



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 11, No. 5

Winter Solstice

December 1994

A Personal Opinion from Justin Albuquerque, NM

When I was at the Yasodhra Ashram on Kootenay Bay in Canada, everywhere I turned there were signs saying "Above All Try to Find God." When it was my turn to head the nightly Satsang, I said: "You're wasting your time; God is not an object." Similarly, when I have seen signs--and heard a teacher--exhorting students to "try harder! work harder!" it has seemed like a contradiction to me. "I must try harder, I must work harder" is an egotistical statement, rooted in the "I", the 'small self'. To try to be humble is egotistical and reeks of 'self-clinging.'

Then, how to act? To live in a straight-forward manner, to speak in a truthful manner (not as easy as it sounds), is enough. The Prajna, the inherent wisdom that is in all of us, will take care of the rest. To be 'straight-forward' does not mean to be shrewd, to look for advantages. And it certainly doesn't mean to say "I want to share" when what is meant is "I want to profit." There is nothing wrong with wanting to make money, but face the truth that that is the motive. Hui Neng said: "The straight-forward mind is an enlightened mind."

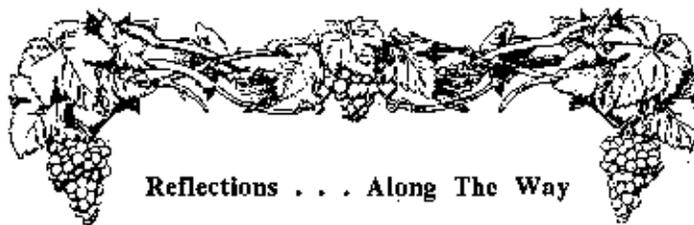
Spiritual Nourishment for our growth can come in many different forms. It is important to adjust and adapt so it can be received in whatever ways it makes itself available.

To expect this nourishment to come to us in the way we find most convenient or that matches some preconception we maintain, guarantees nothing.

- 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

*A fullness of form and being
growing stronger
as a ripened moon
momentarily reflecting
a stillness in time...*

*no longer awaiting
what's next to arrive
expectancy diminishing
as sure as it is
again to arise.*

Honorable Benefactors

Honoring with consideration all *Vital Force Journal* benefactors has been a growing point of focus in the passing year's progression. Interpreting the choice representation of quality in content continues to be a distinguishing component within the tasks of this publishing involvement. While doing the work, many decisions hold this intent foremost so the journal's merit may extend more comprehensively in it's range and reach over time.

Thank you for the diversity of contributions (articles, letters, poetry, photographs, etc.) which continue to influence an expansive scope in expression of creative force! And also the good faith (or non-attachment) to discernment in how the services related to our Tai Chi Chih publication are carried out.

TCC Community Growing Strong!

The news of groups of teachers and students gathering for TCC grows, clearly illustrating the strength in serving our greater community. And as predicted, the Albuquerque produced PBS program has begun to reach many viewers in a televised introduction to "Joy Thru Movement!" (Please drop VFJ a note indicating your area's program details and any resulting response. Sending your news of local events and classes is a reflection of the breadth of interest TCC is evoking.)

Inner Workings

-----A reminder: February 1 is the March VFJ deadline. Plan ahead!-----
Please note we prefer you send your written submittals and subscription renewals to the following address-
which remains the most direct:

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

To confirm or seek information by phone, call Lois Mahaney directly: 510/276-5718.

Other "TCC Contacts" and "VFJ Operations" (e.g. FAX information) are located on pp. 38, 39.

New Content Sections Highlight Important Information

As a teacher resource, VFJ attempts to provide you with important TCC information to keep you up-to-date. Please see new section in the Table of Contents under "Teachers: Notes to Notice!" and "Learning & Inspirational Materials" to assist your review and reference of such items.

Give Thanks to the Circle

Thank you All for a generous and joyous year of fellowship, continual inspiration and assistance in support of your TCC journal. To the furthering of PEACE - deeply within...pervasively around...
As our grateful hearts open...To the Circle with Love,



Elizabeth Salada for *The Vital Force*

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READERS COMMENTARY



Just a note of appreciation for all the thoughtful effort you put into *The Vital Force* all these years and the 20th anniversary issue is the best yet--nice job of chronicling.

Corinn Codye, LaHabra, CA

Thanks to everyone for doing such an outstanding job with *The Vital Force*. I look forward to each issue and relish the contact it gives me with the TCC Community.

Nan Moss, New Fairfield, CT

Just got the September '94 *Vital Force* and feel it's the best issue yet! So much feedback from teachers! It makes me feel proud to be part of the family.

Justin Stone, Albuquerque, NM

The August issue was most interesting. I enjoyed every bit of this anniversary issue. God's blessing be yours in the wonderful work you are doing for all of us and our planet.

Sr. Phyllis Ann Ries, Little Falls, MN

If someone who was unable to attend the Conference read the comments by teachers, they would certainly get a tangible sense of what it was like to be there. Great job!

Steve Ridley, Denver, CO

For the past three years, I have enjoyed reading *The Vital Force* Journal. I was especially delighted with the anniversary issue. To hear again about the beginnings and growth of T'ai Chi Chih gave me a wonderful, warm feeling. And to be reminded of the vital part T'ai Chi Chih teachers have played and continue to play in the unfolding of T'ai Chi Chih/Joy thru Movement, gave me a renewed purpose in my TCC teaching and practice. Thank you Justin, Steve and all the family of T'ai Chi Chih teachers. Lovingly,

Phyllis Hatch, Victoria BC, Canada

Thank you for all your work on *The Vital Force*. There are no other teachers in my immediate area so I really appreciate staying in touch through *The Vital Force*. I was unable to attend the annual Conference this year, and I enjoyed reading about the experiences of others who were able to be there. Keep up the good work!

The teachers' directory has been very useful to me for referrals. I meet a lot of nurses from other areas and I am glad when I can find a teacher in their home town.

Sandy Lutz, Pekin, IL

Am grateful to have received the Teachers Directory prior to my Autumn trip. I'll be headed for Winona, Minnesota where T'ai Chi Chih will be used as body-prayer during an "Icon Retreat" three times a day, 10-15 minutes each time. The Directory will come in handy for anyone who may want to continue TCC practice or classes. At present I am in Pittsburgh on vacation with family, looking forward to celebrating my 25th Anniversary of Religious Profession of vows. So many wonderful things and people are happening in my life, including TCC.

Sr. Antonia Cooper No. Plainfield, NJ

Right after I became accredited in Fargo, ND, I moved from Portland, OR to take a teaching position in Philadelphia. The transition is still ongoing. Hopefully we will find a house soon so I can really settle down. Thank you for all you do for T'ai Chi Chih.

Sr. Mary Griffin, Aston, PA



MORE TEACHERS' NEWS

Sr. Claire Whalen, Oldenburg, IN writes: Thanks for your kind words of encouragement following my certification as a TCC instructor. I am teaching my first class this fall at our Motherhouse conference center--20 persons from the area, pulling from several small towns up to 30 miles away and from the city of Cincinnati which is an hour's drive from Oldenburg. They are so enthusiastic and learning fast.

Joan Torrence, Beaverton, OR writes: I taught a small class down in Salem last summer and now we meet monthly as an intermediate group to play, connect and refine. We share readings from *The Vital Force* journal, before and after class and we love it. I've given them information to order their own issues as well. I have a new series starting in January in a quick format --five sessions from 6:30-8:45 pm. Since I have to drive an hour each way, I'm not interested in one hour sessions. This new approach fits my style and students also like it. I've found I also bake/bring treats to class so we always celebrate and pamper ourselves.

Bryan James, Lakewood, CO writes: The Denver area teachers are beginning a city-wide practice that will meet once a month. It is our hope to draw together many teachers and students from all over the city for large practices that eventually could include more than two hundred people. We will meet the third Sunday of every month, starting November 20 at 2 pm in Washington Park (SE corner). We believe this is an important piece of support we can offer students as well as a good mechanism to draw some attention to T'ai Chi Chih in Denver. We will let you know how it goes.

Joy Barbour, Payson, AZ writes: I recently started TCC classes at the Eastern Arizona College (branch) in Payson. 30 students registered and I was amazed with only 5 days to get the word out. You are all doing a great job with *VFJ*--a wonderful way to keep in touch.

Ralph Garn, Syracuse, NY writes: Through the efforts and coordination of Sr. Antonia Cooper, OSP, October 8 and 9 were shared in LaVallette, NJ by a number of TCC teachers and individuals considering teacher training. (See picture below.) Saturday the 8th was a day well spent including introductions, questions and answers, TCC movements and refinement in a beautiful pavilion overlooking the bay.

Sunday was a 'teachers only' day spent exchanging stories of TCC involvement, planning and organizing future get-togethers, ending with full practice in the pavilion. Noted the intent of teachers to come together twice a year and April 7, 8 and 9, 1995 has been reserved by Sr. Antonia at the St. Francis Retreat Center in Rensselaer, NY to accommodate 30 persons. Interested TCC teachers and teacher aspirants note the dates! Enough time is allowed between the April dates and the TCC Teacher Training with Steve Ridley, May 8-13 in Mahwah, NJ to work on moves and be well prepared for accreditation. Rensselaer, NY was chosen as a central location for those traveling by car in the northeastern states.

