapy, not exercise, and certainly not a tranquilizer--but it is all of these in profusion as concomitants of the circulation and balancing of the Vital Force (Chi).

As to Tai Chi Chih's history, I took the original two movements, altered them, and added to them to make up TCC as it is now. No one had done "Daughter in the Valley" before, no one had performed "Bird Flaps its Wings". Please don't falsify and say to interviewers that TCC is a thousand years old, a well-kept court secret.

The great secret in TCC is what happens to the Vital Force. We should be grateful for it.



This may prompt some to practice TCC in a more internalized way - to try to feel more deeply what is going on during TCC.

T'ai Chi Chih Principles

Steve Ridley

In T'ai Chi Chih practice we experience the process of 'form' assisting or prompting 'function'. The movement patterns help circulate, guide and harmonize vital force. With continuing practice, form and function blend naturally, as a single occurrence. This is wisdom in action.

JUST WHAT IS SPIRITUALITY?

Justin Stone

Many books are being written by sociologists, psychologists, etc., in which they glibly speak of "higher consciousness," "Enlightenment," etc., without in the least knowing what they are talking about. It is fashionable to make references to Eastern concepts and use terms that are just vaguely familiar to readers, usually in Sanskrit. These writers, who have never experienced what they are writing about, seem to feel that greater Social Consciousness and Involvement is synonymous with Spiritual Progress, totally ignoring the examples of Lao Tzu, the Buddha, Ramakrishna and other great spiritual leaders. It is also possible to regard church icons as being the same as spiritual teachers. They often misquote Patanjali, so-called father of Yoga (The Science of Unity, not religion), who plainly said that Yoga is "the suppression of Mental Modifications," the latter being an approximate translation of the Sanskrit term "Vritti." In other words, we have the blind leading the blind.

It is hard to read such books, though people give them to you and ask you to read them. Very often the book, or article, is a thinly disguised sales pitch, giving unknowing people the clichés and quotes that perhaps they crave. Nothing is as saleable as commercialized 'spirituality' because people are troubled about life and concerned about death, always from an egocentric standpoint. Recently I started such a book by Swami Rama and a man who calls himself Swami Ajaya. (A Swami is an initiated member of Sanyasa, a complete renunciate.) I was not able to get through it as I am not interested in psychological jargon and worldly 'spirituality.' It is quite common for publishers to pair a psychologist and a so-called 'holy man' with the idea of getting a synthesis of East and West. But Reality knows no East and West and no Past and Future. Some perfectly fine Krishnamurti books have been spoiled by having some psychologist offer his concepts of spiritual values, as well as asking Krishnamurti nonsensical questions.

Such terms as "balancing the Aura," or 'balancing the Chakras" (whatever that may mean) have become common, and some people charge money to perform these feats.

I define Spirituality as "Identification with the Real." Therapy, no matter how good has nothing to with this matter. I leave it up to the reader as to whether the other things talked about (by those who do not know them) and those things practised are "Identification with the Real."

Enlightenment

Steve Ridley

By adapting another person's realization, as our belief or concept of Truth, we still remain in unknowing. There is no need for secondhand enlightenment, which is no enlightenment. Beliefs and concepts must be abandoned through transcendence if enlightenment is desired.

ALBUQUERQUE NEWS

TCC Center Update Connie Hyde, Cedar Crest, NM

At the Albuquerque Teachers' meeting in October, discussion about the T'ai Chi Chih Center in Albuquerque brought forth enthusiastic ideas as we began to see the possibilities the Center would provide for the community. At the January meeting, there was a strong feeling of unity when seventeen teachers joined for group T'ai Chi Chih and discussion of the Center.

Conversation flowed from a discussion of books that might be available for sale at the Center to a summary of the benefits of gaining nonprofit status. A brief survey revealed that we are close (on paper) to the projected start-up money necessary, that staffing hours can be covered and that more T'ai Chi Chih classes, the sustaining income for the Center, are needed.

Discussion will continue during the next monthly meeting. Now teachers are keeping a watchful eye for a possible site, the prerequisites being:

1. A cheerful, bright place, at least 1800 sq.ft.,
2. Relatively easy access from major roads or Interstates,
3. Ample parking and a safe, well-lit area at night.

Better Prepared Candidates Loretta Shiver, Albuquerque, NM

I invite all area teachers to participate in an exchange of students prior to Teacher Training. I would like to send my students to visit and participate in several other teachers' classes toward the latter half of class sessions. I would also like to invite you all to send your students to visit my classes. In this way we can begin to get to know one another but more importantly our students can begin to see that while there may be some minor differences in the execution of movements between individuals, the essence remains the same. Also, each one of us has something unique to offer; think how much better our students will be prepared with many teachers supporting them.

