



# THE VITAL FORCE

Journal of T'ai Chi Chih! Joy Through Movement

Volume 12, No. 1

Spring Equinox

March 1995

## SPIRITUAL EVOLUTION AND THE DIVINE INSTRUMENT

Justin Stone

There are two histories of mankind: one is cultural, which is lasting, and the other is the study of aggression and violence, which is fleeting. As an example, there are no remnants of the work of the Greek army, but the philosophers and playwrights of Greece contribute much to our everyday life.

The Spiritual development of Man is so slow that we take it for granted the egocentric way of thinking is the only one -- "how does it affect me and mine?" Both Jesus and Buddha pointed the way to Compassion, but that was merely a foretaste. The usual thought is: poor people

bring about Welfare, and that raises my taxes. No compassion for the poor; they're merely inconvenient.

As one works with the Chi, in T'ai Chi Chih -- circulating and balancing the Life Force -- the pace of the evolving is greatly stepped up. How we think and act affects this Chi, but, in turn, we are the products of the Chi. Call it the "Divine Instrument" if you want. As we practice T'ai Chi Chih this Chi will be molded (and accumulated), and our Spiritual Evolution will be greatly enhanced. We will begin to change, and so will our world.

When we are soul-centered we know completeness,  
wholeness, and recognize that all knowledge unfolds from within us.

--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

becoming better acquainted  
with the newness of life

forming relationships  
so constant  
in their changing

bring the freshness  
of now to fore

in these moments  
eternal existence  
no more

### Inner Workings

Welcoming the Spring, VFJ has much poetry to share! As a movement of words journals the musings and intuitions of TCC practitioners, natural instincts blossom in the outgrowth of spiritual living.

Actions drawn by benevolence  
the kindness of grace favored  
beyond opposing forces at play  
extended blessings realized  
through

Smelling the fragrance  
Tasting the nourishment  
Hearing the message  
Feeling the meaning  
applied living  
simply in being

**10th International TCC Teacher Conference** is forming design thanks to planning measures by Colorado teacher hosts. Denver spokesperson for the event, Lia Ridley, asks for your agenda suggestions in advance. See p. 20 Calendar Notes and the enclosed flyers for more on the August 4-6 Conference and the following Seijaku Course--opportune occasions to join with the greater TCC family.



photo by Steve Ridley

**Write? Right Away! May 1 Next VFJ Deadline.** We continue to seek teacher and student articles and it's only one month away to receive your news, poetry, etc. for VFJ's next issue. Please write: VF, 1477-155th Ave., San Leandro, CA 94578.

If you prefer to phone questions on subscriptions, changes to directory or for referrals, contact Lois Mahaney directly, 510/276-5718.

**How do you like our new look?** We offer many thanks to Susan Hudgens for exceptional dedication in working to refine VFJ's appearance via typesetting this issue. We appreciate her assistance and look forward to future creative input to further enhance the journal.

May a profusion of joy flower ahead!  
Liz Salada, *The Vital Force*

## TABLE OF CONTENTS

*The Vital Force*  
*Journal of Tai Chi Chih*

March 1995  
Spring Equinox Issue

### Features by

#### Justin Stone

- 1 - Spiritual Evolution and the Divine Instrument
- 9 - Human Heartedness
- 13 - Presentations
- 34 - The Human Condition

#### Notes to Teachers

- 2 - Reflections...Along the Way
  - VFJ Inner Workings (Salada)
- 24 - Hints for Seijaku Practice (Altman)
- 35 - TCC Survey Findings
- 38 - Contacts for TCC; Teacher Directory
- 39 - VFJ Operations/Subscriptions

#### Teachers Write

- 4 - Readers Commentary
- 6 - Letters to Justin
- 10 - Acceptance (McAlister)
- 14 - Seasonal Lights
- 23 - Soft, Slow, Circular, Continuous (Brier)
- 27 - Love and do as you please (Brocklehurst)

#### TCC Experiences

- 18 - Bird Flaps Its Wings (Joy)
  - Soles of the Paws (St. Martin)
- 17 - Preparing for Your Worst Nightmare (Braga)

#### Getting Started

- 28 - Teaching Community Education and
  - Cancer Center (Jones)
- 29 - Fall Beginnings (Marc Heeg)

#### Learning & Inspiration Materials

- 34 - Climb the Joyous Mountain (Stone)
- 35 - Lending Library (Altman)
- 37 - Karmic Komments (Katus, GKP)

#### Events

- 20 - Calendar Notes
- 21 - TCC Events Calendar

#### Steve Ridley

- 1 - When we are soul-centered...
- 8 - Life Force and Growth Transformation thru Chi
- 9 - Each being is innately free...
- 19 - Advancing in TCC; Meditation
- 14 - Why cling...and Many are born...
- 40 - Dramas arise and expire...

#### News

- 5 - Honorable Mentions
- 17 - TCC on TV (Brocklehurst)
- 18 - TCC...by the Sea (Daffner)
- 30 - Class News and Notes
- 31 - Events Feedback (NM and MN)
- 32 - Making News (Riley)

#### Contemplations

- 12 - Thoughts on Teaching
  - Teacher - Student
  - Perceptions
- 15 - Path of Remembrance
  - Essence
  - Abundance
  - Karma
- 25 - Question/Response
  - TCC and Growth
- 33 - Devoting deeper attention
  - Spiritual Growth; Spiritual Practice and Karma

#### Poetry and Perceptions

- 10 - We hold this tenuous life...(Houle)
- 11 - Views of Nature (Shilson)
- 18 - Driving home...(Shriver)
  - Behind the Projector; Crafting (Garn)
- 22 - All is Well for Those Who Love (Brier)
- 23 - Cultivating the Pearl (Garn)
- 26 - Joyous Breath; Perpetual Motion...(Meyer)
- 27 - Hears open...(Brocklehurst)
- 28 - Remember (Jones)
- 36 - Views from Inside Looking Out (Shilson)

## READERS COMMENTARY



The Special anniversary issue of *The Vital Force* was superb. I loved the creativity, warmth and gratitude that flowed through the messages and pages -- those written and those pictorials! Thanks so much to Justin, Steve, and all the TCC family!