Sr. Antonia's hosting and structure of the two days spent was quite commendable! Teachers attending were: Jean Rosaire Bedotto, OP, Edie Hudney, Sr. Antonio, Patricia Gilman, Ralph Garn, Mary Ruprecht, Geraldine McGuire.....and a good time was had by all!!!



TCC Teachers
and Trainees
practice in
LaVallette, NJ

KEY POINTS TO TCC MOVEMENTS

- - - - - by Justin Stone - - - - -

Attitude: Never do T'ai Chi Chih carelessly at anytime. It's worth doing fully.

Accuracy: Most important in teaching is to see that students move correctly. Show the optimum way to do it (allowing for individual ability level). To become an accredited teacher, attitude AND physical capabilities are necessary.

How to Move: Flowing effortlessly (with the effort of no effort) as though swimming through heavy air. Flowing from tan tien...without muscular effort...elbows close to sides...more with wrists. TCC is not a series of arm and leg movements. Be sure the concept of "How to Move" is clear.

Leg Action: After awhile, a lower TCC is preferred. Emphasize (in the side step) that the heel (touches) first and feet remain on the ground, (legs) almost spreading apart. Also emphasize the importance of bending the knees particularly at the end of movement (in resting pose).

Yinng and Yangng: The most common fault is coming to stiff forward or backward knee - the result: bouncing up and down occurs.

Emphasis: Remember all movements where the 60-40% (mental) emphasis/force of no force is applied (e.g. Carry the Ball, Push-Pull, Pulling in the Energy, Taffies).

- - - - - by Steve Ridley - - - - -

Stance: Sink down an inch or three and extend your foot - that's your length of stride. The legs are the leaders. In general, let everything build from the ground up.

Range of Motion: Avoid overcontracting - allow breathing room, and avoid overextending - be mindful of the roundness as yin and yang support each other.

Alignment: Feel suspended from above, how would it be to rely on such support as if seated upright and gliding. Without a break in posture there is continuity in chi flow and circulation.

Present and Counting: Reside here and now in the movements vs. spacing out in repetition. Maintain a fresh minded-conscious approach.

Demonstrate the Way: Show the fullest form possible; students will modify as needed. Advancing is simply a matter of opening more properly. Getting past where we are (security oriented) to find a new depth—whatever that takes.

Graceful Conclusion: Don't rush the closure, assimilate to build your reserves, resting one-pointed. There is only so much we can do to direct the chi--then it refines us--accelerating self-evolution.

IMPORTANT INFORMATION ABOUT MAKING T'AI CHI CHIH VIDEOTAPES

Jean Katus and Justin Stone

Good Karma Publishing and Justin Stone have decided on a new policy regarding teachers making their own videos, in violation of copyright law. We have decided, somewhat apprehensively, to grant permission where requested, on a royalty basis. Those who do not ask to receive such permission, are breaking the law, and, since the very basis of TCC is "Teh", Inner Sincerity, we do not expect that to happen.

As most of you know, Justin Stone does not teach beginners classes in TCC because he does not want to compete with teachers and take potential students from them. Moreover, the funds that are coming to him from his lecture on "Enlightenment", the November Meditation Retreat, and the Seijaku review, all go the Albuquerque Center. Thus he is left almost without income from TCC, though he originated it and holds the copyrights on TCC, TCC Videos, and books and pamphlets teaching TCC. It has been a source of dismay that teachers wanted to supplant his authoritative version of TCC on Videotape with work of their own, without asking or receiving permission, in violation of copyright law. Some who were nice enough to ask first have held off when they realized it was illegal. It is out of consideration for these teachers that we have changed the policy.

Although we have doubts that every teacher wanting to make a video will make an outstanding one, permission will be granted by writing Justin Stone. The royalty basis will be 12% of sales price (retail price), to be made out to Good Karma and mailed to Good Karma quarterly; it will be split between Good Karma and Justin Stone.

We hope for two things: first, that the Videos will be thorough, not leaving out essentials, such as instruction in and explanation of such things as the emphasis on the substantial (Yang) hand as opposed to the substantial leg, the necessity of concentrating on the "bubbling spring" (soles of the feet), bringing the opposing hand by the opposite elbow in "Passing Clouds", and a host of other subtleties that some teachers leave out in teaching classes. It is for this reason that Justin Stone has a long session at each Conference, calling attention to these important points.

Secondly, we hope that teachers will not stop using Justin's Video, an hour-and-a-half of instruction by the founder, with full practice session at the end. We would like to see teachers use these more with their students, even where they have their own practice sessions on Video.



SEASONAL LIGHTS

Chi Thanksgiving

When gratitude is, there is no rhyme or reason behind it, simply a sense that all is right, that only that which belongs in the universe is there.

We can try to be grateful, or look for reasons to be grateful, and we will find many. And very likely we may feel good about what happened or what we see, but this is not the same.

As we approach the holidays, we can add to their meaning by allowing our hearts to hear and experience life from a new perspective, so that we can say with Paul Rebs and Justin, "How grateful I am, with no thing to be grateful for."

May your holidays be filled with true gratitude.

Share the Chi,

Carmen Brocklehurst.

*He spoke
of Gratitude,
with a sparkle in his eye
and the Heart
sang.
Reality
shines
warms
fills
as movement
reaches down
and fountains out
Life is*



Carmen

Winter's Gift: The Song of the Trees
Virginia Shilson, Albuquerque, NM

I love looking at winter's leafless trees. They shamelessly stand before us in their natural beauty, unburdened by the finery they displayed in seasons just past. Proudly, they reveal their true shape and color. Yes, color in winter's trees. Look at them. I mean REALLY look. See the beauty.

There are trees still clinging to attire they wore all summer. Seed pods adorn some trees and the sun glistening on the pods gives them the glory and sparkle of Christmas Tree ornaments. Have you noticed the dried leaves on some trees? In the sun's light they reflect golden, or silver, or bronze. The leaves reflect dancing light an artist cannot duplicate, no matter how extensive his paint box. Such natural, delicate hues causes me to stop and stare and want to kneel down before them.

The branches are the trees' loving arms. I long to be gathered in by them, right into the essence of the tree. There I will be rocked and cradled as I listen to the song of the trees, hearing the song with my heart, with my whole being. I will listen to their story, and tell them mine, and we will know we are One.



Chi energy rising
tree root to crown

Arching serenely
entering my crown

Spine-tingling downflow
earth roots adjoin

Life-force dynamic
oneness with all

Energy rising
from well grounded roots
Permeates auras
with peace-loving moods!

Rotating circles
spheres intersect
Vibrant Life energy
generates strength!

Outreach so gentle
open to gift
Life-force for sharing
each moment enriched!

Adria Newman
Dubuque, IA

MONKEY MIND MELT DOWN AND THE TRIUMPH OF THE EAGLE EYE

Patrick Lenard Eagle

Are you a man, or are you a mouse?
Buy a car! Sell that house!
Social pressures all around me.
Cultural imperatives, LET ME BE!

So don't hurry,
don't worry,
don't fret.

Clarity in a dream.
Shone forth thru brilliant light.
Lady Wisdom's voice saying,
"Everything's all right.

The earth will all ways be your mother,
The sky still holds your secret lover.

ZEN BY DEFAULT AT BREAKFAST

Patrick Lenard Eagle

It was in San Francisco, the ides of March, Summer Solstice, this my second encounter with Master Stone. The first had been almost three years earlier at a workshop given in Santa Barbara. At that time I was just an enthusiastic student, having completed my first series of classes in basic T'ai Chi Chih.

I wanted more! So when my USCB instructor, Jane, told the class that the originator of the form would be doing a workshop in our town, I made it a point to attend. Justin told the assembled audience "...you will all make good teachers...". Of course he was talking to ME, and so I pressed onward with my practice, became a teacher and went on to the SEIJAKU training in San Francisco.

Master Stone was in rare form, and dispensed his own unique brand of JOY. One of the things I noticed about him was his childlike enthusiasm about mealtimes. Indeed, he even mentioned he had picked this spot for the training because of the ...whole slew of fine restaurants in the area.

Deep thoughts crossed my mind as I ate. The WAY, TAO, ZEN, that is, there is a way to do everything in life, the correct way, as the Zen masters have shown by perfecting the many crafts and even aspects of tea and food serving....Many of my fellow teachers and masters sat in large groups and had some wonderful home style cooking. One morning I noticed a customer sitting near me had ordered the same huge breakfast. As I slowly and deliberately finished all the Yang food before moving on to my Yin pancakes, I noticed his manner as he quickly consumed his meal. He had poured syrup over his cakes but it ran all over his other food. My careful approach eliminated this sort of culinary "faux pas".

This man was not as meticulous as I was, but did that somehow make him less of a person than me? It is a blessing that I have had the training and exposure to remarkable teachers like Towne, Ridley, and Stone. How clumsy my T'ai Chi must look compared to theirs. I was humbled by this realization. Reminded of my human frailty I have a moment of clarity and bliss as I see, all are equal. It is then I recall in scriptures Christ said, "...come and eat breakfast."