I would also like to plan a few gatherings in the months preceding the accreditation course. Teachers and their teacher candidates could meet and practice together and discuss anything that may come up. It would be very good for all of us to come together before Teacher Training starts.



COLORADO TEACHER NEWS: TCC BOON

(taken from the local TCC Instructors Newsletter.)

Congratulations to the three new TCC teachers who have joined us in Colorado! Both Duane Gabel and Joanne Halcarz were recently certified in the October 1993 TCC Teachers' Training by Steve, and Tamara Johnson (Lia's daughter) who was previously certified in San Diego, CA. This makes a total of 23 certified instructors in Colorado. Quite a change from 15 in May 1992!

Merry Lynn Noble has volunteered to take over publication of the Colorado TCC newsletter through March '94. Colorado Teachers' schedules are included in each newsletter along with a calendar of area TCC activities such as the **TCC Teacher Preparation Class** Pat Hill and Bryan James began in January at Pat's home in Golden, CO. Colorado teachers meet on the third Sunday of each month for practice and meeting.

Bryan James, Lakewood, CO: My TCC classes were very successful this year and I reached a lot of students. In fact it has been a real boon year for TCC throughout Denver and elsewhere from what I hear. Steve, Pat Hill, Judy Hughes and Margaret Manzanares have all been quite active and reached many, many students. A number of others have also been teaching some. Class sizes are at an all-time high for the Denver area. And, of course, we are very excited about putting on Teachers' Conference in '95.

SERVING AS A TEACHER

Steve Ridley

I like to encourage sincere TCC students from my classes to spend time with other Denver area teachers, either by taking their classes or arranging to visit and sit in on a few lessons with a variety of teachers. I especially recommend this for those considering enrollment in a teacher training program. In this way, their knowledge of TCC is expanded and made more comprehensive. I differ with teachers who tend to expect that their students will become confused by associating with a number of other instructors. Each teacher has something unique and useful to impart, and I am very aware that my students are not "my students."

Breathing free
from head to toe,
receiving as we go . . .
Life's inclusive flow

Opening to breathe as sky and stars,
wind and clouds, earth and snow . . .
turning, turning, until we know.

Steve Ridley

NEW TEACHER NEWS: EAGER IN OREGON

BALANCE - *it starts within. Learn how to de-stress your life and create the kind of balance you want with T'ai Chi Chih.*

Elizabeth Tyler of Lake Oswego, OR sent an interesting flyer which had the above statement beneath the TCC/Joy Thru Movement heading. The Tao symbol, her picture doing TCC and the benefits of practice complimented the inviting introduction.

Elizabeth writes: Since graduating from the June '93 TCC Teacher Training in Alameda, CA, I have been blessed with many wonderful students eager to learn TCC. I will be starting my twelfth series of eight week classes in the Lake Oswego/Portland area. Most rewarding has been teaching TCC to teachers in two school districts in the morning before they go off to their classes, with a smile on their faces of course! Also rewarding was doing a TCC presentation to a group of fifty inmates at a drug and alcohol prevention program at a Portland prison. They were very receptive to TCC and asked that I come back. The staff thought TCC was especially helpful for inmates with abusive backgrounds to help them ground and get back into their bodies.

As I share this incredibly healing practice I am given the gift of love and joy and my life continues to transform daily with my own practice. I am grateful to Justin for his creation of TCC; to Steve for letting me go to the teacher training when I wanted; and to myself for following my heart and intuition to teach! I am also grateful for *The Vital Force*...I read it immediately from cover to cover and refer to it often—it nourishes and inspires me to be the best I can be. Thank you Liz, Lois and the many others who make it possible. Hello and much love to all my TCC friends.

Letting go
into the beauty
of *NOW*,
leaving behind the
hurry and worry.
I shift from "doing"
to "*BEING*"
and my life transforms.

Elizabeth Tyler



TCC WAKES SAN DIEGO, CA

Susan Webster, El Cajon, CA

Events Feedback

Greetings from San Diego where we now (since August 1993) have eight newly accredited T'ai Chi Chih teachers who are starting to awaken San Diego to the benefits of T'ai Chi Chih.