**Anita Germain, White Bear Lake, MN**

Thank you for the great new edition of *The Vital Force*! Teachers are beginning to express themselves freely in it, and it is acting as a great stimulus to all teachers. Keep up the good work!

**Justin Stone, Albuquerque, NM**

Wow! I'm only half way through the VFJ and am very impressed. I hate to admit this, especially to you, but the past couple of years I haven't connected with the VFJ the way I used to. I used to sit down the minute I'd receive it and read from cover to cover, but not so the past couple of years. I would sporadically pick it up, read a page or two then set it down. I truly don't believe it had to do with the content or quality of the the VFJ, but with my connection - because it has always continued to improve, I feel, with each issue. But I feel like I am reading this new issue and comparing it with VFJs of many years ago. Or maybe I am just more open for there is something on every page which speaks to me. I don't know what's so special about this issue, but I know it got me started writing two articles simultaneously.

**Sandy McAlister, Hayward, CA**

Despite the "business" of the holiday and school seasons since last gathering for the TCC Review in Alameda, in wonder and hope I am grateful for the gifts of "connecting" through the TCC energy.

**Gail Collins SCU, Oakland, CA**

The magazine gets better and better. It now stays longer on the table by my chair. More thought is obviously going into the magazine and much more thought must go with the reading of it. Thanks for inspiration.

Love and Blessings.

**Jean Stone, Bullhead City, AZ**

I thought the illustration of the old Chinese proverb -- "Fallen Leaves Return To Roots" by Mie Shu 12/94 (see back cover) -- might be of interest to VF Journal readers as it points to nature's circularity, which is based on "softness (surrender) and continuity (flow)" -- perhaps the deepest principle of T'ai Chi Chih practice.

**Steve Ridley, Denver, CO**

Thanks to the New Mexico TCC Newsletter, Connie Hyde, Doug Shilson and Kathy Grassel for sharing the Albuquerque area involvements and inspirations of teachers

**The VFJ, San Leandro, CA**

Thank you to Bruce Hudgens for setting up the VFJ computer format as well as the hours spent entering text. Thank you to Jack and Sharon Morash for the generous use of their laser printer during the production phase of this March '95 issue.

**The VFJ, San Leandro, CA**

## HONORABLE MENTIONS

### Thank You, Lois!

As indicated in the August 1994 Anniversary Issue, Lois Mahaney has been Editor of the VFJ since early 1985 when she helped Corinn Cadye publish it. When Liz Salada took over as Publisher, Lois agreed to continue. After ten years, she now feels it is time to let others share in the production of this great connecting link for all teachers of Tai Chi Chih. Susan Hudgens comments, "Joining in on the production team for this issue, I am amazed at the amount of time and energy required to compile, input and edit the VFJ. Lois has done an outstanding job handling the multiple tasks and many production phases involved in assembling each issue!" Lois will continue to assist in the VFJ production, serving also as the TCC-VFJ resource person by handling the correspondence for database updates to the mailing list and Teacher Directory and by connecting teachers and students through teacher referrals. Lois comments, "It is time to get back into Chinese Brush Painting, calligraphy and other enriching pursuits. Perhaps I can travel a bit and do a little more reading. Joy to all."



### TCC Wedding

On a beautiful early Fall day in September, outdoors on the grounds of a picturesque winery in Northern California's wine country, Maggie Hall and Victor Berg exchanged wedding vows with Carmen Brocklehurst officiating. The male attendants were Doug Harned and Ed Altman. Sandy McAlister and Lois Mahaney along with Noel Altman made up the rest of the Tai Chi Chih teachers in attendance. The fifty or more guests were treated to a bounteous buffet dinner followed by visiting and dancing. The couple are now residing in San Rafael, CA. Happiness and Joy to both.

### Outstanding Honor

Congratulations to Lia Ridley for winning the "Gladys Doty Award for Outstanding Contribution to the Profession" by the Colorado Teachers of English to Speakers of Other Languages. This award is presented annually to a member who has made a significant contribution through research, publication, professional presentations, leadership and public service. Lia was voted this honor by her peers.

## LETTERS TO JUSTIN STONE

### Thank God for you and T'ai Chi Chih!

Barbara Joy, *New York, NY*

So here I am in New York - across the small treed park is the World Financial Center. I live in the heart of the Wall Street area - in Battery Park City, on the Hudson River.

I often think of you and your leaving this area and changing your life. Now here I am teaching T'ai Chi Chih to Wall Street lawyers, financial 'whizzes', computer executives, etc. And I love sharing this gift with my new friends.

I've also taught TCC workshops to New York City school teachers - those who work in the roughest neighborhoods. And they love it, too.

As much as I loved my high school students (I've been teaching "at-risk, high school students with addiction problems" in the city school), I've stopped teaching (academic subjects).

Now I am developing my own practice - teaching T'ai Chi Chih. I began in December and have twelve students so far.

I feel the chi will lead me in my next steps.

Mostly I just want to extend to you my love and gratefulness for your gifts to me and the planet.

### Mind Makings

Victor Berg, *Mill Valley, CA*

I had a wonderful dream. I was in a sea of people and I was rushing to see you. Some of my friends were delaying me and I kept dropping these boxes I was carrying. I eventually made it to a door. I knew you were on the other side but the door was barred. There was a revolving

door with a tiny slot to squeeze through. I tried to squeeze through but couldn't make it.

I woke up and did T'ai Chi and had a long meditation. My meditation was broken by thoughts of myself and others and a thought came:



*Binds  
Holding  
Tight  
Mind  
without  
Humility*

## T'ai Chi Chih on TV

Carmen Brocklehurst, Albuquerque, NM

Who would have thought, a year and a half ago, that this was possible? Not just on a local station or a public access station, but on mainstream, national PBS? At the time, it seemed that no one did, because, with scripts and music written, clothes bought and contacts made, the funding was nowhere to be found. We were what is called an 'unknown quantity'. Even standard funders who automatically say yes to putting their names to programs said, "No way, find me another program." It was like waiting for the first rose of summer to open its petals and show forth its glory; it would happen in its own good time. One well-meaning friend said to me, "Well, you didn't really think it would happen, did you?" Thank goodness for the faith that KNME in Albuquerque, NM has in us, because when everything seemed to fall through, we all took a deep breath and began looking for funding again, and did more refining of everything.