STUDENT EXPERIENCES:

Senior Students Enjoying TCC

Lois Mahaney, San Lorenzo, CA

Several times each school year, I go to Bishop O'Dowd High School in Oakland to present T'ai Chi Chih to the students in a *Seniors Concerns* Class. Basically, the class was intended to show that older people don't need to be relegated to rocking chairs when they retire--that there are many activities that they can become involved in. I was one of the 'seniors' who made varied presentations to the class. The young people seemed to enjoy my being there, particularly when they had a chance to do something besides listening to someone talk, so I've been invited each semester for the past five years. The students write papers about each presentation--I've received many positive comments relative to the feelings generated by the T'ai Chi Chih movements. This poem, I believe, says it beautifully.

*I feel the movement
It opens up the deepest
part of my soul.
Repetitive, circular motions
remind me of swaying
trees in the breeze.
Bending the knees
brings you closer
And you feel oneness
with the earth.
Forget about your fears
Calm you anxiousness and
Listen.
Listen to the sound of
your body talking to you.
Feel what it says.
It is there, give it a chance.*

Alinya Charron

* * * * *

Transitional Note: Patrick Lenard, Martial Arts Teacher and T'ai Chi Chih instructor is formally changing his name to Patrick Lenard Eagle. The suffix is an affirmation of evolution toward the visionary and spiritual true self. The eagle is the symbol of prayer and soul travel in many cultures. T'ai Chi has been a powerful agent of acceleration in both my esoteric and physical endeavors he says.

ART OF TEACHING

SITTING WITH T'AI CHI CHIH

Rosalind Braga, San Leandro, CA

As the 9th Annual T'ai Chi Chih Conference drew nearer this summer, my anticipation of being with my T'ai Chi family grew. One of the reasons I love to attend the conference is the group practice with Steve and Justin. The chi is potent and palpable! And of course it brings healing and joy.

This year my participation in the movements was limited by recent foot surgery, compelling me to perform a "seated T'ai Chi Chih" the whole weekend. You might think to yourself, "Gee, too bad," but not so.

This year I began a class for seniors (average age 83) and many were unable to stand, due to physical limits or poor balance, Parkinson's, MS..., and arthritis. So they did a seated version of T'ai Chi Chih. And it worked!

In the seated version, the mental focus is placed at the tan tien with slight back and forth movement in the pelvis. (Sitting near the edge of the chair helps.) The movement generates itself from this center and the arms respond in subtle circles.

Some of the movements are really potent: Push/Pull, Working the Pulley and Daughter in the Valley, to name a few. The Taffies are somewhat more difficult to feel but can be done. Lights and Joyous Breath are wonderful. The easiest rest position for seniors is hands floating down to rest on the legs, so that arms and shoulders really relax.

Performing the seated T'ai Chi Chih this summer was enlightening to me. It gave me the opportunity to practice for an extended period and to explore it with feeling awareness. It gave me the same benefits that I experience in the standing form. In some way, it was easier because I could feel my center rooted (on the chair) and moving (yinning and yanging).

This modified version can offer many benefits to seniors with physical limits and to anyone who is ill or in recovery. I encourage all of you as teachers to mention to your students the seated version and also to demonstrate it in class. Practicing even one movement together in class is enough motivation to enable those students who face surgery or illness to maintain their daily practice. Standing or seated, T'ai Chi Chih provides The Way.

FLOW

**Everyone is capable
of dancing well
when connecting
with music that moves them**

Steve

Teaching a Seated TCC Class

Patricia Bough, Alameda, CA

One of the things I want to share is the outcome of my experience teaching with so little foot bearing/shifting ability of my own due to tendinitis. My first class session with "advanced beginners" at the senior center was done mostly sitting down (first 45 minutes were warm ups plus 8 to 10 TCC moves done seated and then 30 or so minutes of the same TCC moves done standing). These students, when asked afterward, preferred doing their TCC standing: movement was more joyful and interesting when it was full body. They did, however, appreciate the emphasis on the hand patterns that sitting practice gives and it was a good way to review at the first class session. (It so happened that one of the ladies had injured both knees and so sitting TCC was perfect for her.)

The second class session I did everything standing--warm ups included and had a volunteer stand in front with her back to the group and acted as model to set the rhythm during various movements while I went around to give suggestions and corrections. I could model the move for a minute or two with an individual student. This was easier for my foot but I found that most students were intimidated still to act as model for a particular move due to uncertainty of all or part of a movement.

By the third class I had just previewed Justin's new video. I scheduled the complete class session for watching the video tape and made arrangements with the class the week before to start a half hour early. I told them of the format and passed out paper and pencils for note taking if wanted and how the whole class would join in on the practice session during the last half hour. To make a long story short, we all agreed to use the practice session of the video as part of every class during the rest of the session. They really liked it.

What this means is I have found a way for the students to feel very comfortable and attentive while reviewing all 20 moves and I can go around and make corrections, and rest my foot as needed. This was somewhat of a problem for me even before my foot gave out--how to model, keep the class going, and get around to certain individuals. I had tried paring off students but found the group felt more confused and intimidated in pairs. Most importantly, my students really want individual corrections and now I think we are all getting what we need in this class, thanks to the well-paced practice session on the video.

As far as TCC movements done seated, my personal experience and evaluation is this: (take into consideration I do not have a significantly long period of sitting TCC practice as compared to standing) I found that my greatest satisfaction came as my feet, though resting in place, felt the shifting, the alternations as my hands made their patterns. Whether visible or not, my whole body felt involved. The point is, I had had the few years of standing practice, the whole body feeling, which made sitting practice satisfying. Without it, at my level of experience, I feel less movement, less "chi," perhaps more boredom, doing TCC movements sitting. I personally find the mind more active and intrusive in seated format. I think the meditative aspects are not as easily realized by doing TCC seated, but by moving in the regular standing/shifting form followed by complete rest or stillness. Of course we all know that any format--whether a moving one, or partial moving or non-moving--is the right format to practice meditation in that moment. I would guess that after years of sitting practice, the chi would accumulate and balance and the movement of chi could be felt very powerfully, while done completely seated. And last, but not least, whether I feel satisfaction or dissatisfaction during or after a practice is never the point; the point is to keep on attending with the mind and body.

THE ART OF TEACHING

Memory Keys to TCC
Della Alberson, Bullhead City, AZ

I make it an assignment for students to create a poem, story, or whatever, using the basic 20 movements. The purpose of this is to create a 'memory key' so if a student loses track of which movement is next, he/she just remembers their story or poem to continue. I have had a lot of positive feedback and several use it often. I have been pleasantly surprised with the success and would like to share some of the writings with other practitioners of TCC.

THE TREES ABOVE ARE ROCKING SOFTLY -
A BIRD FLAPS ITS WINGS CIRCLING SLOWLY.
TRACING A PLATTER FOR ALL TO SEE -
THAT IS - IF YOUR DOING TAI CHI.

A BALL, LIKE EARTH, CIRCLES THE PLATTER SLOWLY -
FIRST LEFT THEN RIGHT - PERFECT HARMONY
HEARTS QUICKEN AS A DRUM WE TRACE-
MOVING WITH SOFTNESS AND GRACE.

SOME DAUGHTERS ON THE MOUNTAIN TOP -
OTHERS IN THE VALLEY DEEP.
SOME STRIVE TO CARRY THE BALL -
OTHERS CAUGHT IN A DAILY "PUSH/PULL" WEEP.

REACH OUT FOR ENERGY -
FEEL THE POTENCY.
STRENGTH TO PULL TAFFY -
ANCHOR, CIRCLES, CONTINUOUS IN PERFECT SYMMETRY.

WORK THE PULLEY -
BUT DO IT GRACEFULLY.
THEN ENJOY THE LIGHT ATOP THE HEAD -
FOLLOW WITH THE TEMPLES - GO AHEAD !

REACH WITHIN, TAKE A JOVIOUS BREATH NOW -
DRAW IT IN - LESS IT OUT - FEED THE "TAO".
FEEL THE CALM OF PASSING CLOUDS -
THEN THE PLEASURE OF THE HEALING SOUNDS.

PAUSE IN THE COSMIC CONSCIOUSNESS POSE -
THEN A FERVENT "NAMASTE" - THATS HOW IT GOES !

Frank Vance

T'ai Chi Chih
Nikki Price

The Tao is like a child
Growing and adapting as it experiences life.
A baby is born with a Breath
It is soothed by its mothers gentle flocking Motion
At the same moment
A fledgling Bird Flaps Its Wings for the first time
The child grows
Soon she is toddling Around the Platter of the table top
She learns the Variation of letting go
Her first independent steps.
Time moves on effortlessly
The child and bird grow together as if marching to a silent Bass Drum
Bird becomes The Daughter on the Mountaintop
Soaring through the skies
Unaware of The Daughter in the Valley pausing in her play
to observe its flight with wonder
The child tires of her play and Carries the Ball inside
She exchanges the toys of childhood for the Push/Pull of more complicated games
The young lady goes to school, Pulling in the Energy, perceptions of her society
She notices the charms of a young man, and he notices her
A relationship forms
While they are Pulling the Taffy of their personalities
into the sweet candy it will one day become
Commitment is Anchored with an engagement ring
The Circular Motion of courtship is almost over
Yet their love is Continuous
By the end of the year
The newlyweds are Working the Pulley of marriage
Balancing career, family, and the need for privacy
She is with child
Serenity show, as a Light at the Top of the Head
Knowledge grows, as a Light at the Temples
Their child takes its first Joyous Breath
The child grows and is soon off to travel his own path
The woman and her lover retire and watch the Passing Clouds
As the years pass by, even the Six Healing Sounds have lost their potency
The cycle has completed its turn
She is
At one
Cosmic Consciousness

GETTING STARTED:

Giving Freely

Virginia Shilson, Albuquerque, NM

Some teachers of T'ai Chi Chih, particularly those who have recently received their accreditation, hesitate to enter the teaching field through lack of confidence, probably due to little previous teaching experience. It is to these teachers particularly that I submit this article, with the hope it will offer encouragement.