The teachers accreditation that Steve came to do in August was a great success with nineteen new graduates. Again I would like to thank Steve for his patience and continued support in the certification of new T'ai Chi Chih teachers. It was an exceptional week for me as I was able to allow myself to learn and grow through TCC and it was so good for my heart to see eight of my own students, who are all very devoted to their practice, become accredited teachers. I felt that the students were very well prepared, so I send off a special thanks to those teachers out there who spent extra time to prepare their students.

New Teacher News

Vi Williams, one of the new teachers, is now doing classes over the noon hour for the city of San Diego employees. I was asked by Vi to teach one of the classes and it was so good to see all of these "uptight executives" relax and walk out of the class with such peace. Vi has had an exceptional turn out to her classes and adds such a lovely, gentle touch.

Donna Pietrzak also has been quite successful in starting classes. She has classes at Mercy Hospital where she works and also started a program at H.A.R.P. (Holistic Aids Response Program). These are definitely two areas of the community where individuals can benefit a lot from T'ai Chi Chih practice.

Area Teacher Meetings

Since the August accreditation we have had two meetings with the local T'ai Chi Chih teachers. We had decided to have these get-togethers every other month. We have a pot luck and end the evening with a group practice. After being the only active T'ai Chi Chih teacher in the San Diego area for five years, it is so much fun to be able to share all of this with the new teachers. I feel that the people of San Diego will benefit greatly by having all of us here.

A turn of events with my teaching has happened since the training. My classes have been larger than ever and after four years of persistence, I am finally making progress in having TCC taught at one of the local colleges as a part of the physical education program. Grossmont College is now seriously looking into adding T'ai Chi Chih to their program and hiring me as faculty on their staff. I was finally able to get some of the administrative people to a demonstration...and, as we know, that is all it takes. Once people experience T'ai Chi Chih, they begin to feel that serenity in the midst of activity.

Thank you, Justin! Thank you, Steve! Thank you, T'ai Chi Chih!

T'AI CHI CHIH AND INNER HEALING

Marian Massman, FSPA, La Crosse, WI

Lately I have been reflecting on the blessings that have come to me personally and to others through my faithful practice, enjoyment and sharing of T'ai Chi Chih. Along with Inner Child work, contemplative therapy and dreamwork, Tai Chi Chih has been a wonderful help in my inner growth process. In recent years I have become more aware that our bodies remember and hold our past experiences, and that our bodies have wisdom to share with us. TCC has been a tremendous means of allowing energy to flow and of accessing that wisdom.

Sometimes TCC is my moving meditation. At other times TCC is a preparation for meditation, contemplative therapy or prayer. As I enjoy the movements, the energy flows freely, balancing and refreshing me. I breathe deeply. My body relaxes and my mind quiets. I become focused and centered. In silence I open my heart to the Holy One who is my Primary Inner Resource for healing, and to my Inner Child and the other Inner Resources that are gifts of the Holy One to me.

Various means of healing interweave, and I realize that I cannot separate them. But I do know that TCC has been one of the contributions to my healing and well-being. I would like to share some of the ways I have benefited from being connected in body, mind and spirit. Tai Chi Chih has helped me grow in self-confidence. Speaking before a large group always gets my Inner Child nervous, due in great part to a wounding experience in Grade 5. Now I feel less inhibited and less threatened, yet challenged, when I am presenting something to a large group, or with someone who seems better qualified and more experienced than I am. I often do some TCC right before each presentation to re-focus, regain my inner serenity, and "shore up" confidence in myself and my potential. TCC has helped me become more assertive. In the past I would not stand up for myself. Now when someone misinterprets my words or actions, I speak up and say what I intended and clarify my message. I claim my right to BE and express my opinions and feelings more readily. I also challenge my own inner critic.

I am delightfully surprised I have become more spontaneous in my expressions and interactions with others. I enjoy this greater freedom and comfort with just being myself. I also am trusting myself more - letting my feelings come, acknowledging them, and finding ways to give healthy expression to them. I am better able to go with the flow of life, and trust the ways the Divine Energy is healing me and helping me become my true Self. I find myself being more attentive to children, too. When I meet parents with a little child, I somehow "catch the eye" of the child and experience a wonder-filled connection with this innocence. A real joy!

TCC has truly given me a very wholistic way of integrating experiences with the Divine One who is the Source of the vital force within. I am ever grateful to Justin Stone for giving us this wonderful gift to treasure; to Steve Ridley for certifying me in his gentle, Spirit-filled way; and to all the TCC teachers who inspired me, helped me refine movements, and shared life with me through personal contact or the marvelous VITAL FORCE JOURNAL.