Now, after the first, very successful season, with repeats happening by public demand, people from coast to coast are talking about T'ai Chi Chih, Joy Thru Movement. The Albuquerque station is receiving about 75 calls a day from all over the United States and is working very hard to keep up with the book and tape orders - people want what we have. One of the biggest comments they are hearing at KNME-TV is, "I tried the other T'ai Chi's that are out there and just couldn't do it; this one makes so much

sense. Why didn't someone think of it before?" We have, and have been preparing for this time, and this is only the beginning. We are hearing so many wonderful comments from people of all ages. Even young (age 5) children, have come to take classes because of that T'ai Chi on TV, which "made them feel all tingly and good inside."

Thank you all for the long years of dedication, of practice, practice, practice and of preparing ways to share T'ai Chi Chih, including your diligent work in calling and writing to the PBS stations across the country so that they would be aware of the desire on the part of the public to learn about T'ai Chi Chih. Thank you also for making yourselves available to let people know that you do T'ai Chi Chih and for being willing to grow. Your love and good wishes on behalf of the program have been a real treasure.

The Albuquerque station is interested in the possibility of a second season. They said that our ratings were better than the sports programs. Over 178 stations have picked up the program so far, and others that did not pick it up the first go round are asking for another satellite feed. Not bad for an 'unknown quantity'. This should give us some idea of how much T'ai Chi Chih and we, as teachers of T'ai Chi Chih, are needed. Keep growing and glowing and ...

Share the Chi!

*When the chi  
calls  
answer*

## **LIFE FORCE AND GROWTH**

**Steve Ridley**

As life force increases its expression through an individual, former psychological and physiological conditionings and structures are broken up and transmuted. This re-structuring process may give rise to unanticipated experiences of various kinds.

If we are dedicated to personal growth we undergo this process of integration as graciously as possible, in trust, with gratitude for the opportunity. We attempt to deepen our conscious relationship with the life force through regular involvement with our chosen spiritual practices and our particular ways of sharing in life.

We can accelerate growth by intensifying our intentional work with life force - increasing T'ai Chi Chih and seated meditation practice, for instance - but must be sincerely committed to embracing and working with whatever may arise in us, toward an emerging capacity to live fully.

## **TRANSFORMATION THRU CHI**

**Steve Ridley**

Daily practice of T'ai Chi Chih at whatever level of involvement,  
reforms or re-structures us, mind and body,  
toward living wholly.

When we consciously pattern chi on a consistent basis, mind and body  
are continually reconstituted to lessen any tendencies  
which appear to obstruct enlightened living.

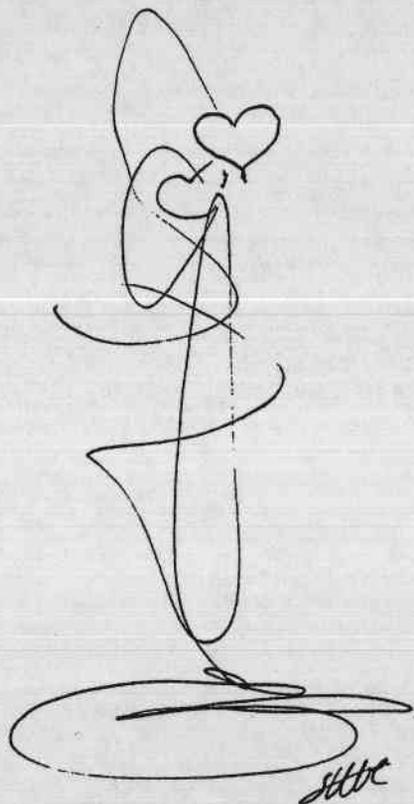
## HUMAN-HEARTEDNESS

Justin Stone

Buddhism stresses that "things causally produced are void," that is, temporary and not enduring. Lao Tzu's TAOISM speaks of "not attempting to play the TAO, letting the TAO play you." Hinduism, and there are numerous kinds of Hinduism, counsels faith in numerous gods, all emanations of the one Deity (or Reality).

These all have deep roots, too difficult to understand intellectually. However, Confucius' teaching of human-heartedness as being most important, is easy to understand and quick to ring a bell. He felt that human-heartedness, along with "TEH" (the power of inner sincerity) was most important. As my late friend, Swami Krishnanand, stressed: "If you don't find God in the hearts of men, where do you expect to find him?"

Cheating your fellow man, cutting corners to get a slight monetary advantage, is the opposite of human-heartedness. The fact that you can get away with it has nothing to do with it. It's good to examine your financial actions in light of TEH and Human-Heartedness. And, above all, it's necessary to be honest with yourself and not rationalize.



*Each being is innately free  
When our personal experience validates this  
We become capable of acknowledging and honoring this in others.*

*--Steve Ridley*

## THE ART OF TEACHING

### ACCEPTANCE

Sandy McAlister, Hayward, CA

As we teach TCC we can not help but express our abilities and qualities - some teach with love and warmth, some with gratefulness and a zest for life, some with technical exactness, some with deep internal focus, some with flamboyance/drama.

*Movement is as individual as we are - not rigid/exacting, yet following principles with limits. There is room within the limits. Play, explore, feel that space within.*

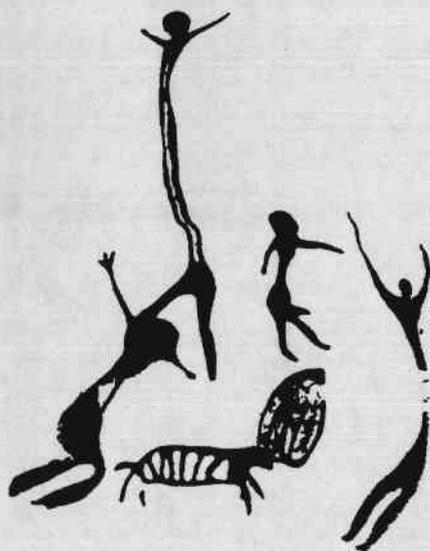
We do our best, always striving to improve, acknowledging that aspect of teaching which we do well and recognizing our areas of weakness

with acceptance. More importantly, recognizing others with acceptance of both their strong and weak aspects.

I am becoming more aware of my strengths and weaknesses, and along with that awareness, becoming more accepting. As I see myself more clearly I see others and find I am less critical - realizing we are human.

