



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 11, No. 4

Fall Equinox

September 1994

THE CUMULATIVE EFFECTS OF T'AI CHI CHIH

Justin Stone

With regularity of practice, the deeper meanings of T'ai Chi Chih become evident after some time. If one does not practice regularly, it is like a pianist who does finger exercises once every two weeks, or an athlete who eats only intermittently, there is no real nourishment.

As people learn T'ai Chi Chih, they become attracted to it because of the way they feel. Some then want to go on and become teachers, passing along the good feeling and enjoying the reactions of their classes. Early on there is great enthusiasm: so why do people drop away from practice?

In our society there is a great restlessness, a desire for diversity and titillation. Even when something is going well and satisfaction is being attained, there is a desire to look far afield and seek something else. The far-off fields may look greener, but more is not better. If a chela (disciple) is told by his guru to follow a certain discipline, he does it faithfully. This may go on for years. If a potential opera singer wants to really polish his or her talents, it is necessary to make great effort. Ballet dancers are famous for being up early the morning after a performance, even a triumphant one, working at the barre in the practice room. Such motivation is necessary to make a successful performing artist. The point is that T'ai Chi Chih results are cumulative. Regular practice leads to the CHI firming the bones, and the CHI is progressively stored in the T'an T'ien. The changes in personality then often become remarkable, as the evolving power of the circulated and balanced CHI takes hold. One can literally remake him or herself - if there is the sticking power.

All Teachers, of course, must practice regularly so that they are led by an inner wisdom (Prajna). T'ai Chi Chih skills develop with practice, and it is easy for the experienced teacher to tell who is practicing by watching the performance. (Others, more experienced, can tell just by looking at the teacher.)

If you will remember that T'ai Chi Chih benefits are cumulative, and that, in my opinion, the circulation and balancing of the CHI (Prana) is the most important of activities, perhaps you will be motivated to practice regularly, and even step up the length of time that you practice. It is well worth the effort, because, the rewards are great.

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

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

Reflections . . . Along the Way

The celebration of T'ai Chi Chih continues as we shift gracefully into a new season of balance. The myriad ways we are growing in this joyful movement are clearly evident. Our group increases in number, as many sincere candidates act on their TCC commitment by successfully training to teach. An energetic application of TCC (toward healing/revealing wholeness) suggests an expanding sureness at the heart of practitioners' intent. And as the cumulative effects of this knowing are far-reaching compassion, joy and contentment manifest.

The 20th anniversary of Joy Thru Movement and a recent summer gathering were influential in the cultivation of our group energy and awareness. The individual impressions which are relayed in this Autumn-Conference issue reflect much appreciation for our origins and the collective sharing of TCC (which is continually enhanced by each practitioner's development). Thanks to Justin and Steve for living example and encouragement toward ultimate realization.

Gratitude for all! We echo great thanks to the Minnesota committee of teachers, our special conference host, Sandra Tanner, local CA helpers and the supporting participants attending summer conference '94. The presence and talents of everyone shaped a most meaningful commemoration of 20 years of TCC!

Now our Colorado conference committee is enthusiastically prepared to welcome teachers to Denver in August 1995. Please see the enclosed flyer and information presented in VFJ's Calendar Notes (page 20) for the 10th International TCC Conference and an early Seijaku response request.

VFJ Inner Workings

Please note extra copies of VFJ's "Special 20th Anniversary of TCC" issue are available to subscribers (at \$2.50 each). This anthology illustrates the origin, development and vision for the future growth of TCC by its Originator. It may prove useful to (future teacher candidates, new class sponsors and media contacts) those interested in a comprehensive view of TCC's purpose and moving chronology.

The promotional measures (PBS program, news, etc.) which are presenting TCC nationwide will no doubt promote increasing class interest in many locales. The new TCC Teacher Directory provides the means for communication and referral to over 600 accredited instructors. Please continue to utilize this important resource for connecting new students with TCC teachers. (Note the white pages of Directory Updates enclosed in this mailing are to be included in your copy. They provide updated changes and new teacher additions. Teachers who have yet to request a copy, please see page 39 for order form.)

Our next issue deadline is November 1st for the Winter Solstice VFJ. A preview of some upcoming contents are: Important Keys to TCC Movements, Art of Teaching Seated TCC and Continuing Classes, CA and nationwide CEU's info, new teachers Getting Started, and much more. Stay current so you won't miss an issue. By request we've noted lapsing subscriptions with a red "Expired" stamp on the envelope near your mailing label.