After receiving my accreditation to teach T'ai Chi Chih I offered my services, free of charge to Senior Citizen Centers. That decision turned out to be a wise one. I experienced no stress as to whether I was capable of doing a good job, I felt in command of the teaching situation because I was simply offering a gift which the students agreed to accept. Commitment after commitment, my self-confidence developed and found expression. That confidence was reflected back to me as it was embraced and expressed by the students themselves.

Depending upon the facility available, I had as few as eight students per class and as many as thirty. With a large class, I learned to project my voice, by experimentation I discovered how I could make each member of that class feel himself/herself to be a vital ingredient to the success of the group. With the smaller class, I felt the warmth of closeness in the teacher/student relationship. I learned I could give individual attention to each student as required. I enjoyed the eye-to-eye and smile-to-smile contact in a small gathering.

My volunteer teaching taught me that I benefited from teaching both large and small groups. In giving my services I developed to the point where I knew I had every right to advertise and charge for my services. I was indeed capable to teaching an excellent product in an excellent manner. I was well paid for the teaching I gave freely because I received so very much in return.

NEW MEANING IN MOVEMENT

Hope Ridley, San Mateo, CA

Recently I made a discovery for myself regarding the 20 moves of T'ai Chi Chih. It was as though a light went on and it helps me explain the moves better when teaching.

What I'm talking about is the fact that each move contains both tension and release to relaxation. I have heard "softness and continuity" so long I didn't realize the tension part. For example--in Bird Flaps Its Wings, we tense wrists as we flip out and then release to softness when coming back to face hands in front of the body. Even in moves like the platters there is a little less relaxed part as we circle close to the chest before releasing to softness as we circle away from the body.

Check for yourselves. Every move has that formula. So interesting to me and it helps me get more out of each move by being conscious of the release.

If everyone else has discovered this already, please forgive my mentioning it.

The Aftermath of Accreditation by Steve Tang

As a newly accredited instructor from the June 1993 training in Alameda, I said to myself, "What am I going to do now?" When do I start teaching? Where do I start teaching? Who do I start teaching? Why should I start teaching? Fortunately, my instructor, Elizabeth Salada, gave me the opportunity to assist in her classes being held in Fremont, CA. Not known for my prolixity, my primary function was to serve as an additional role model for the T'ai Chi Chih movements.

After a few months had gone by, I thought to myself "Say, why don't I start leading free practices in the park?" This would give me an opportunity to hone my verbal skills before I actually start teaching classes. With the help of my friend and teacher candidate, Lana Blake-Seaman, we began leading monthly practices in the park. Wow, I was actually talking and moving at the same time! Well, I was at least announcing the name of each movement. Fortunately, I think everyone had completed a beginning class.

Almost a year after accreditation, I said to myself "Just do it!" So, I made up some flyers, passed them out, and waited. And waited. And waited. I think two people might have called up to inquire about my class. Hmm, I guess I had better not quit my day job.

Meanwhile, I had started taking kung-fu lessons a few months earlier and my sifu made the comment that he had felt my chi flowing. Ah hah, so it wasn't my imagination! Shortly thereafter, he asked if I would be interested in teaching in his studio. Of course I said yes! Around the same time, my former voice teacher, who knew I was looking to start classes, mentioned that perhaps her church might be interested in hosting T'ai Chi Chih classes. Who said when it rains it pours?

Well, to make a long story short, in July of 1994, just over a year after my accreditation, I started teaching not one, but two classes on Sundays. The words aren't quite flowing yet, but I am at least speaking a bit more freely. Oh, by the way, it helps if you have a security blanket. Mine happens to be Lana, who co-teaches with me in both of the classes. With almost two years experience, she helps me to provide a more complete picture of TCC for our students, while hopefully giving her valuable experience in preparing her for the June 1995 accreditation course in the San Francisco area. So at least for now, another happy ending for T'ai Chi Chih!



CONTINUING EDUCATION FOR NURSES IN CALIFORNIA

Timothy Stuetz, Anaheim, CA

Through *Transformations*, a nonprofit corporation, Tai Chi Chih is now an approved continuing education program for nurses in California.

For an 8 week class (1 1/2 hours each week) nurses will receive 32 CEUs (12 hours class time and 20 hours home study).

Being a CEU provider for nurses is a golden opportunity to share Tai Chi Chih with a very large target population who will receive great benefits and pass these benefits along to doctors, patients, and others. This program also provides California nurses a way to fulfill a majority of their mandatory CEU requirements for a very nominal cost.

In order to meet Board of Registered Nursing teaching requirements, only Tai Chi Chih teachers who have been actively teaching for 1 year within the past two years will be considered for approval. The Board also requires 1) that all publicity advertising these classes contain specific information, 2) a standard refund policy be stated, 3) adherence to the approved course content (the classes, however, do not have to be comprised solely of nurses), 4) evaluations to be performed, and 5) records be maintained for 14 years. Participating teachers should also have taken a Principles in Adult Education Class or have experience to offset this.

This is a great opportunity to expand your Tai Chi Chih practice. If you would like to be considered as an approved teacher by the Board of Registered Nursing and Transformations, please send a stamped, self-addressed envelope to Timothy Stuetz, 116 Evelyn Drive, Anaheim, CA 92805. You will receive an application form along with all information relative to professional responsibility, course objectives and content, administrative costs, and record keeping. If a large percentage of the 60 active teachers in California qualify and want to participate, there's also the possibility of some collective advertising in nursing journals.

OTHER CONTINUING EDUCATION NEWS

Timothy Stuetz, Anaheim, CA

In order to be a continuing education provider for nurses in California, Kansas, Florida, and Iowa you must receive approval from the respective Nursing Boards in these states.

There are some states that do not have any mandatory continuing education requirements for nurses. There are 39 states that belong to the American Nursing Association. We are currently investigating the possibility that being an approved provider in one state (for instance, New Mexico), would allow teachers associated with this provider but who live in one of the other states (say, Arizona), to offer continuing education programs in their home state as long as the program was administered by the approved provider. Stay tuned.

Other professionals in California like attorneys and accountants have mandatory continuing education requirements that can be met by specifically tailored Tai Chi Chih classes. *Transformations* is currently looking into being an approved provider for these and other professionals and will keep you informed of their progress through *The Vital Force*. Again, stay tuned. There's so many avenues for growth!!! Justin has given the world a tremendous gift that we are just beginning to unwrap!!!

LIABILITY INSURANCE

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

TCC PRACTICE NOTES

When, in the past, Steve and I have written about T'ai Chi Chih practice, we have been speaking to active teachers. To teach well, it is obviously necessary to *do* T'ai Chi Chih; I know what the practice has done for me. One can't get the benefits without practice. But, whether or not you want to *do* T'ai Chi Chih is entirely up to you. There is nothing wrong in abandoning T'ai Chi Chih practice if you get nothing out of it.

With the coming of the beautiful autumn weather, there is heightening of spirit, a great feeling of "livingness" and, usually, a gratitude for being alive.

As the Zen master, Seigen, said as he was dying: "Better than Zen Doctrine, the Joy of Living."
-Justin

If you find yourself somehow unmotivated to practice TCC at time, if not for yourself, practice for the purpose of contributing a measure of peace to our world.

-Steve

Progressive Growth

In TCC practice and daily living, those who continually seek a new depth of connection with chi and its supreme function experience rapid progress to spiritual unfoldment.

- Steve

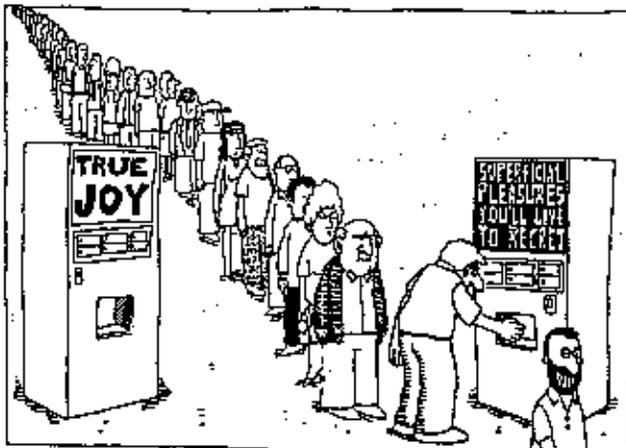
A woodcarver removes unwanted parts to allow the essential form to emerge. Likewise on the spiritual path, it is what we release that contributes to our conscious emergence as the spiritual Heart.

- Steve

All is Energy
resonating *responsibly*
in perpetual transition

Flowing within change
is the essence
of T'ai Chi Chih

- Steve



Submitted by Bill Nielsen
New Lenox, IL

CALENDAR NOTES

Begin New Year With Lots of Energy!

The first Seijaku Review with Justin will be held on Saturday, January 21, 1995. Both students and teachers of Seijaku are invited. Several teachers have been requesting this "refresher," and we're thankful that Justin has agreed to offer it. The nominal cost is a donation to the Albuquerque TCC Center, as this is a gift from Justin.