*Acceptance of ourselves  
- our weaknesses and strengths.*

*Acceptance of others,  
for they are no different.*



We hold this tenuous life in our arms  
At times so mutually nurturing  
Other times, the struggle, the resistance  
threatens to tear both apart  
Yet it is just this  
that allows us to feel  
the heartbeat of the universe

Jim Houle, Cedar Crest, NM

## POETRY

### Views of Nature Virginia Shilson, Albuquerque, NM

Mother Earth,  
who placed me upon your surface,  
let me feel your pulse  
of light-energy;  
let me hear your song  
of life's glory;  
let my bare feet tread upon  
your bare flesh;  
let my breath and your breath  
be one breath.

Beautiful wildflower  
I know not your name  
yet you fill my heart  
with colorful joy.

Reflections on the water  
presenting themselves  
as circles within circles.

Two graceful birds gliding  
low to the ground:  
A raven and his shadow --  
A perfect example of formation flying.

Oh, to have a tree in my yard  
where birds can nest  
and sing their morning's songs

Limbs  
old, gnarled,  
twisted,  
beautiful

Slender fingers of dry twigs  
pointing heavenward  
and beyond.

Leaning against a tree  
gazing across the lake,  
seeing nothing  
and seeing everything.

*from Poetic Views by Virginia Shilson*



## **CONTEMPLATIONS**

### **THOUGHTS ON TEACHING**

**Steve Ridley**

The subtlest, most effective (balanced and spiritually restorative) kind of intentional teaching occurs when the teacher is able to blend with the student, to impart useful instruction and vital force. This level of teaching requires the continual surrender of the teacher to the student - in service - while centered in Reality consciousness.

### **TEACHER-STUDENT**

**Steve Ridley**

The spiritual teacher is an energy center, a power plant which supplies life with a transmission of spiritual force, shakti. Through attunement, the sincere student may receive the useful influence of this evolutionary energy freely shared through the teacher.

### **PERCEPTIONS**

**Steve Ridley**

All identities are perishable, transitory, and have no lasting influence on us.

The fullest enjoyment of 'visiting an identity' occurs when we reawaken as free-consciousness playing through and as our specialized perspective.

Everything we experience while moving in and through life can assist our freedom, our Remembrance.

**PRESENTATIONS****Justin Stone**

All Teachers' Accreditation Courses the candidates all make Presentations. This is not done for academic reasons, like doing a thesis for a Ph.D., but for very practical reasons: it gives the new teacher a chance to practice speaking on TCC to a group, and it also furnishes an opportunity to hear other presentations and get ideas from them.

Once the new teacher has his/her accreditation, it is expected that he/she will get busy scheduling frequent presentations as it is one of the best ways to build classes: Just to sit around and wait for classes to build themselves is foolish. TCC has a message that almost everyone wants to hear, and good presentations to Community Centers, Rest Homes for aging people, Parent-Teacher Associations, business corporations, etc., will usually receive enthusiastic responses. And, after classes are running smoothly, it is still necessary to keep making presentations as the eight-week courses go by very quickly.

A good presentation should have much personal reference, telling the teacher's own experience with TCC. This is much more effective than theoretical reference. During the presentation the teachers should get listeners on their feet to

do two movements or so in order for them to get the idea that they are not difficult to do, and to feel what it's like to have the CHI flow smoothly. The speaker should have a serene, joyous attitude. If he or she performs movements while speaking--which seems a good idea--they should be performed with grace and elegance. Don't make half-hearted motions. Never do the movements of TCC carelessly.

The presentation must be interesting and get across the idea of "Serenity in the midst of activity," something that almost everyone wants these days, when release of tensions is a high priority on busy people's agendas. If the speaker wants to progress to a deeper level in his or her talk, such material can be found in the small pamphlet "Evolution Thru Chi," obtainable from Carmen Brocklehurst at no charge.

If the teacher has the conviction that what he or she is saying is interesting, and makes a glowing, enthusiastic appearance, the audience will be won over. Then it is necessary to have definite plans--time and place of contemplated classes--to offer those who want to sign up for lessons.

### HOLIDAY HINDSIGHT

Carmen Brocklehurst, *Albuquerque, NM*

Another year new. What a great time to reflect on what has brought us to this point. It isn't hard to do this with T'ai Chi Chih because of the wealth that is stored inside each movement and with the movements as a whole. Many of us weren't asking for any great truth to be revealed, or trying to dive into any great depth when we started our practice. All we wanted was the simple: peace of mind, to be able to get up in the morning without pain, to be able to walk from one side of the room to the other, to be more patient and understanding with our children and our spouses, to be able to breathe. For some, these are the very things we take for granted, but they were not that for some of us. Because of practice, these simple things have become part of the treasure we have found.

Recently someone said that releasing stress through T'ai Chi Chih was nothing compared with learning about who you are. However, until that stress is gone, there is no chance to go any further, no chance to even contemplate that possibility of knowing. In the middle of a stressful situation, as it seems with all the above aspirations, we are caught in a whirl, or simply stuck.

During the Christmas holiday (or was it frenzy?), some of us knew that the only way to hang on to our sanity was through our practice. What a blessing! Best of all it was not just a momentary fix. So many other things fell into place because of these simple movements. The keys that were lost, under the couch. How did our eyes spot them out of all the possible places they could have been? The knowing that the new baby was crying because it was cold; how did we acquire this wisdom? The panic of cooking the whole meal for several families was very gracefully taken care of, by someone else, and all that was asked of us was to make one item instead of ten. Where did this grace come from, and why did it bless us?

This is but a slight show of the chi on the outer. How much more is going on inside of us? "Does all this have something to do with T'ai Chi Chih? Who cares, as long as it is happening!" And that is the best demonstration of the chi: the power of action, not only in our lives, but in the lives of everyone with whom we come into contact. What a New Year's gift this is to family and friends.



## CONTEMPLATIONS

### PATH OF REMEMBRANCE

One on the spiritual path aims at acquiring enlightenment, which is in retrospect seen as an illusory yet necessary journey until enlightenment is known as one's inherent reality, which is at once free of identities while identified.