Since my certification in May of 1990, I have consistently taught TCC at the Franciscan Spirituality Center where I work. The "grand opening" to sharing TCC came when I gave several demonstrations in our 1990 June Festival. When 86 persons appeared for the first session, I had to move from indoors to a large outdoor porch. Later the La Crosse Tribune did a front page TCC feature article on me (excerpts follow). TCC sessions continue to be a vital part of our yearly programming. I give persons who come to other programs here a "taste" of TCC. Outreach has included demonstrations to various groups in La Crosse; 1991/1992 workshops in Dubuque, Iowa; sessions with 8 Senior High teachers in Tomah, Wisconsin; and a recent January workshop in Faribault, Minnesota. In June, I will be giving a weekend TCC workshop at St. Mary-of-the-Woods College in Terre Haute, Indiana. In July Karen Kappell, FSPA, and I will give a five-day TCC/Mandala retreat entitled "Circles of Wholeness" right here at our Franciscan Spirituality Center.

(cont. next page)

TEACHER-STUDENT

Steve Ridley

The teacher shares consciousness-energy with receptive students, as an agent of quickening, but the teacher cannot 'give' students anything they don't already have in seed form potentially. The teacher's influence, inspiration, direction, support and comfort can substantively nourish, nurture and cultivate the blossoming of these potentials. However, the important factor in the teacher-student relationship is the willingness of the student to apply what has been offered through the teacher.

No matter how seemingly great a spiritual teacher is, the sincere aspirant must walk the path of spiritual awakening for her/himself. It is both necessary and wonderful that 'spiritual emancipation' must be accomplished individually. Those who correctly apply what a reliable spiritual teacher recommends will make steady, efficient progress. This is responsible discipleship. Also, it is a sincere student's duty to at least equal and better yet, surpass the(ir) teacher. This is not a competitive idea, but a natural progression and a tangible way of honoring the teacher's sincere efforts to assist.

* * * * *

The most complete type of teacher is capable of transmitting the Essence of T'ai Chi, in addition to giving detailed instruction in the performance of movement formats. Dedicated students diligently prepare themselves in order to attract such a teacher and be able to openly receive the spiritual transmission that is offered.

Steve Ridley, *Perspectives...in Motion and Stillness*

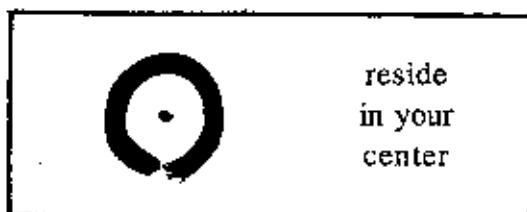
* * * * *

If you are sensitive when in the presence of a 'spiritually developed' person, the questions you may have carried will probably evaporate.

* * * * *

The practice of T'ai Chi Chih develops serenity and certainty. When we are calmly centered, we positively influence our environment and those around us.

Steve Ridley



Dyanna Chowka, Eastsound, WA

SEVERAL STUDENT EXPERIENCES

The Rewards of Teaching T'ai Chi Chih

Virginia Shilson

The student, a young man in his forties, had a speech impediment. No doubt because of this minor handicap, he was quite introverted, but attended T'ai Chi Chih class every week and practiced faithfully. The week after he learned the movement Push Pull, he remarked to the class "I feel my heart center opening up. There is a warmth and glow in the heart area that I never had before."

Several weeks passed and the student offered additional testimony. "Since doing Push Pull, I have been more responsive to the people around me. Because I am more friendly and open to them, they show interest in me. They really care. This inner change has transformed my whole life."

Testimonies such as the above are the true rewards of teaching T'ai Chi Chih. Thank you, Justin and Steve.

Path to Good Health

Caroline Chavez

It was very gratifying to hear from one of my students, who is a diabetic, after she had completed the 8-week class. She said that when she went to the doctor recently, her blood sugar was level. The doctor said that this hadn't happened in a long time and wondered what she had been doing differently. She answered that the only thing different she had been doing was Tai Chi Chih. He responded, "OK, just keep it up!"

It makes it more of a joy to teach when we hear reports like this.

An Aid in Labor: The Chi

Ellen Tatge

One of my students who is a nurse midwife and has been practicing T'ai Chi Chih for several years and experiencing the effects strongly in her own life relayed the following experience.

"One of my patients was in prolonged labor and having a very difficult time of it. As I was working with her, I suddenly felt inspired to take her feet in my hands and try to help her use the Chi to assist in her labor. I began to direct her to breathe and focus on her feet, to bring her breath all the way down to her feet. In no time, her cervix completed its dilation and she gave birth. I have since used this approach with other women with very similar positive results."