Contact Ellen Tatge, 1001 Girard NE, Albuquerque, NM 87106 (505/255-5888) for more information.

What is Advanced T'ai Chi Chih?

Susan Webster, El Cajon, CA

Seijaku, "serenity in the midst of activity"! However, one who practices Seijaku goes way beyond serenity. It takes you to a totally new dimension of greater awareness, personal evolution, deep awakening, and it develops a newer 'softness' in one's own TCC practice.

I learned Seijaku many years ago from Justin, and 'dabbled' with it a little through the years. After reviewing it at the teachers' conference in August, I decided it was time to get serious with it. I began by adding a few Seijaku moves to my regular TCC practice and as I added more and more I began to realize how much I have 'cheated' myself over the years! I think it was so powerful for me when I first learned it, that it scared me, but incorporating it into my TCC practice worked very well for me. It has made me understand what Justin means when he says "Practice of Seijaku is like turning a 100 watt light bulb into a 1,000 watt light bulb.

What an absolute difference it has made in my life. The most profound and visible is my weight loss. I have lost about 15 pounds since I began a regular practice of Seijaku and I am eating just as much, if not more than I ever have before. A very good friend of mine came to see me this past week and said, "Look at you, you are skinny and so full of light! You Look Radiantly Beautiful!" She had seen me only three weeks before and she cannot believe the difference in my appearance.

All I know is there is a big change in my body and my spirit and I LOVE IT!

Thank you Justin for continuing to share Seijaku with us. I encourage all who are not practicing to start and all who have not taken Seijaku to get accredited this year and practice it! (See Calendar for February 17-19 Seijaku Course in San Deigo, CA)

1995 TCC Conference and Seijaku

The Colorado Teachers invite you to join them for the annual TCC Teachers Conference to be held in Denver, August 4, 5, & 6, 1995. Contact Pat Hill (303/231-9951) or Bryan James (303/989-4695) for further information.

The Seijaku Training Course will follow the Conference, beginning Sunday afternoon, August 6 and ending Tuesday afternoon, August 8. 30 teachers who have NOT taken Seijaku training are needed to make the course possible. Please contact Pat Hill if you wish to attend. The cost of the course should be about \$400 and will include room and meals. Exact costs and other details will be included in the March issue of *The Vital Force*.

1995 T'AI CHI CHIH EVENTS CALENDAR

January 21	Seijaku Review with Justin Stone, Albuquerque, NM See information in Calendar notes. Contact: Ellen Tatge, 505/255-5888	
February 1	VFJ Deadline for Spring Equinox issue--plan ahead to send your seasonal news.	
February 17-19	Seijaku Accreditation Course with Justin Stone, San Diego, CA Contact: Susan Webster 619/441-1165	
March 11	Spring VFJ Mailing after 1 pm TCC practice--Lois Mahaney's home (510/276-5718)	
March 20	Half of cost due for CA's June 2-4 Meditation Weekend (see below)	
April 1	Deposit due for CA's June 5-10 Teacher Training (see below)	\$190
April 8	Deposit due for NJ's May 8-13 Teacher Training (see below)	\$190
April 3 - 8	TCC Teacher Training with Steve Ridley, Chicago, Illinois Contacts: Linda Prosche 312/868-1897; Paula Weiner 312/883-4944	\$380
April 7 - 9	Teacher Training Preparation Workshop, Rensselaer, NY Contact: Sr. Antonio Cooper, OSF 908/757-3050 wk; 908/769-6498 hm	
April 28, 29	TCC Teacher Training Preparation Workshop, Valley City, ND Contact: Chris McLain, P.O. Box 2821, Fargo, ND 58102-2821 701/232-5579	
May 8-13	TCC Teacher Training with Steve Ridley, Mahwah, NJ Contact: Sr. Antonia Cooper, OSF 908/757-3050 wk; 908/769-6498 hm Villa Maria P.O. Box 708, No. Plainfield, NJ 07061-0708	\$380
May 22-27	TCC Teacher Training with Steve Ridley, Maryvale, ND Contact: Chris McLain, P.O. Box 2821, Fargo, ND 58102-2821 701/232-5579	\$380
June 2-4 Fri-Sun	Exploring Meditative Ways with Steve Ridley, Los Gatos, CA Contact: Susan Hudgens 408/926-5664, 787 Sweetwater Way, San Jose, CA 95133 (Overnight- \$198; Commuter \$138 or \$166 (one or all meals))	
June 5-10	TCC Teacher Training with Steve Ridley, Alameda, CA Contact: Liz Salada 510/278-3263, 1477-155th Ave, San Leandro, CA 94578	\$380
before July 1	Registration reservations for August 4-6 TCC Teachers Conference (see contacts below) Single Room: \$150, Double Room: \$135 (rates increase after 7/1)	
August 4-6	10th International TCC Teachers' Conference, Denver, CO Contact: Pat Hill 303/231-9951 or Bryan James 303/989-4695	
August 6-8	Post-Conference Seijaku with Justin Stone. Confirm your interest ASAP! Contact Pat Hill, 1420 Kingsbury Ct., Golden, CO 80401 or phone 303/231-9951	

A POEM FROM FAR AWAY

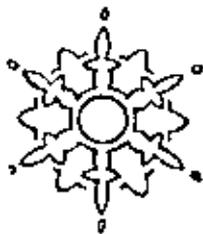
Richard Brier, Mill Valley, CA

this grand view of things
this joy,
this dance of unerring beauty,
this skipping melody of cloud skimming steps,
this long sought sense of lightly touching the invisible,
this simple and indescribable delicacy.
O this grand view of things,
this joy,
this dance of unerring beauty.



again and again the gift is given,
we receive it graciously,
we play our moments like fingers playing piano well,
like flute ringing of lengthy days,
of timeless beauty and praise in our hearts,
of warmth inside as the story unfolds,
the voice of the serenading mother creating
in us this extraordinary comfort of knowing
that we are love's very self.

O yes this grand view of things,
this joy,
this dance of unerring beauty,
ever ceaseless in expression,
always appearing at our moment of need,
the guiltless grace of spontaneous life.
O this great grand view of things,
O yes this joy,
O this wonder dance of unerring beauty.



We dream only of Home,
always complete and brand new,
we are drops of water from
the living fountain,
our ruffled being is soothed
only by Home's nearness,
homeward bound are we all.
O yes this great and good grand view of things,
O this joy O this great joy.
O this dance of unerring beauty.



THE JOY OF T'AI CHI CHIH

Richard Brier, Mill Valley, CA

I was one of the lucky ones. From the first time I did T'ai Chi Chih I experienced great joy and the flow. It is a blessing to connect with the form in this way. I consider finding T'ai Chi Chih one of the two most important happenings in my life. A succinct version of my story may be of interest. It was 1979 and my wife and I lived in Santa Cruz. I was earnestly searching for a form of exercise which had soul. I did not know if such a thing existed. I had been quite athletic throughout my life but I was now very dissatisfied with competitive and strenuous sports. I yearned for something else. And I had been doing sitting meditation for a couple of hours a day for several years. But even this felt strained and I wasn't enjoying it very much. The idea of enlightenment had become a barrier, an obstacle. This was my state of mind at that time regarding exercise and meditation.

One day Sherry and I drove down to Carmel, about 45 miles south. We went to a book shop called *Pilgrim's Way*. As I browsed through the books, mostly spiritual in nature, I came upon Justin Stone's "T'ai Chi Chih". I looked at the book closely, looked at the movements of the form. After a few minutes I turned to Sherry and said, "This is what I've been looking for. I will earn it and I will teach it!" Sherry said, "Wonderful!" As we left I saw a flyer which listed T'ai Chi Chih classes and the phone number. I called and was given Thomas Bottoms number in Santa Cruz. Thomas was an excellent T'ai Chi Chih teacher. Unfortunately, he was out of town for a week. Finally I got Thomas on the phone and asked him about classes. He said he was no longer teaching. I said "O yes you are! I am desperate, please teach me, I will be the best student you've ever had!" Thank God my enthusiasm touched Thomas enough for him to say, with laughter, that he would certainly teach me. We had private classes, each one several hours long. I practiced 2-3 hours every day. The form gave me joy, exercise, and meditation all in one! The rest is history.



O this harmony, ever sought yet always here,
O this immortality right here, right now,
O this pure day, newly born, may we never stain it,
may our child's heart be alive and well.
Why are we strangers to ecstatic joy, ever-present?
Why are we strangers to the greatness within?
Why are we strangers to the perfection which is here?
O grand view, yes!
O joy, yes!
O dance of unerring beauty, yes!
We remember and rejoice, yes!
All are now home
All are now well
All is redeemed
Forever!



CULTIVATING PATTERNS - FLOWING CHI

Ed Altman, Redmond, WA

I often place my car keys in the same location when I return home so I won't have to search for them later. As teachers we cultivate similar habit patterns in our students to help them learn and remember important points about Tai Chi Chih. How many times were you reminded to "focus on the soles of the feet", "practice every day" and "move with softness and continuity"?