- Steve Ridley

### ESSENCE

The mask maker didn't favor his happy, sad, silly, serious, adorable or hideous faces, but concerned himself with the purity of gold from which each was forged.

- Steve Ridley



### ABUNDANCE:

When we forget that our world is already continually arising within our Being, possessiveness and acquisitiveness arise.

- Yogi Pranananda

### KARMA

The choices we continually make are the ways we exercise free will - our Life gift. These choices either free us more in consciousness or bind us to a particular orientation.

- Yogi Pranananda

What many of us tend to think of as our reality - who and what we are - is a temporary, transitioning 'identity' and not at all who and what we are.

- Yogi Pranananda

## TCC EXPERIENCES

### Bird Flaps Its Wings Barbara Joy, *New York, NY*

Recently I was doing my Tai Chi Chih practice at the seashore on Monhegan Island in Maine.

There were several sea gulls standing maybe fifteen feet away. As I began doing "Bird Flaps Its Wings," one sea gull turned and "studied" me - gradually walking closer and closer.

I occasionally stopped Bird Flaps Its Wings and began Around The Platter.

My friend the sea gull would turn around and begin to walk away.

Each time I shifted back to Bird Flaps Its Wings, he would return to me.

This continued for perhaps half an hour - until I had to go to breakfast. I gained a new appreciation of this movement - partly from doing it so many times and partly from my experience with my new friend.



### Soles of the Paws Rhonda St. Martin, *Tequite, Mandela*

For those of you with pets, have you ever noticed how they love to be around you while you're practicing Tai Chi Chih? Even the yippiest little dogs promptly calm down, get quiet and "yin

out." Cats curl up and purr away. I have had numerous students come to class and report their pets' various antics. It's a great example of the calming effect the practice has on the environment in your home, office, backyard. Students love the "assignment" of observing for themselves the effects of Chi on other beings. Consider this the next time you're carrying the ball with some of our feathered or furry friends. I was once told that animals are closer to God than a lot of people. Might this be the same primal energy we are always refining?





### PREPARING FOR YOUR WORST NIGHTMARE

Rosalind Braga, *Castro Valley, CA*

I never thought I'd be writing this article. But life is full of surprises, some good, some bad. Life is change. And preparation for change is the name of the game: "prepare for college...prepare for a job...for marriage...and children...for flood, hurricane and earthquake. Keep healthy. Stay fit!"

The practice of T'ai Chi Chih is one way to prepare for better health, to learn relaxation, to release stress, to stay fit. Those of us lucky enough to practice T'ai Chi and teach it know that you can't "fake it." You must practice to reap the benefits of focus, calmness, centeredness and inner strength. For many of us T'ai Chi is a major source of joy in our lives as well.

And so it was on a late evening in February that I was returning home from the Whole Life Expo in San Jose about 10:30 p.m. I was tired and glad to be home. I pulled into my drive, parked the car, gathered my purse, shoulder bag and raincoat and got out of my car. What happened next seemed like a dream, a TV episode, yet it was REAL.

Two men came out of the darkness, one stepped toward me, lifted his right hand and placed a gun at my temple and said, "-----, give me your

purse." He had on a black ski mask, and dark clothes. As time stood still, I gracefully handed him my purse and murmured a soft, gentle "sure". It was almost like a taffy move, slow, graceful. He pulled the gun away, grabbed the purse and ran . . . jumped into a car and roared off into the night.

I could say alot about the following hours . . . the delayed reaction of fear and fright . . . the police coming, the interview . . . but I won't. I want to say instead that I was BLESSED to be unharmed and BLESSED to be so calm and focused. The policemen who came to help were amazed at my calm demeanor and the amazing amount of detail I gave them regarding the whole event. This I attribute to my T'ai Chi Chih practice. Even in the moment when I wondered what the gunman would do next, I felt strong, calm, and centered. I had a fleeting thought that I was very proud of myself, should this be my last moment of life.

So my friends, T'ai Chi Chih is not a "soft form". It is a martial art form as powerful as any hard form because it prepares you mentally for your worst nightmare by teaching you calmness, centeredness and a knowing of who and what you are.



## POETRY

### BEHIND THE PROJECTOR

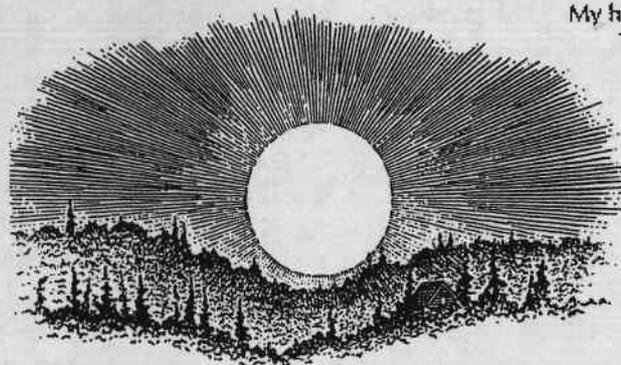
Ralph Garn, *Syracuse, NY*

TCC and meditation time have increased and awareness seems to be 'expanding' ... but it may also be that old habits have given themselves up! Feeling as if I'm 'behind the projector'.

### CRAFTING

Ralph Garn, *Syracuse, NY*

Arms rising gently to the open sky ...  
Painting with movement ...  
The unseen canvas visible to the soul ...  
Shaping a new creation ...  
Chi drawing, guiding where to go ...  
The outline becomes clear ...  
Crafting ...



Driving home  
Everything is done  
My heart is satisfied  
Turning west  
The sun fills the sky  
With burning orange  
Only black silhouettes whispering  
Where once the traffic flowed  
The world is filled  
With bright orange silence  
And I am lifted into the sky  
A curve in the road  
Color returns  
But the silence and peace remain

—Loretta Shiver

## FEATURE

### ADVANCING IN TCC

Steve Ridley

Advanced Tai Chi Chih is realized in degrees by improving our capacity to open properly within each movement pattern while relating mindfully, sensitively in energetic rapport with the practice environment (as an overall, larger movement event in which we have included ourselves).

Each movement pattern represents a certain potential for influencing the internal circulation of

chi, and each space in which we practice contributes a specialized 'energy content' to be accorded with for optimum energetic exchange.

In my view, advancing in Tai Chi Chih is an ongoing process requiring that we continually empty ourselves out in order to be fuller.