Students in Canada Write

"We want you to know how much we appreciate your efforts in teaching the T'ai Chi Chih class at the September Elderhostel in Banff. Well! even after the one week of T'ai Chi Joe (who had knee problems) had improved so much he had no trouble on our walks as we continued our vacation." --Joan & Joe

This note was received from one of the senior couples in a course taught by Gordon Wade, from Edson, Alberta, Canada. Gordon says it is gratifying to hear from people who continue to practice T'ai Chi Chih and who receive benefits from their practice.

Art of Teaching: Honoring

Om Namaha Shivaya!
(Sanskrit for "I honor the Divine
within")

This is the greeting exchanged at the beginning and at the end of each T'ai Chi Chih class, as we bow, honoring one another's presence.

This greeting is also the "connection" with which I begin my daily private practice. It is directed toward all the individuals - teachers, long time practitioners and beginners of the meditative movement we so affectionately refer to as "Joy through Movement."

My daily wish and prayer is that CHI will unite each of us in peace, harmony, life and love.



Sr. Antonia Cooper working with Seniors in New Jersey. Presenting certificates of attendance.

ALIVE AND WELL IN NEW JERSEY

Sr. Antonia Cooper, No. Plainfield, NJ

Being accredited February 2, 1991 in Bemidji, MN, I returned to the North East where I have lived since entering my Franciscan Community in 1966. My first class began in the summer of 1991 with two students...I believe in starting small!! One person told another and another, and now my calendar is full this Spring with nine Beginners Classes, four 2-hour Presentations to various groups, and two on-going monthly Practice Sessions.

Through TCC I have met many wonderful people throughout the New York, New Jersey areas who long for a more integrated, centering experience, and discover that fulfillment through TCC.

I've enjoyed all the students, but especially those classes made up of people from various cultures, languages and religious beliefs. It's difficult to describe my personal joy at experiencing the unity of movement, sharing CHI that evolves in every class, but especially in those classes where most students have so little in common. Unity in diversity!

The picture above shows a class of chair-bound residents of St. Ann's Home, Jersey City, NJ enjoying movements. The CHI is almost tangible. This is the third class for these residents. An additional class was scheduled for staff of the home.

I'm looking forward to sharing TCC during a 10 day Icon Retreat, where I will be part of the staff and take part in the iconography to take place September '94 in Winona, Minnesota.

Excitement is mounting as the first east coast Teachers' Accreditation draws closer. Remember us May 23-28 and send some energy toward New Jersey! Thanks.

EVENTS FEEDBACK

T'ai Chi Chih-Meditation Workshop: What a great experience we had on January 15 when Steve was here to lead us through meditation and exercises that were refreshing and calming! What a way to spend a day! We had a group of 28 people, a beautiful big room--that it was "ohh" so cold was a surprise to all of us. (We wore the extra clothes brought with us since it was so cold outside--7 below zero.)

Steve truly shares and gives of himself freely. It was a wonderful experience just to relax and let him guide us. I would like to encourage any teacher who has ever thought of inviting Steve to do a workshop to "go for it!" It was a very rewarding experience I really wanted to do.....everything just fell in place and worked out great. Oh well, it was a bit cold. At the end, all of us left with new knowledge, a positive attitude, and refreshed.

Love to all, Marlene Brown, Cincinnati, OH



Participants in the Workshop in Cincinnati, OH

So many times since then have I thought of the **Exploring Meditative Ways workshop** weekend of October 1993. It was just perfect in every way. The presentations were not only professional but so calming and quieting, giving a wonderful distance from our regular frantic days. It was a time of cleansing renewal.

The pace was ideal with enough variety to keep it interesting but relaxed enough so there was no pressure. The peacefulness of the Mercy Center (in Burlingame, CA) retreat was enhanced by the program. I particularly enjoyed the breathing through the Chakras--and love having a tape to help me continue at home.

The practice of T'ai Chi Chih--especially in the dewy morning grass--was great! I enjoy the serenity of the form and the centering I get from it.

The people who attend these gatherings are always interesting and loving. What a plenitude of perceptions we received. A million thanks for all these blessings!

Marilyn Faull, Mountain View, CA



T'AI CHI CHIH RETREATS

Ruth Marie Arguello-Sheehan, Sun City, AZ

A three-day weekend retreat, featuring T'ai Chi Chih, can be an exhilarating event for both the teachers as well as the participants.