Unfortunately, some of the habit patterns we encourage in our students do not serve them well later. Consider a student who places too much attention on the checkpoints rather than focusing on the whole movement. The checkpoint focus was appropriate when first learning the movement, but eventually it becomes a distraction. The mature student is aware of the checkpoints, but passes through them without losing focus on the flow of the Chi. In this way, the teaching must eventually be transcended to realize the deepest benefits of Tai Chi Chih practice. Students are not always willing to do this, and develop habit patterns in response to our teaching. Eventually, we may need to adjust or remove those patterns. The fact that Tai Chi Chih students cultivate such habit energies indicates how important it is to be fully present when we teach. We must transmit the teaching with as much clarity as possible. Our own extraneous habit energies can distort our teaching of the movements, and may be unwillingly embodied by our students.

Many of us do not realize how readily we create and follow habit patterns in our lives. Although these tendencies can be helpful, they also foster a reliance on past experience, and can keep us from flowing with the Chi. Habit energies encourage the construction of a false identity around the self which can lead to suffering.

Remind students that "Tai Chi Chih will teach Tai Chi Chih". This helps them focus on the intuitive knowledge which comes from doing the movements. Encourage them to approach their practice with a fresh perspective every time, and to explore it with detailed attention. Help them develop habits based upon the feeling of the movements rather than specific checkpoints or details. This will enlarge their focus, and help their Tai Chi Chih practice mature.

Habit patterns can help us cope with our current level of attention, but they are limiting, and do not encourage our growth. These patterns can even adversely influence our students as they learn Tai Chi Chih. As serious teachers, we should examine our own habit energies to teach with the greatest clarity, and to directly know what is real.

PREPARATION FOR TEACHER TRAINING

Virginia Shilson

To make Teacher Training a pleasurable and wonderful experience for everyone involved, you might want to include in your teacher preparation routine, an exchange of students, that is, students visiting and participating in several other teachers' classes. By doing this your students can get to know one another as well as see there may be minor differences in the execution of movements, but the essence remains the same. Since each of the teachers has something unique to offer, think how much better your students will be prepared with many teachers supporting them.

CONTINUING: AN OUTLOOK ON TCC

Noël Altman, Redmond, WA

The idea of continuing class fits in with our own outlook on Tai Chi Chih--that there are steps that the teacher tells his or her students to take (as they learn to do the movements), but eventually, the students are left to take their own steps. To continue means that you have been doing something, and are going to keep doing it--it's a part of your Life.

In our continuing class, we tell our students that they will have to pull the teaching from us. They won't be taught new steps, so the learning will be in refining the steps they have been taught. Students are told to watch us intently and see if each week they can see one more thing to refine or correct in their own form.

Our continuing class, which we call "Ongoing Practice", is just that, a practice session. Sometimes we do make comments, but many times, we lead the practice without talking. As Ed and I teach together, we alternate the leading of the session. The one who is not leading focuses intently on performing the movements as if he or she were at home. When that person does not have to "watch the class", and gets the benefit of the group chi, it is very freeing. I know I have had some of my deepest practices that way.

We alter leading from the front, where our students face our backs and we all move in the same direction, or leading in a circle, where we and our students all face into the center of the circle. When we do this, we tell them that this is their chance to check beginnings and endings, and to just see the front view of the movements.

At the end, we usually have about 10 minutes to either answer questions, point out any corrections, raise a question or an issue, or just sit down and hear how the students' practices are going.

We allow students into our "Ongoing Practice" class who have only learned through Basic Pulling Taffy (which is how far we teach them in our Beginning course). When we finish the Taffy, they hold Cosmic Consciousness, and then sit down and watch the remainder of the practice. This way, they get to see what is coming in the second half of the form, and will then have an advantage when they are actually taught the movements.

One benefit that we did not foresee was the effect that the mature students would have on the experience of the beginning students. They add their stronger chi to the group's collective chi, and the beginning students feel a stronger group chi than they have before. The same thing happens when a mature student repeats a class in which movements are taught--the beginning students learn the movements more easily, and benefit, as well, by seeing and hearing from the mature students what subtleties they are working on.

These are some tips for creating a successful continuing class:

1. Have it in the same place, on the same day of the week and at the same time, course after course, so students will know when that course is, and can plan to attend.
2. Mention it as the next class they are eligible for when they are taking the prerequisite course. Begin to talk about it long before they are eligible to take it, so they can have plenty of time to decide to commit to it, and ask any questions they may have before they get to the point of registering for the course.
3. Expect that your students will continue. Your own expectations for your students will affect what they expect for themselves.

THE ART OF TEACHING

A TCC CONTINUING CLASS DESCRIPTION

Hope Ridley, San Mateo, CA

This class is for students who have completed the beginning instruction and can ably execute all twenty moves. We will continue to refine our moves by performing all twenty at the beginning of each class. Assistance and correction will be given as necessary.

The remainder of the class may be spent in one of the following ways:

- Doing one move for an extended time to experience the meditation-in-motion aspect of Tai Chi Chih along with a more potent generation of Chi.
- Practice by connecting two or more moves.
- Tai Chi Chih done in pairs or in a circle.
- Learning two additional moves not included in the twenty.
- Alternate focusing and breathing techniques while doing moves.

The value of continuing in a class setting is to enjoy the mutual support of fellow practitioners and also to share the collective generation of Chi. It is an opportunity to perfect one's execution of each movement pattern.

Note: Hope also distributes a handout to her continuing students which includes appropriate quotes from Justin's writings, some of the tai chi classics and Chinese poetry.

*Teaching class today
everyone became immersed
in Tai Chi Chih
doing
Tai Chi Chih.
The room became a cathedral
and spiritual energy rose
high, high up the walls
that sustain.
We felt that energy
and knew we were
that energy.

At the end of class
we bowed to each other
knowing each was different
--not quite the same
because Tai Chi Chih
did
Tai Chi Chih*



Virginia Shilson

**What is your approach/intent for sharing TCC with repeat students?
How do you present TCC to continuing classes?**

Responses to questions on the Conference evaluation sheet:

Refinement of moves, connected form, Seijaku.

Timothy Stuetz, Anaheim, CA

I taught connected form plus breathing exercises from Steve's book.

Jan Martindale, Wood Village, OR

Assist in refining moves and offering answers to questions.

Lavanna Kilborn, Port Alberni, BC

Welcoming. Present TCC with integrity.

Christeen McLain, Fargo, ND

I need help here--I assign students (adv.) to assist beginners for part of class..

Linda Prosche, Chicago, IL

We never stop learning; its a matter of refinement. With practice, we become more subtle and feel more depth.

Luis Sanchez, Incline Village, NV

I establish a mailing list and contact previous students when I start a new class.

Linda Sanchez, Incline Village, NV

Increased peace, well being with practice.

Tamara Johnson, Denver, CO

20 move practice, extended time on one move, circle practice, outdoor practice, connected some moves, circles w/circles and fade in, fade out.

Hope Ridley, San Mateo, CA

Students are welcome to attend on-going classes; cost is per class and presentation is at on-going class level.

Don Fiore, Incline Village, NV

Discuss and refine movement.

Vicki Brodie, Burlingame, CA

Refine movements and delve deeper into understand/feeling the power of the Chi.

Amy Hackenberg, Evanston, IL

To refine the moves, encourage practice, re-motivate, share insights.

Leslie Johnson-Leech,

San Diego, CA

We practice only--no lessons.

Donna Moore, Bainbridge Is., WA

Refining movements, reviewing basics, some connected form.

Pat Hill, Golden, CO

Review class; I give practice class a discount.

Regina Horgan, Ridgcrest, CA

We refine movements and go through the TCC more as a moving meditation.

Adele Wenig, Oakland, CA

I call it an intermediate level practice hour. We practice the entire form with attention to areas of weakness. I sometimes incorporate some of the breath work from Seijaku.

Ellen Tatge, Albuquerque, NM

Intuitively. It always depends who shows up. I let TCC do it--decide how.

Susan Webster, El Cajon, CA

Clearing doubts--reassuring that we are all in this together.

Wanda Zimmerman,

Albuquerque, NM

EVENTS FEEDBACK:

THE OPEN HOUSE IN ALBUQUERQUE

Note from Justin:

All teachers are very welcome at the Tai Chi Chih Center in Albuquerque, NM. It doesn't matter if they have participated in the founding of the Center or contributed to it; all teachers are part of the Tai Chi Chih family. So we hope teachers will drop by, do Tai Chi Chih with us as 9:30 Tuesday mornings, or just wish the Center well. You can be sure all active teachers will greet you fondly.

Our "Enlightenment" talk had bigger than a sell-out crown, thanks to the efforts of teachers in selling the tickets. It was an attentive and receptive audience, a pleasure to talk to. The big question: Are you sure you really want Enlightenment and the changes it will bring?

Justin's Talk on Factors of Enlightenment

September 30th at the Tai Chi Chih Center

On this clear September evening, the large meeting room is filling up rapidly. Janet and Jim check the sound system, Justin chats amiably with Brock and Jim, Rhonda's smile greets newcomers. Sumi and John bring in lovely greenery. Carmen, Ellen Trujillo and Alexis have been transporting and setting up chairs for this evening's event: Justin's talk on Factors of Enlightenment.

The room is suddenly quiet as Leona affectionately introduces our speaker. Justin casually welcomes us. While listening, all obstacles drop away. Life is simple, the wonder of it is renewed. In the audience, even after an hour, there is no restlessness, no coughing. There is recognition that we are grateful to have this evening together.