Please accept our gratitude for your continuity in contributing to *The Vital Force*. We view the journal as an ongoing celebration of TCC practitioners. Thank you for allowing us to go on presenting the Joy you express in writings shared!

With Gratitude For All,



Elizabeth Salada for *The Vital Force*



TABLE OF CONTENTS

The Vital Force
Journal of T'ai Chi Chih

September 1994
Autumn-Conference Issue

Justin Stone

- 1 - The Cumulative Effects of TCC
- 6 - To Cling Or Not To Cling
- 18 - Removing Those Clouds
- 19 - A Look at TCC and Illness
- 35 - Zen Meditation

Steve Ridley

- 7 - TCC Question
 - Abide by your form
 - A Spiritual Teachers' Deepest Hope for the Disciple
- 9 - Gratitude
- 18 - Thoughts on Spirituality
- 19 - Recommending TCC Teacher Candidates

Teachers

- 22 - The Beauty of Joy Thru Movement (Richard Brier)
- 34 - Transcending Personality For The Sake of Unity (Jean Katus)

TCC Experiences

- 24 - The Power Within (Sr. Alice Holden)
 - Exploring the Natural Way (Carolyn Shaw)
- 25 - What TCC Means to Me (Student Joan Alvord)
 - Progress After Two Classes (Florence Okie)
 - Follow the Leader (Hope Ridley)

Making News

- 23 - Joy Through Movement (George Balliet/CA)
- 32 - NM Therapeutic Program (J. Yannacone/NM)
 - Local Study of Elderly (A. Hackenberg/IL)
- 33 - The Bird Flaps Its Wings (Suni McHenry/NM)

Teacher News

- 26 - West Coast: CA, WA
- 27 - East Coast: NY, CT
- 28 - 1st TCC Center Opens (Albuquerque, NM)

Events Feedback

- 29 - Welcome New TCC Teachers! (Loretta Shiver)
- 30 - NJ Teacher Accreditation (Sr. Antonia Cooper)
 - Practice in the Park (Lois Mahaney)
- 31 - New Teachers Write in Mahwah, NJ (A.Cooper)

Poetry & Perceptions

- 17 - What dreams we dream...(Carmen Brocklehurst)
- 18 - With the "growth of Certainty"...
After the long..search...(Steve Ridley)
- 22 - T'ai Chi Poem (Steve Ridley)
- 27 - Always There (Ralph Gam)

Conference Impressions

- 8 - We Came, We Gathered, We Caught the Dream (Sandra Tanner, Conference Coordinator-Host)
- 10 - Conference '94 Entertainment-A Big Hit (Rosalind Braga)
 - Tribute Fund Inspiration (Barbara Riley)
- 11 - We Thank You (Joanne Sultar)
 - Birthday Messages for Justin
- 12 - Conference Photo Collage
- 13 - Conference Impressions
- 17 - Connecting (Darlene Ross)
 - Catching the Dream (Carmen Brocklehurst)
- 40 - Conference Photo Collage

Features

- 2 - Reflections...Along The Way
VFJ Inner Workings
- 3 - Table of Contents
- 4 - Readers' Commentary
 - Being in Touch
- 5 - Congratulations New Teachers!
 - Gracious Permission
- 6 - 20 Books Recommended by Justin
- 10 - Notes to Teachers (Justin & Steve)
 - Gift to Teachers (Prajna booklet)
- 36 - Karmic Komments (Jean Katus)
- 38 - Contacts for TCC
 - Main Distributors of TCC Materials
 - New 1994 Teacher Directory Referrals
 - Area TCC Teacher Groups
- 39 - VFJ Operations, Subscription Form

Upcoming Events

- 20 - Calendar Notes
 - 1995 Conference and Seijaku
 - Two Seijaku Trainings?
- 21 - 1994-1995 TCC Events Calendar

READERS' COMMENTARY



I certainly enjoyed this new edition (June '94) of the VFJ. It was full of articles and letters by teachers, outlining their own experiences. I can't imagine any teacher not wanting to receive and read the VFJ. I thought this was the best edition yet!

Justin Stone, Albuquerque, NM

It is so incredible to feel the growth of the teachers, to realize that the understanding has no boundaries.

Connie Hyde, Cedar Crest, NM

I want to thank you for your work on *The Vital Force*, and all those who came before me who helped make up the *Special 20th Anniversary Issue*, and all they have done to make T'ai Chi Chih what it is today. Thanks for putting the special issue together.

Darlene Ross, San Jose, CA

I still haven't "come down" from the Conference. Hope I never do!!