Recently, Brandon and I hosted such an event at a beautiful Retreat center here in the Northern Valley of the Sun Area of Arizona, and were happy to say it was such a gratifying success that we are planning our next one already.

There were ten couples and five singles, many of them former students in my Tai Chi Chih classes, and most over age fifty. We purposely kept the size intimate, which we feel is true for any age group involved if you want to call it a Retreat and not a workshop.

We titled it: "The Best is NOW or Yet to Come", a Body, Mind, Spirit refreshment and renewal with old/new friends.

We did all the T'ai Chi Chih movements three times a day, both indoors and outdoors overlooking the rugged mountains and desert beneath the stupendous, ever-changing November stormy skies.

Most of the male spouses, who had come along for just a restful, stress-free holiday became completely engrossed in the Tai Chi Chih classes and practices after the very first session and ended up some of the most enthusiastic participants of all.

Exciting to see these stoic, businessmen, scientists and retired men so unexpectedly caught-up in the whole weekends' atmosphere and having such a good time.

We provided spacious accommodations, suite rooms, fireplaces, private balconies and a quiet, healthy setting. Choosing your location, many months ahead, with practical considerations for those you wish to serve is very important: such as good, wholesome foods; cleanliness; safety; parking; transportation to site; convenience to classrooms; etc.

One of the most important issues, after this is done well in advance, is the actual scheduling of events, which can be done shortly before the dates. Making sure, if one is calling this a Retreat, that there is a balance of activities and free, stress-free time for contemplation, rest, visiting with each other, walks, music, therapy, etc.

We held several Meditation sessions; a couple of Guided Breathing sessions; as well as a Zen-inspired photography session led by a well-known Nature Photographer. He also did an evening slide show of magnificent photos of rugged Arizona mountains, flora and fauna.

Our experienced, therapeutic massage expert had her schedule filled daily by most of the participants enjoying the healthy luxury of the in-house appointment.

During "free-time" we had a VCR in a cozy lounge, showing Justin's Tai Chi Chih tapes, as well as Moyer's Body, Mind, Spirit Series for those who wished to watch and share this information with each other in an informal way. Justin's and Steve Ridley's books were displayed and read in this setting also.

In the evenings, we had a gathering of all participants around our blazing fire in our huge fireplace in the personal room. Hours of Storytelling, led by us, but also including stories, poetry, readings, humor, songs, and music were shared by all the participants. These evenings we called: Sharing the Fire.

Such an event takes much planning and work, but it can be a very worthwhile way to share concentrated Tai Chi Chih practice and classes, as well as other related Joys. Our next retreat is being planned for Spring of 1994.

BREATHING:

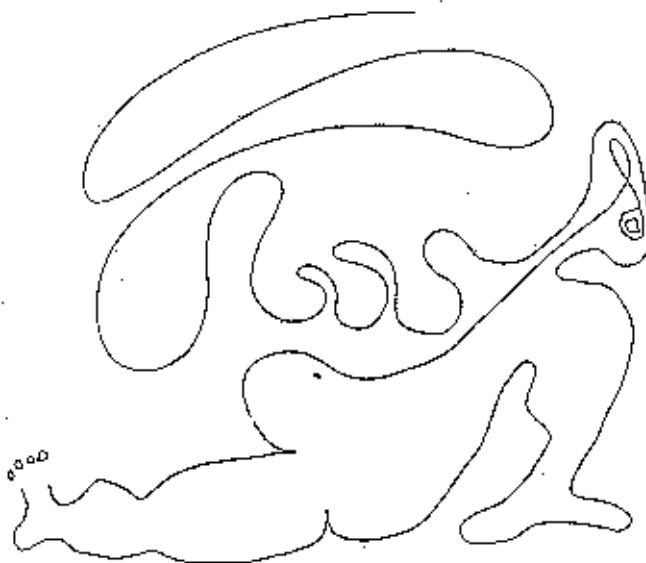
Life is a journey of breath, at one level: an inhalation followed by an exhalation, with periodic pauses, continually issuing until physical death.

Observing this amazing process of breath with full interest can be a valuable meditation focus which helps clear the mind of its tensions, restore emotional equilibrium, and open one's spiritual awareness.

Regulating the breath through yogic and other methods can contribute significantly to wellness.

Being a 'conscious breather' gives one a creative advantage in this life of challenge and opportunity

Steve Ridley



Healing:

There is no better medicine or therapy than spontaneous laughter. Openhearted laughing allows our essential Self to breathe freely.