In advancing we are being restored to our Original Condition, in uniquely wondrous ways.



*Meditation:*

*To rest  
in the miraculous temple  
above desire impulses,  
being ...*

*- Steve Ridley*

## CALENDAR NOTES

### Announcing the 1995 TCC Conference and Seijaku

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

A Seijaku accreditation course will follow the conference, beginning Sunday afternoon, August 6 and ending Tuesday afternoon, August 8. Thirty teachers who have not taken Seijaku training are needed to make the course possible. Please see the enclosed flier and contact Margaret Manqaneres if you wish to attend.

### Conference Scheduling: Early Input Requested

As the Scheduling Spokesperson for this year's Conference, I would very much appreciate your consideration of the following ideas. From feedback at the '94 Conference, the majority of participants favor having a pre-set agenda for the entire conference. We plan to honor this idea and would like your help in forming the specific agenda.

Please send me your input regarding content and scheduling ideas. Also, if you would like to give a special presentation let me know soon, so we can consider how we might allot time for you. I plan to include the '95 Conference schedule in the summer issue of VFJ, as a preview to the program.

Colorado TCC Teachers are gearing up for the August Conference, practicing in beautiful Washington Park on Justin's birthday.



Thank you for your kind attention and prompt response. Send to: Lia Ridley, 1921 Jasmine St., Denver, CO 80220

### Exploring Meditative Ways Retreat with Steve Ridley

Steve Ridley will lead his "Exploring Meditative Ways" Retreat June 2-4, 1995, at Presentation Center in the Santa Cruz Mountains, Los Gatos, CA. The program runs Friday evening through Sunday noon. Tai Chi Chih teachers and students, advanced meditators, and persons new to Tai Chi Chih and meditation practices will find this weekend enriching and rejuvenating.

Tuition: Overnight plus five meals - \$198. Commuter plus five meals - \$166, Commuter plus one meal - \$138. Deposit (\$100) deadline extended until full. Balance due May 15. Mail check payable to Susan Hudgens, 787 Sweetwater Way, San Jose, CA 95133 (408)926-5664.

### Meditation Retreat with Justin Stone

Justin Stone will lead a meditation retreat April 21-23, 1995, at the Dominican Retreat House, Albuquerque, NM. Participants can choose to arrive the evening of April 20. The cost is \$142.50. Retreat is currently full. To place your name on a waiting list and to be informed of future events, contact Carmen Brocklehurst, 9500 Prospect NE, Albuquerque, NM 87112



## POETRY

### All is Well for Those Who Love

Richard Brier, *Mill Valley, CA*

all is well for those who love  
for those who know  
for those who listen  
for those who pray  
for those who stand in the moment  
for those who search within  
for those who boldly share  
this dynamic emptiness

all is well for those who love  
for then NOW is everything  
for then smiling eyes return  
for then the heart dances vibrantly  
for then hands embrace  
for then silence is warm  
for then sacred and ordinary are no  
different  
for then each breath is blessing only

all is well for those who love  
meaning has become substance  
memory has become alive with vision  
time and space are easily understood  
and life's labors are joyous explorations of  
excellence.  
the clouds of misgiving have dissolved  
and the radiant sun is shining through.  
There are strangers no more, only  
friends  
in a very slight disguise.

all is well for those who love  
the initiation has been passed  
the trance of separation has ceased  
the fear of death has dissolved  
for love and only love is bound  
for eternity's glory.

it is experience and not theory  
it is aliveness and not worry  
it is twinkling brilliance and knows no strain  
it is illumination from within and has no pain  
it is Being recognizing itself.

All is well for those who love  
Candidates for this glory  
are we all.

Robed in softness and  
the power of devotion  
Suddenly, home is found  
And all rejoice.  
The war of sadness has ended  
And again and yet again I say:  
All is well for those who love.



## TEACHERS' ARTICLES & POETRY

### SOFT, SLOW, CIRCULAR AND CONTINUOUS

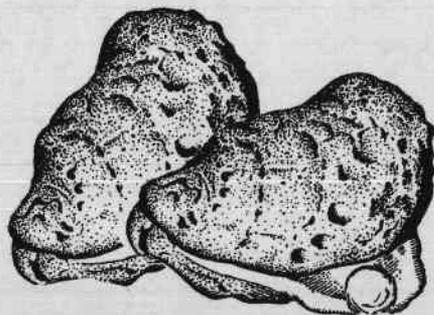
Richard Brier, *Mill Valley, CA*

The above title is the essence of Tai Chi Chih. Softness, slowness, circularity and continuity stimulates the balanced flow of the chi. This balanced flow of the chi is the key to rejuvenation. Rejuvenation is the purpose of Tai Chi in its original form and now in the precious Tai Chi Chih. Each time we practice we improve the intricate internal net of energy flows. And we also improve the relationship between the mind, body, emotions and spirit. Tai Chi Chih is an extraordinarily simple and holistic practice. It is consciousness purifying and refining itself. Our original unstained and unconditioned Consciousness has been stained by the mistaken certainties of conventional reality.

When we practice Joy thru Movement with awareness and the above principles, we become

much quieter. We enter very naturally into an open-eyed meditative state. We let go of thoughts, we practice 'mind-fasting'. In the stillness our conditioning melts away. This is why practice is the very best of all instructors. Your own inner wisdom (prajna!) itself will guide you. And the more we practice, the more in touch we are with this deeper self. Practice is empowerment. As Ralph Waldo Emerson once said, "Do the thing and you will have the power."

Besides the above, the other important principle is to sink and relax at the end of each form, focusing on bubbling spring. Sink and be rooted in the earth. The deeper the roots, the stronger the tree.



### CULTIVATING THE PEARL

Ralph Garn, *Syracuse, NY*

Into the upper chamber . . .  
Breath of life draws fruit for the pearl . . .  
Rounded over the cycles in time . . .  
Sparkling in the center of being . . .  
Life begetting life . . .  
Bursting from the stillness . . .  
Spreading and drawing to its core . . .  
All necessary ingredients . . .  
Growth into Spirit,  
A new beginning!