Hope Burla, San Leandro, CA



BEING IN TOUCH

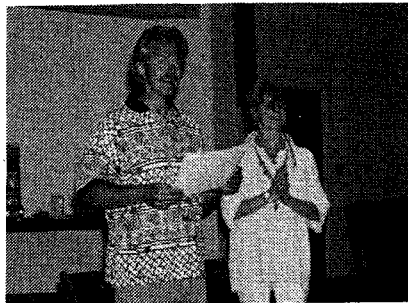
Editor's Note: Thanks to all recent hosts who have communicated with VFJ around such special event opportunities. We also appreciate your support of new teachers by your example of being in touch and of service to TCC's individual development.

I enjoy reading the articles and gain a lot from them. Thanks for notice of subscription renewal.

Linda Reicks, PBVM, Epworth, IA

Thanks so much for your assistance with the July '94 Teachers' Certification Course. It was delightful and I still am smiling--a total success!

Chris McLain, Fargo, ND



Thank you for providing *The Vital Force* to the new TCC teachers, during the courses this year.

Steve Ridley, Denver, CO

Thank you Steve so much for sharing yourself and your energy at the recent Teacher Training in Albuquerque. My TCC has been deepened as well as my energy work with my massage clients. The training was the most wonderful, healing, and empowering experience of my life. The energy and love that built over the week was almost overpowering. It was certainly a lesson of staying in one's feet.

Susan Brown, Lewistown, MT

I can't tell you what a wonderful experience hosting the Teachers' Training Course was. I kept telling the anxious students not to worry, that they were going to have more fun than they had ever had--and they did. But not more than me-I LOVED IT!

Loretta Shiver, Albuquerque, NM

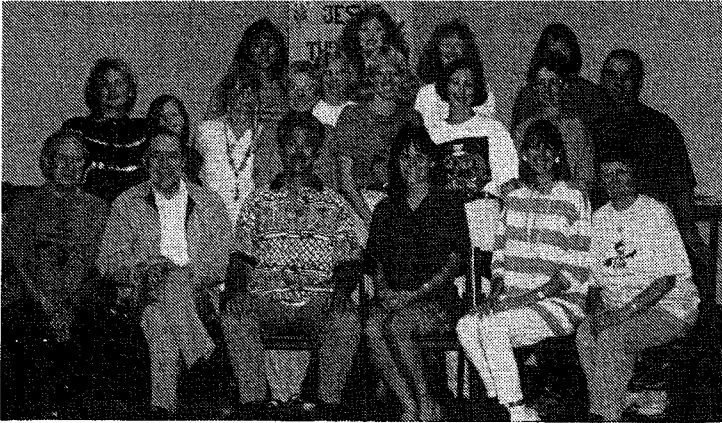
CONGRATULATIONS!

to the 17 new teachers accredited in Albuquerque, NM during the June 6-11, 1994 training; to the 14 successfully completing the July 11-16 training course in Valley City, ND and to the 10 additional teachers newly accredited September 12-16 in Denver, Co.

To ALL new Teachers:

We celebrate great JOY as we celebrate YOU!

Please share your discoveries through *The Vital Force* as you begin introducing T'ai Chi Chih--many will benefit from your teaching-practice and new experiences relayed. See pages 29 and 30 for more training feedback from New Mexico and New Jersey.

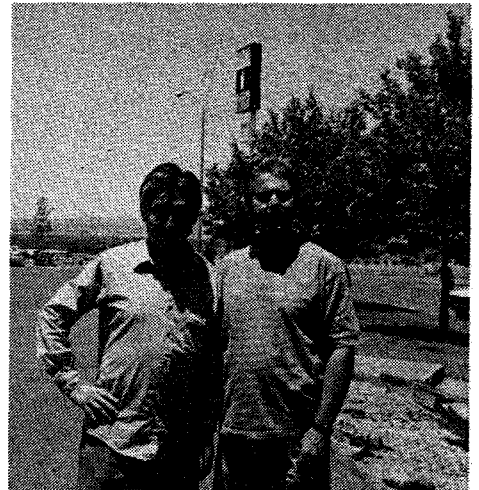


North Dakota Training
Valley City, ND
July 11-16, 1994

GRACIOUS PERMISSION

Steve Ridley, Denver, CO

Recently, in Albuquerque, I had lunch with Ou Mie Shu. We enjoyed discussing a variety of things. At one point I asked if he wanted royalty payments from those who have used his three flying birds painting for their T-shirts, business cards and flyers, and he had a good long laugh! He gives his blessings to all who would use his painting. How gracious he was, though nobody ever asked for permission. He is featured in Justin's *Climb the Joyous Mountain*, Chapter 8, pp.53-62.