After applause, people seem to stay around, not quite ready to part. Some ask Justin to sign a book, there are lots of hugs and smiles and talking. Thank you to Justin and to the many teachers who distributed tickets and worked behind the scenes.

Connie Hyde, Cedar Crest, NM

* * * * *

Although Tai Chi Chih's true home is in each practitioner's heart, there is something profoundly moving about a geographic home as well! Our Tai Chi Chih family is growing and it's wonderful to be a member of such a special group.

Hope Burla, visiting instructor from San Leandro, CA



Yes!
the TCC Center
is open in
Albuquerque, NM

GOLD PURE GOLD
Meditation Retreat with Justin
Carmen Brocklehurst, Albuquerque, NM

It had been eagerly anticipated--so many had not been able to be part of the last retreat. Here at last was the opportunity we had all been waiting for. We came (all 34 of us) from both coasts and parts in between, ready to listen, to learn, to be quiet and to commune with those of like mind and heart. And best of all, we would have the opportunity to hear Justin's heart sing.

The place was the Dominican Retreat House in Albuquerque, NM. The season, Fall in New Mexico, Nov. 3-6, 1994. Everywhere there was gold; this was to be a signature of what was to come.

7:30 am Friday, even though arrivals were as recent as 6 am, everyone was in the room ready to learn of the great Satipathana, the king of all meditation. In the next few days, and they did seem to go all too quickly, we were to learn that to walk the royal path takes total attention, dedication, and love. And as always, to learn how T'ai Chi Chih takes a hand in helping us to move our knew understanding into the working, physical level and makes assimilation an easier, more gentle experience.

For three days we meditated, listened to beautiful guitar music (during our breaks), ate nutritious meals, shared with each other and watched our being go deeper than ever before. What happened is what happens whenever we are with Master Stone; our being allows itself to come home. It really has a way of putting our daily lives into a new perspective; a perspective that we now live with, and will grow with until once again we have a chance to dive deep within our being and find the Real Gold of Life, ourselves.

Thank you to all who came to share of yourselves and to help the rest of us see so much more clearly the beauty and love that we are.

Special Thanks to Justin whose only thought is to share his love and wisdom. All proceeds from the retreat were donated to the T'ai Chi Chih Center to help it continue to grow and be cared for during its infancy. Love and Share the Chi.



Open House in Albuquerque for the T'ai Chi Chih Center

TEACHING

The more awake and functional we become, the Doctrine issues more effortlessly and completely through us, whether teaching formally or not. It is our spiritual substance that matters, not the particular packaging through which essence is expressed. - Steve



T'ai Chih Chih Review - Teacher Renewal Alameda, CA - October 29, 1994

Twenty-five TCC enthusiasts gathered to spend a day in energetic companionship while reviewing form and philosophy with Steve Ridley. The participants actively shaped the content of the program with specific questions and the contributed insights and clarifications seemed affirming to all present.

One student was especially impressed with the way TCC teachers want to improve the way they do the movements and pass them all on correctly. Teachers commented on how helpful the constructive feedback was for them in return to emphasize a more thorough understanding in their classes. E. Salada



Close to 100 persons joined Steve Ridley as he led a Sunday "Practice in the Park", in San Mateo's Central Park. Participants were able to visit with Steve and other teachers, students, friends and visitors before and after the practice.

TEACHING (cont.)

Some of the key notes Steve shared regarding our TCC practice:

Take a fresh-minded, conscious approach-- finding a new depth as we get past where we are and open to new growth. Advancing is deepening within the movements. There is only so much we can do to direct chi - then it refines us....accelerating self evolution.

It is mainly a matter of opening properly...for the most complete, comprehensive balancing.

* * * * *

The following poem represents an experience that took place during practice on the back deck of my parents' home, an hour or so before meeting others for a public practice in San Mateo's Central Park.

*Vapor ribbons rise and swirl from the old fence
while morning sun warms the body*

*High arcing jet through cloudless blue
and wire perching sparrows waiting*

*Below, the Tai Chi player empties
amidst these delightful distinctions*

No distinction ...

Aliveness, Aliveness!

- Steve 10-30--94

"Autumn Practice in the Park"



It was a beautiful time, sun shining, smiles abounding, squirrels busy food gathering, birds heralding the lovely day--graceful purpose encouraging the chi enrichment. of all who attended.

EVENTS FEEDBACK:

Flowering in Autumn--A Teacher Training View Janet Smith, Castle Rock, CO

I wanted to take a moment before the essence of the Denver Teacher Training becomes a fading memory and share some thoughts. Most of all, I am surprised at how important the week came to be for me. In light of a conversation a while back in regard to my ambivalence about going through with the certification process, it is even more poignant that this "completion" should hold such significance to me. I feel much more connected to a spiritual aspect of this practice than I ever would have guessed, and in many ways it was a missing piece for me. My nine month training experience was so action-specific that I had no connection beyond that, which is probably why I approached certification without much anticipation; I was expecting more of the same. Well, the reality couldn't be further from that misguided expectation. My own practice has certainly taken on a new dimension and I have realized that my teaching is in many ways separate from my own T'ai Chi Chih practice. One may enhance the other, but I have stopped trying to expect the same fulfillment Balance, I suspect.

I was also astounded at the intelligence and emotional awareness of this little group. I can't help but wonder if all the certifications attract such bright, articulate, creative, spiritually in-touch people. If they do, I may have to become a certification groupie just for the privilege of watching these stimulating encounters! I have no doubt that life-long connections were made for many of us. Like flowers unfolding, each day offered a new glimpse into very special, private and protected places.

Thanks again for a truly memorable experience.



Denver Teacher Training
September 12-17, 1994

**OPENING TCC AWARENESS:
San Diego Teachers Training
Susan Webster, El Cajon, CA**



What a lovely training (Oct. 10-15)! We have 15 new TCC teachers who are ready to go share TCC in many different areas. We had a teacher who did her presentation addressing the Padres Baseball team pitchers. I do hope she starts a class because athletes can definitely benefit from TCC.

Visiting teachers made comments of how important it is to come to a training or teachers review at least once a year. It is amazing how we add so many silly things to our practice.

Congratulations to all 15 and thank you so much Steve for another excellent training!

P.S. It was my goal when I came to San Diego to open an awareness here about TCC and to leave with at least 10 teachers carrying on the sharing of T'ai Chi Chih. Since I will be leaving the area in 1995, I feel very complete with 14 TCC teachers now in San Diego.

*It is not the roles that we play, in themselves,
that matter so much in the long view. It is the
fullness of consciousness that we bring to our
life-perspective that matters most.*

- Y. Pranananda

*One spiritual practice every adept can benefit by:
the renunciation of everything that inhibits Love.*

- Y. Pranananda

TEACHER BIOGRAPHY

Carolyn P. Shaw
Albuquerque, NM

Carolyn Shaw is an accredited T'ai Chi Chih teacher and has taught T'ai Chi Chih classes and seminars throughout the state of New Mexico and internationally since 1979. As a School Counselor she gave seminars to the counselors of the public school system at their annual and bi-annual conferences as well as her colleagues in the Albuquerque Public Schools system. She taught teachers in her school as well as made presentations during "wellness week" to the students.

During a year in which she lived in Singapore she taught T'ai Chi Chih to a group of the wives of faculty members at the National University of Singapore. During a year in which she lived in Spain she demonstrated T'ai Chi Chih to her colleagues at the University of Madrid. In Belgium and Holland she shared the form with eager relatives and friends.

During the six years in which she spent assisting the growth of the Center for Positive Living in Albuquerque she became ordained as a Divine Science Minister and taught T'ai Chi Chih classes regularly. Whether she is actively teaching or not, Carolyn does her T'ai Chi Chih daily with great benefit. She has never approached T'ai Chi Chih as a business but rather considers T'ai Chi Chih a "grace note" in her life which she shares with beautiful people seeking a deeper relationship with the truth of themselves.

Carolyn has a Master of Arts degree (M.A.) in Guidance and Counseling which she earned in 1975 from the University of New Mexico and she worked as a professional counselor for 14 years. In 1993 she earned a Master of Arts degree in Spanish and is presently working as a Spanish teacher at the Technical Vocational Institute in Albuquerque, New Mexico.



Editor's Note: We would like to continue featuring individual instructors in each issue by means of a photograph and one-page Teacher Biography. Such an article can be a very useful item used to present yourself with your new TCC class proposals.

SPIRITUAL NOTES: Thoughtful Contemplations Reviewed

Elizabeth Salada, San Leandro, CA

There are resonant songs for the soul in Steve Ridley's new booklet, Spiritual Notes. As introduction to his elevating intent, Steve writes:

The purpose of sharing meditative inspirations through a condensed writing style is to invite the reader to enter into thoughtful contemplation. Through patient, sensitive consideration of spiritually based statements and themes, one can experience fresh insights and subtle realizations from within, directly and personally. Spiritually centered contemplation is always a worthwhile growth promoting involvement.

Spiritual Notes depicts an experience of true nature by illuminating aspects of Spiritual Practice and Growth to the Teacher Student on their chosen path to realization. The interactive process of recovering "what we already are while aspiring spiritually" is evoked compassionately within a clear field of understanding. Perhaps in the same way as Steve's b/w nature photography beautifully illustrates the very contrasts which ultimately reflect a complete picture, inclusive of all tones.