## NOTES TO TEACHERS

### HINTS FOR SEIJAKU PRACTICE

Ed Altman, Redmond, WA

To gain the greatest benefit from T'ai Chi Chih and Seijaku practice, you must learn to fully express the Yin and Yang aspects of the Chi with balance. This is achieved in Seijaku by focusing on the T'an T'ien, and applying a soft and hard emphasis during each movement. It is important to pay attention to the timing and to perfect exactly when and how much effort should be applied. Many students ask about this, but words cannot convey it completely.

Each movement should begin softly, and without anticipation. Use the principle of "Alignment of Strength" to determine when the shift from soft to hard is appropriate. Do not become tense in advance. As the movement transitions from soft to hard, focus all effort as if trying to slowly pass through an immovable barrier. Do not attempt to "push through" too quickly, but observe the inevitable "give" as slow progress is made. Eventually, as you move beyond the point of opposition, the motion gently returns to softness. Experience this fully. Aahhh.

Try not to expend too much effort with the upper body during Seijaku, or your focus may become distracted. Remember, this is advanced

T'ai Chi Chih; all the same principles apply. T'ai Chi Chih students learn to focus on the legs, move from the waist, and allow the upper body to move as if being blown by a breeze. This is also extremely important in the practice of Seijaku, but difficult to learn.

To emphasize the lower half of the body during Seijaku practice, you may wish to try the following visualization. Imagine you are being held from behind by a stiff rubber band wrapped around your waist. This makes it nearly impossible to shift your weight. In addition, the soles of your feet are stuck to the ground with sticky glue. Picture this clearly. As you shift your weight forward, willfully project the T'an T'ien through the rubber band while your back heel lifts very slowly. Of course, the return is effortless.

The advanced movements of Seijaku require the simultaneous expression of both hard and soft while the waist is twisting considerably. To do this properly, you must reside in the still center of the movement, and remain unattached to both Yin and Yang. This is where the depth of Seijaku's teaching is without limit.

*Editor's Note: Seijaku is the Advanced form of T'ai Chi Chih, and it is only taught orally. These hints are for accredited practitioners only.*



## CONTEMPLATIONS

### Question:

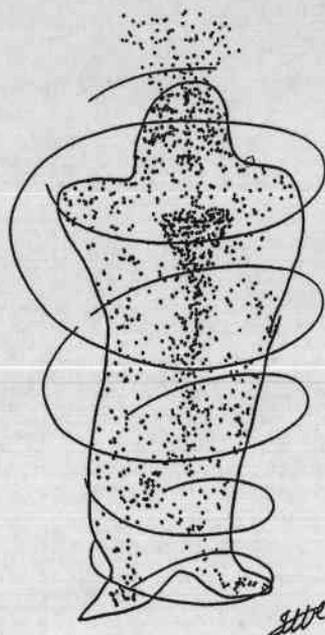
Though we concentrate at the lower tan tien during Tai Chi Chih practice, what about the upper tan tien or "3rd eye" which seems to be favored in the Yogic tradition?

### Response:

Shortly after meeting Justin I had a dream in which I asked him a similar question. I came to Tai Chi Chih after practicing and teaching Hatha and Raja Yoga. Raja ("royal") Yoga is the way of meditation and contemplation on Reality and emphasizes the 3rd eye center as the primary focal point of attention during meditation practice. Because of my combined practice of Tai Chi Chih and Raja Yoga methods, I was curious to know Justin's opinion about the lower and upper tan tiens. His dream response was: "The 3rd eye is the icing on the cake." Later I told him of the dream and he nodded in agreement.

Perhaps this will be a helpful answer or theme for contemplation.

- Steve Ridley



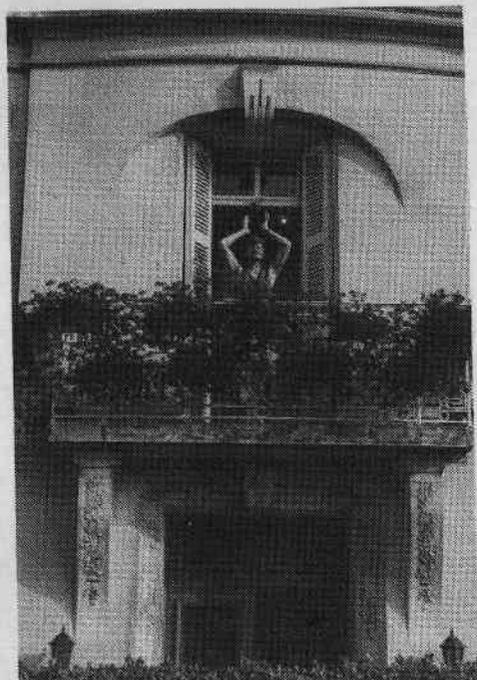
## TCC AND GROWTH

Steve Ridley

Daily practice of Tai Chi Chih is a continual source of stimulation and nourishment toward spiritual growth; a valuable catalyst that keeps practitioners moving toward greater consciousness-functioning.

This promise should inspire regular practice.

## POETRY



### Joyous Breath

Ilse Meyer, *Fremont, CA*

When children skip  
or hang from bars,  
if we should name that,  
the word is *joy*.  
When trumpet vines burst  
into red cascades,  
isn't *joy* the sound  
of their silent blaze?  
When creation spills over  
breathing new Life  
displaying inexhaustible joy:  
    God at play.

### Perpetual Motion

Ilse Meyer, *Fremont, CA*

In me the memory  
of the constant changing of tides  
in measured patterns,  
high / low, cycles of water.  
Steam gathers at the surface.  
Clouds shifting up,  
bearing down on dry land.  
So also the rise and fall  
of my mysterious woman's flow  
with waxing and waning moons.  
And throughout these rhythms  
are rooted in me  
the ever-present roar of the sea.  
steady drums as of falling rains  
and the splashing stir  
of the rolling urge to create.



## TEACHERS' ARTICLES & POETRY

### "Love and do as you please"

Carmen Brocklehurst, Albuquerque, NM

Krishnamurti said, "Love and do as you please." When we teach T'ai Chi Chih, we are teaching people the first steps of love. This doesn't happen because of words, which are so often misunderstood, but rather because of what is experienced inside of the practitioner. The best way to know what is happening with our students is by becoming aware of what has happened to us during our journey with T'ai Chi Chih. Look at how many of us have gotten married since we began T'ai Chi Chih. Look at how many T'ai Chi Chih babies have been born. how many new experiences we have been willing to have! The list of creative endeavors is endless.