Ou Mie Shu and Steve Ridley



20 BOOKS RECOMMENDED BY JUSTIN STONE

Secrets of Chinese Meditation - Charles Luk
Creativity and Taoism - Chang Chung Yuan
The Book of Tea - Okakura
Krishnamurti Notebook - Krishnamurti
The First & Last Freedom - Krishnamurti
Kundalini - Gopi Krishna
Higher Consciousness - Gopi Krishna
Zen Flesh, Zen Bones - Paul Reps
Zen Telegrams - Paul Reps
The Heart of Buddhist Meditation - Nyanaponika

Poems of Kabir - Rabindranath Tagore transl.
Spirit of the Upanishads - Yogi Ramacharaka
Swampland Flowers - Ta Hui - Cleary transl.
Zen & Japanese Culture - D. T. Suzuki
The Method of Zen - Herrigal
Golden Age of Zen - John C. Wu
Tao Teh Ching - John C. Wu transl.
Buddhist Writings of Lafcadio Hearn
Works of Chuang - Tzu
Yoga Sutras - Ramurti Mishra

TO CLING OR NOT TO CLING?

Justin Stone

"You've been on the Spiritual Path for 40 years, What have you learned?"

"I've learned that there is nothing to be done."

"Ah, but if you hadn't been on the Path for 40 years, you wouldn't know there's nothing to be done!"

* * * *

It is hard to convince earnest students that it's all there, inside, and nothing has to be learned or accumulated. Being earnest, we want to make a special effort, and that effort can be self-defeating. Once the habit energies are put aside, only Wisdom shines through, but the habit energies and tendencies that develop from them cover the Inherent Wisdom.

Clinging to the habit energies (an addiction hard to break) is self-clinging. The Buddha said that suffering is caused by self-clinging, which causes greed, anger and delusion. Look at your troubles and decide if they, ultimately, aren't caused by over-concern with self. We can't see the forest if we concentrate on one tree. When people write me of their problems, I usually note that all the sentences begin with 'I.'

Dwelling on the past, easy to do, is self-clinging. Living in the Present, with gratitude, is rare. When we know Who and What we are, it is not difficult.



But, of course, it hasn't ended. We are warmed, nurtured and clarified in some profound way that continues to move through us. From my notes I read Justin's words, helping us to understand how this practice manifests our development, "*When there is a spiritual change, a physical change takes place, and vice versa.*" Then later, "*Enlightenment, when it comes through, is not because it was something new or learned, but because it was something blocked.*" From Steve I especially noted his lucid description of effects on the body: that athletes excessively develop the outer body, detracting from nourishment to the internal organs, whereas t'ai chi practice develops the internal system, contributing to greater health and longevity. Also, "*Through practice, the body becomes restructured to allow the larger consciousness to come through.*"

In the exhibits room we had a large display board with paper and markers, inviting participants to share their observations and expressions throughout the conference, while their impressions were fresh. One said, "*It helps me feel more centered, calm, open, accepting.*" From another, "*T'ai Chi Chih helps me become more of the person that I am.*"

Darlene Ross, who had lingered to help with the last shuttles of people and baggage has a "connecting" story to share which follows on page 17.

We came, we gathered, we caught the dream.....and passed it on. Here's to the next "best conference ever." Thank you, Justin. Thank you, Steve. Thank you all.



The 9th International T'ai Chi Chih Conference, Summer 1994

Gratitude

*Contemplate deeply
on the Refined Intelligence
and Compassionate Force*

*That creatively designs
and breathes all living beings
into expression
through Itself.*

CONFERENCE '94 ENTERTAINMENT--A BIG HIT

Rosalind Braga, San Leandro, CA

Saturday evening at Vallombrosa was anything but quiet. The sounds emanating from this secluded retreat center were those of clapping, laughter, music and dance.

Earlier in the day Justin "tickled the ivories" with some improv-jazz. Vic Berg pounced on the keyboard with creative verve and style, pleasing his listening audience immensely. Luba Blumberg presented a passionate monologue from a play and Leslie Johnson led us in a song about Justin to the country western tune of "Boot Scootin' Boogie." Bill Nielsen recited the dramatic "Ballad of Dan McGrew" and Donna Moore taught us a Native American chant about caring for our planet earth.