An easy to follow section on Meditation Instruction provides a practical compliment to the art of contemplation. A seated method and several standing postures for meditation practice are sure to serve the reader as presented. (See enclosed flyer for ordering information on Spiritual Notes by Steve Ridley.)

An important aspect of our spiritual work is the transmutation of various tensions we create, usually through reactive living patterns, into usable spiritual force which can be directed to accelerate our growth.

Endeavor to contribute an influence of harmony when relating to various situations that arise. Regular practice of this principle, where we serve the life process positively, develops strength and leads to freedom.

Through the practice of living our inborn spiritual qualities of love, peace, joy and wisdom, we are weaned from egocentricity with its enlightenment dampening influence.





KARMIC KOMMENTS
from Good Karma Publishing
Jean Katus, Publisher

Teacher Preparation Materials

With teachers frequently preparing some of their students for accreditation, we decided to give you a bit of a run-down/review on the importance of the materials recommended. While no books or tapes are actually required, throughout the training process, Justin and Steve have found it helpful for those participating in the teachers' training courses to be familiar with some of the basic supportive items Good Karma offers. Such reading and listening can help the upcoming teacher attune, through another medium, to the sense of T'ai Chi Chih, in addition to what their own proficiency and personal experience in faithful and regular practice of the movements allow. The materials also furnish a basis for a beginning teacher to feel more secure in the written and spoken information and insights behind this wonderful life-transforming discipline.

The *T'ai Chi Chih/Joy thru Movement* text (the blue book) and video (of the same name), both by Justin Stone, are the primary items that every prospective teacher will want to have studied. Besides illustrating each of the movements and providing instructive remarks, the text gives a wealth of information on the history of T'ai Chi Chih, its background and philosophical grounding. The video, of course, is a great companion to the text, with Justin demonstrating clear and concise movement and verbal instruction in the first 60 minutes of the tape, followed by a 30 minute practice segment with spoken reminders about the significant points of each movement. It is important for teacher candidates (and for all teachers in general - 'old-timers' as well as newcomers-for that matter) to take advantage of closely observing the originator teach and practice the form he created in order to make certain we're all moving as closely as possible to what he intended.

"Justin Stone Speaks on T'ai Chi Chih," an audio cassette tape, is a resource that elaborates on some of the preliminary information in the text, while going into the deeper aspects of T'ai Chi Chih. (Some teachers also use parts of this tape in their classes when students need a break from moving.)

Another recommended piece for contemplation is Steve Ridley's *Perspectives in Motion and Stillness/Inspired Commentary on T'ai Chi Chih and Meditation*. The book is divided into four sections, two done in short prose pieces and two in free-form poetry, each part enhanced with the author's own photography and drawings. The writing grew out of Steve's deep personal experience in both T'ai Chi Chih and meditation and expresses his own insights on this experience.



Teacher Distributors in Colorado

Two teachers have become new distributors. Welcome to Judith Hughes (phone 303/973-3955) and Margaret Manzanara (phone 303/499-6900) in the Denver area! T'ai Chi Chih teachers in Colorado now have resource people who can conveniently supply you with Good Karma materials.

"Serene Nature" Featured on PBS

"The Serene Nature/Music for T'ai Chi Chih and Serenity" is featured music on the PBS television series that has introduced T'ai Chi Chih to many parts of the country. You may want to point this out to students who have seen the Carmen Brocklehurst/Justin Stone series. As we know, Justin composed the first two pieces specifically for use with T'ai Chi Chih. You'll want to have copies available to play in class and for students to purchase for their own use.



GKP in Local Bookstores and Libraries

Quite often teachers ask what they can do to help Good Karma. Now that more people than ever have been exposed to T'ai Chi Chih, partly through the ongoing classes that teachers conduct in various locations and also as a result of the previously mentioned PBS series, it would be most appreciated if you mention, in your local bookstores and libraries, that the basic text, video and other materials are available directly from Good Karma or through the major wholesalers with whom most bookstores and libraries do business. (Or if you want to send GKP names and addresses of stores and libraries for us to contact, we will happily do so.) Not only is the extra exposure in these public places helpful to Good Karma and T'ai Chi Chih, it can also make your community more aware of your activities as a certified T'ai Chi Chih teacher.

Zen Meditation

Zen Meditation/A Broad View is still on the drawing board and will be published as soon as possible. Look for further announcements in upcoming issues of *The Vital Force*.

40% Teacher Discount Reminder

A reminder to teachers: the 40% discount on our books and tapes goes into effect when you purchase THREE OR MORE ITEMS in any combination of titles. On orders of one or two items, the retail price applies.

Price List/Order Form

The usual price list/order form that we generally include in *The Vital Force* has not been placed in the newsletter this time. If you need a copy of the form or the GKP catalog, please let us know.

A Note on Our Fax Number

Don't be alarmed if you hear a man's voice telling you to send your FAX message. The machine Good Karma uses is located in my husband, Jack Barden's office.

Good Karma Publishing, PO Box 511, Ft. Yates, ND 58538 FAX #701/854-2004

Happy chi-filled holiday blessings to each of our readers and your families. Thank for your continued support of Good Karma!

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih, 12440 Chelwood Trail, NE, Albuquerque, NM 87112

Conductor of Seijaku (Advanced TCC) Courses; Meditation Retreats and Lectures.

Steve Ridley: Spiritual Head of T'ai Chi Chih, 1921 Jasmine Street, Denver, CO 80220 (303/322-7717)

Conductor of Teacher Accreditation Courses, TCC Renewal and Meditation workshops, lectures and group practices in TCC, contact for his creative works and material.

Jean Katus: Publisher, Good Karma Publishing, Inc. (701/854-7459; FAX 701/854-2004, P.O. Box 511, Ft. Yates, ND 58538. Distributor of TCC instructional materials and others related to spiritual practice.

Lois Mahaney: TCC Resource correspondent and layout-typesetter for The Vital Force. Contact for database updates, teacher referrals, mailing list and Teacher Directory. 1633 Via Amigos, San Lorenzo, CA 94580 (510/276-5718)

Liz Salada: Publishing-Editor and Outreach for The Vital Force and Teacher Directory, contact for journal subscriptions and written submittals for publication. 1477 - 155th Avenue, San Leandro, CA 94578-1922

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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ND, Ft. Yates	Jean Katus	701/854-7459
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BC Canada, Victoria	Guadalupe 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
CO, Denver	Judith Hughes	303/973-3955
CO, Denver	Margaret Manzanares	303/499-6900

NEW TEACHER DIRECTORY REFERRALS

Your new copy of the TCC Teachers' Directory is now available. The Directory is to be used for referral purposes and communication among accredited TCC instructors. It is not to be used for or sold as a mailing list. Teachers may request a copy of the new directory by sending \$5.00 to: The Vital Force, 1477 - 155th Avenue, San Leandro, CA 94578.

Consult VPI for updates to information contained in the Directory. Each quarterly issue will include new listings of recently accredited teachers, changes of names, addresses, and phone numbers. Please keep us up to date on any changes to your listing by sending all new information to our address above. This is a wonderful referral tool to support the wide-spread teaching of "Joy Through Movement!"

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 619/441-11651165
Merry Lynn Noble, CO (Denver Area) 303/980-6861
Chris McLain, Fargo, ND (701/232-5579)
Connie Hyde, New Mexico (Albuquerque area) 505/281-1040
Ralph Garn, Syracuse, NY (315/478-0843)
Joan Torrance, Beaverton, OR 503/579-8451

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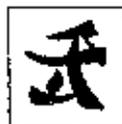
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SUBMITTING INFORMATION: Deadlines are now by the 1st of the preceding month of issue (i.e.

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.



Minor

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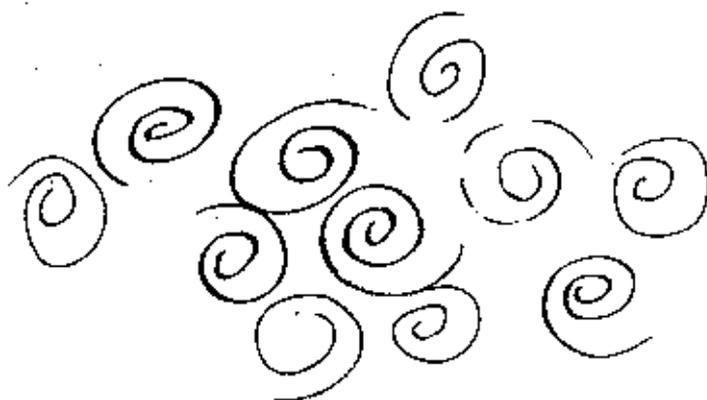
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Cosmic Energy patterning as us - no fuss!

-Steve

"We all appear in this world as different patterns of energy, arising from a larger energy field. Another way to put it would be to say that we are each one vibration of energy among many vibrations of that same energy. Each of these vibrations, operating at different frequencies, gives the impression of having a separate existence and a distinct appearance. This leads us to take the apparent differences seriously, and to imagine that everything truly is distinct and separate.

- Swami Chetanananda
from *The Breath of God*
Rudra Press

*When quiet pervades one's mental field,
answers to the most perplexing questions and
an inspired sense of direction may effortlessly
arise*

- Steve

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Tai Chi Chih!
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