Steve Ridley

BREATHING METHODS for Health and Harmony

Steve Ridley

PUMPING BREATH - Energizes the entire system, quickly. Stimulates the Triple Heater system and chakras. *Some use this exercise as a warm-up prior to TCC practice.

Technique:

Ground, placing your feet shoulder-width apart and parallel. Interlace your fingers, palms facing down in front of your lower abdomen.

Simultaneously lift your heels and arms (elbows nearly locked), while inhaling smoothly and fully. The motion and inhalation should take 3 seconds to complete. Your arms rise gradually, out and away from you, until arriving above your head with palms pushing upward in a gentle stretch which elongates your spine. Pause with breath held for 1-3 seconds.

Exhale gradually (3 seconds) as your arms come down following the same pattern, while lowering your heels.

Breathe in through your nose and out through your mouth. Breathe smoothly, gently and fully.

Perform 3-9 repetitions in a flowing, continuous motion at a moderate pace. Rest. (Rest after each set of 3 repetitions if you like, or do up to 9 in a row.)

Relax, standing evenly with knees slightly flexed, open your abdomen and place your hands, one on top of the other, over the lower tan t'ien, palms facing toward abdomen. Breathe rhythmically and fully, relaxing and internalizing attention progressively, during each exhalation. As you stand, being still, quiet and at rest, allow chi to enrich your whole system.



INHALE as palms are out and up.



EXHALE as palms return out and down.



KARMIC KOMMENTS

from Good Karma Publishing Inc., Jean Katus, Publisher

New Video and Music Tape

With gratitude to Justin Stone for making his work even more accessible, we are happy to announce that a new videotape for T'ai Chi Chih has been made. In addition, Justin has also recorded a new music tape entitled "Mellow Moment". (See articles introducing these new items on the facing page.)

Oriental Philosophy Tapes

Because some teachers have missed the announcement previously, we want to again let everyone know that a set of Oriental Philosophy videotapes is available for rent. They came about as a result of a lecture series that Justin gave in Albuquerque and are like a comprehensive course in Eastern thought and philosophy--something no university course can offer because the material is all based on Justin's first-hand personal experience with teachings and masters in the Far East. Renting the videotapes to show to students is an excellent way for them to become a bit acquainted with the originator of T'ai Chi Chih. The tapes are also appropriate for general audiences who may simply be interested in the subject matter.

Particularly for those who have enjoyed the two volumes of "Spiritual Stories of the East" on audio cassette and the book 20th Century Psalms, the Oriental Philosophy lecture series will have meaning. It contains some of the stories found in the other pieces but also offers a wealth of information on concepts of Eastern philosophy and religion presented in a clear manner so the ordinary lay person can easily understand and enjoy the material. For detailed information about renting the tapes, please contact Good Karma.

New Catalog

With this issue of *The Vital Force*, we are including the new Good Karma catalog (blue four-page stapled booklet). In future VFJ issues, we will simply include the white price list/order form. We ask that you save your copy of the catalog for complete reference and use the price list/order form for ordering. Subsequent catalogs will be sent only when requested, not as a routine with every order. The measure is one of several we follow to keep us as ecologically attuned to conserving natural resources as possible.

New Emerson Book/Caughlan tape Available

Margy Emerson, author of A Potter's Notes on Tai Chi Ch'uan which Good Karma distributes, has published her second book, Breathing Underwater/The Inner Life of Tai Chi Ch'uan. It is available from North Atlantic Books, P.O. Box 12327, Berkeley, CA 94701. Another item we distribute is Lar Caughlan's "Elevation Music." He has a new tape out called "Deep Sea Echoes/Music for Deep Relaxation," available from Blue Hawk Productions, P.O. Box 580, Belmont, CA 94002. Though Good Karma will not be distributing either title, we wanted you to know about them if you care to order them on your own.

NEW FAX Number- Good Karma Publishing Inc., P.O. Box 511, Ft. Yates, ND
701/854-2004

NEW JUSTIN STONE T'AI CHI CHIH VIDEO

What a delight for Good Karma to let everyone know that a new Justin Stone T'ai Chi Chih videotape is now available! We are very excited about this newly-produced teaching tool from which we can all benefit greatly. It has a similar format as the previous video but is more complete, including a brief introduction, instruction in the total 20 movements, and a practice session--all presented by Justin.