Joanne Sultar also composed a song about Justin and brought along a bag full of musical instruments (tambourine, sticks, etc.) for the audience to play. Tamara Johnson (Lia Ridley's daughter) thrilled us with her beautiful, magical flute. She later played with Steve who drummed his way into our hearts.

Chris McLain and Jean Katus provided some comic relief with their theatrical-gymnastic interpretation of life and our "habit energies." You'd have to be there to believe it! Richard Brier was his poetic best, sharing part of his prose poem call "Chi Lanka", and another poem expressing the pure joy of the T'ai Chi Way of Life. Sherry Brier's belly dancing was joyful and rich in color and movement.

Lia Ridley and Steve ended the evening of creative joy with Romanian gypsy dancing, story telling and drumming. It was an expression of pure joy and Love.

The impact of so much expressive Chi was felt by everyone. Laughter and the beat of country line dancing music could be heard far into the evening, that special night in August. And those sounds of joy ripple out into the universe, to touch your heart as well.

TRIBUTE FUND INSPIRATION

Barbara Riley, Orinda, CA

The first day after I returned from the inspirational conference, I noticed a wonderful new quality to my TCC practice - a much greater feeling of connectedness and inner softness. I think this is due to Justin's and Steve's helpful sessions, and also to being surrounded by so many beautiful people practicing the form together. The atmosphere of acceptance, joy and love which permeated the conference enabled learning at a deep level to take place.

I came home with a feeling of gratitude to all the participants, especially Justin, Steve and Sandra for making this possible, and also a sense of two needs that seem to exist in our group. One is a need to have a vehicle for expressing feelings of this kind in a tangible way; the other is a need to help support the growth and extension of TCC. I wonder if others share these feelings, and if perhaps when we receive our non-profit status a "tribute fund" could be created as the vehicle whereby teachers who wanted to make a donation in honor of a special occasion or transition could receive a tax deduction for a donation, and the person honored or remembered could receive an acknowledgement card. As funds built up, we could help finance projects, such as reimbursing Carmen and Justin for costs they have incurred in producing the PBS series, which will benefit TCC and all of us.

WE THANK YOU
Joanne Sultar, Berkeley, CA

The words I wrote to "Justin Stone" go to Julie Styne's song "Just In Time" from the 1956 musical **Bells Are Ringing** are below. The song was a natural, if somewhat whimsical, expression of my deep gratitude to Justin, not only for the moves and the form, but for the joyous and healing context for bringing people together. What a gift to feel I am being 'an instrument of...peace!'

Justin Stone

*Justin Stone, we thank you.
Justin Stone, we thank you.
T'ai Chi Chih has changed our lives.
Teaching now, and showing others how--
The simple joy of Tao is ours to share.
Now we're here--We're all gathered now together,
But near or far, we've found a way.
So, thank you, Justin Stone
For bringing T'ai Chi home!
We thank you, Justin Stone, today.*



MESSAGES FOR JUSTIN

Happy Birthday

*and eternal gratitude for being such an
integral part of freeing me to rest forever
in the light of God! Timothy Steutz
and many, many thanks, Justin.*

Amy Hackenberg

*--Long Life! Regina Horgan
to a man whose gift to us is timeless
and ageless. Thank you!
Leslie Johnson Leech*

Thank You

*so much for letting the Great Spirit
move thru you and inspire you to
create such a wonderful gift.*

Donna Moore

so much for giving TCC to our world!

Ellen Greyson

*for your gift to us as teachers and to
the universe. Don Fiore*

*for sharing so much with the world.
Wanda Zimmerman*

Justin, God bless you and many thanks. Jan Martindale

Happy T'ai Chi Chih birthday--thank you for being. Dianna Windwood

Wishing you a most blessed year!!! Vi Williams

I would like to get to know you better. Shan-Marie Stehno

*I'll be eternally grateful to you for creating TCC and I give my love and best wishes for
many more birthdays. Pat Hill*

Much love and gratitude for the gift of you. Ellen Tatge

Many happy returns of the day--hooray! Anne Doering

Birthday congratulations and thanks, Justin. Theda M. Gillespie

Stay for another 78 years. Susan Webster

I am honored to know you, and deeply grateful that our lifetimes have overlapped through

TCC. Thank you, Justin, for this great gift. I will do my utmost to honor it by keeping

TCC an integral part of my life. Happy Birthday!!! Hope Burla

A big thank you from me and all my students! Lavana Kilborn

78! 78! Justin mirrors to us it's never too late--78! Yah! Christeen McLain