As teachers, you will definitely want to have a good supply of the new video on hand for your students. Along with the text, it is an invaluable tool for both beginning students and those who have taken the entire class. Some teachers who have made practice videos for their students will also want to provide them with the one done by the originator.*

As certified teachers, we know that there is always room for improvement in our own T'ai Chi Chih movements--not just in our individual practice but also when we teach. Now we have a new video with Justin as our "practice partner" so we can check our movements to be sure we are moving as close to the way he teaches as possible. This is one way we can be assured that Tai Chi Chih remains pure and full of integrity.

In times of rising prices, we are happy to announce that the new video remains priced the same as the previous one--\$39.95 with the same 40% teacher discount in effect. Order your copies today and let your students know about it!

*T'ai Chi Chih is a copyrighted form. As such, anyone making a video using that name must receive permission from Justin Stone, copyright owner, and should offer royalty payment to him.

MELLOW JAZZ IN NEW TAPE

"Mellow Moment," Justin Stone's new jazz keyboard audio tape, is mostly piano. Occasionally one hears an unusual string bass playing imaginative patterns, but that is simply Justin's left hand. Listening carefully, one will hear subtle variations and changes in harmonies as the player avoids customary patterns in playing standard pieces. The originals are all Stone spontaneous improvisations, with "Gay Tristesse" furnishing some classical overtones. "Mellow Moment" certainly shows the best of his unusual harmonic playing. You'll want to hear the new sounds on this tape.

As with other items from Good Karma, the \$9.95 price can be less if you take advantage of the 40% teacher discount by ordering 3 or more copies or by combining this title with others (to qualify for the discount.)



NEW VERSION

MELLOW MOMENT



**Justin Stone
Keyboards**

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of Tai Chi Chih

Conductor of Seijaku (Advanced TCC) Courses

Lectures on Tai Chi Chih and Spiritual Life

12440 Chelwood Trail, NE, Albuquerque NM 87112

Steve Ridley: (303/322-7717) 1921 Jasmine Street,

Denver, CO 80220 Spiritual Head of

Tai Chi Chih and conductor of

- Teacher Accreditation Courses

- Teacher Renewal Workshops

- Exploring Meditative Ways Workshops

- Lectures & group practices in Tai Chi Chih

- his creative works and supportive materials

Jean Katus: (701/854-7459); FAX 701/854-2004

- Publisher, Good Karma Publishing, Inc.

- Distributor of Tai Chi Chih

instructional materials and others

related to spiritual practice

- contact for teacher referrals

Lois Mahaney: (510/276-5718)

- Editor, The Vital Force

- contact for teacher referrals

- update to mailing list and Teacher Directory

Liz Salada: (510/278-3263)

- Publisher, The Vital Force

- journal subscriptions and submittals

- Publisher of Tai Chi Chih 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	701/854-7459
ND, Fargo	Christeen McLain	701/232-5579
NM, Albuquerque,	Carmen Brocklehurst	505/299-0562
BC Canada, Victoria	Gudahape Buchwald	604/385-6748
MN, 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

VFI is projecting the new TCC Teacher Directory will be published by August 1994. As an outreach measure, all accredited teachers are being contacted by mail. By May 1, the responses received (via return of the postcard enclosed in this issue) will begin to comprise a new directory with the most up-to-date listings. Please confirm the accuracy of your information to assist us in this important referral project. (Note: Teachers accredited prior to printing will also be included.)

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.:

Roxanne Post, Riviera, AZ 602/758-6617

Pam Towne, Camarillo, CA 805/987-3607

Liz Salada, CA (SF Bay Area) 510/278-3263

Susan Webster, San Diego, CA 619/441-1165

Merry Lynn Noble, CO (Denver Area) 303/980-6861

Connie Hyde, New Mexico (Albuquerque area) 505/281-1040

Joan Torrance, Beaverton, OR 503/579-8451

THE VITAL FORCE Journal of T'ai 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.



SUBSCRIPTION FORM for THE VITAL FORCE JOURNAL of T'ai 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

Poetic field of sparkling white,
Autumn's first!
Sun and clouds
Transform fluid crystal colonies
Effortlessly, nature's creative hands
Beneath accumulated blankets
Indistinct potentials patiently await
The freeing Light of spring.

Steve Ridley
Perspectives...in Motion and Stillness



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

How do I know if my subscription is due? The mailing address label, on the envelope VFJ arrives in, has your subscription expiration date printed to the right of your name (sub exp: __). If you happen to discard the envelope before noting this information, expired subscriptions are also noted here by a red "PAST DUE" stamp. When you check this information and act with a timely subscription renewal, it saves VFJ the resources of materials, funds, and time! Thank you for your conscientious assistance.