How wonderful it is to know that by practicing T'ai Chi Chih for ourselves and sharing it with others, a way has been opened to allow life to fulfill itself. This gives us, as teachers and practitioners, a different and privileged perspective of life, one that seems ordinary to us but extraordinary to others.

When we were very young, we wanted to make a contribution to life, and believed we could make this world a better place to live. Now we find that we do. Perhaps because of our T'ai Chi Chih classes and practice, in our lifetime the world will truly know love. Let your love flow and share the Chi.

*Hearts open  
palms sweat  
or is it sweet?  
Nervous laughter  
greet the feet.*

*Flow on  
Enter worlds  
of now*

*First timid  
stiff  
bravado  
lost*

*empty  
now  
ready*

*soft  
new  
round*

*Movements flow  
heart dances  
new worlds claimed*

*and so we begin  
again.*

*- Carmen Brocklehurst,  
Albuquerque, NM*

## GETTING STARTED

### TEACHING T'AI CHI CHIH: COMMUNITY EDUCATION AND CANCER CENTER

Judith Jones, *Redmond, WA*

On January 3rd, I finished teaching my first T'ai Chi Chih Class since my October, 1994 accreditation. Wow! I knew I would enjoy teaching, but it's even better than expected. Teaching TCC is at times indescribable!

As I teach, I truly feel I am passing on a gift given to me by Justin, Steve, Lynette Topper (my teacher), and the teachers and students who were part of my accreditation class. Thank you! A little bit of each of you is with me when I teach and when I practice.

I taught my first class at the Evergreen Cancer Center (part of Evergreen Hospital, Kirkland, WA) where I work as the Cancer Educator. My 12 students were my colleagues, my volunteers, cancer survivors, and community people. We had lots of laughs as we played with chi together. We had intense moments as we experienced chi together. I was humbled as a T'ai Chi Chih teacher as I experienced their learning. It is incredible to see the blossoming that TCC unfolds!

I am excited as I prepare for my next 8-week beginning class, a monthly intermediate class, and ongoing practices. I am also fortunate - I am teaching through Evergreen Hospital's Community Education and as part of my full-time job. As other teaching opportunities come, I will welcome them. Right now though, it is wonderful to be teaching TCC at the hospital knowing

it is valued by clients, staff, administration and our community

I keep thinking of the wonderful energy that will permeate this healing environment as more and more people at Evergreen know and practice T'ai Chi Chih.

*Remember*

*Judith Jones, Redmond, WA*

*Remember*

*just remember  
and love gently*

*It's all there*

*the wisdom, the knowing  
you so desperately seek,*

*Relax into yourself  
and trust*

*trust the deepest part of you  
that part which is real  
connected  
whole  
eternal*

*Remember*

*just remember*

## GETTING STARTED

### FALL BEGINNINGS

Marc Heeg, *Boulder, CO*

After a busy summer completing my language requirement and practicing for all my concert work this year, driving to Ohio for a wedding, then jumping into high gear with work, I still managed to complete my T'ai Chi Chih teacher's training and certification. I started a class in October and have eight diligent students. It's a whole new experience teaching something quite different than music. It also feels very satisfying to me to have so much physical discipline myself and to share that with other people. It gives me a different kind of confidence. Already I have ten interested people for a winter class and I haven't even done any posters or advertising yet!

#### *From Marc's brochure on T'ai Chi Chih:*

Marc Heeg is a professional concert pianist and teacher who has played throughout the US and western Europe. He has won numerous prizes and awards for his work. Given his energetic lifestyle, Marc has sought peace of mind in less stressful activities. These include gardening, philosophy, mountain hiking, and Zen meditation. And Marc is an accredited T'ai Chi Chih teacher!

T'ai Chi Chih is a disciplined form of twenty prayerful and quiet movements derived from ancient Chinese Taoist philosophy and the self-healing art called *chi gung*. In performing these movements, we are circulating the flow of what the orientals call *chi* (vital energy). Christian nuns practicing this discipline call it "harnessing the God energy." Oriental philosophy believes in a complete circle of life energy which is divided into two relative contrasting energies, *yin* (quiet, enclosing, dark, negative, internalizing power) and *yang* (strong, outgoing, bright, positive, externalizing power). The oriental does not see these two contrasting powers in the same dualistic good versus evil manner as the westerner. Instead, he sees it as a necessary coexistence of the two. They balance one another, merge in and out of one another, and give existential meaning to one another. The movements we practice daily help to balance and channel these energies inside us. As we become centered within ourselves, we become centered within the universe.



## CLASS NEWS & NOTES

**Beverly McFarland, Cedar Crest, NM** writes:

It's the fourth class. I lead them through the T'ai-fies, giving them permission to flail, to groan, to sigh -- but asking that they trust the process. To their astonishment they are soon moving fluidly. The last part of the class is a silent T'ai Chi. I feel them behind me, synchronized, flowing. I turn and bow to them -- their faces are transformed, the faces of children, glowing, eyes glistening, all lines of stress and care erased. We rest in the stillness, in the joy.

I became an accredited teacher in May '94, have graduated several classes, with three in progress and four new ones scheduled. It just gets better and better -- I learn daily from my students and my T'ai Chi Chih practice. I am not the person I was a few years ago -- or even last year. Evolutionary force? I'll say!

**Diana & Richard Daffner, Siesta Key, FL** write:

T'ai Chi Chih classes and beach practice continue. Classes swell during "season" here, and it's always wonderful to see familiar faces from previous winters! The weekly beach practice is free and participants are rewarded with glorious sunsets, dolphin visits and not-to-be missed group energy.

Indoors, students enjoy Diana's recently recorded tape, "Flute for T'ai Chi Meditation". Richard and Diana share both flute and TCC movements as part of local poetry/theater/art/movement/music collaborative presentations!

**Hope Ridley, San Mateo, CA** writes:

Teaching continues to be very nourishing for me. Every class has something special and you can't even compare from year to year about the numbers of students.

My latest challenge is trying to teach a class which has not only young, quick learners but two MS students who need special attention. One can only stand a short time. I try to speak extra to them before or after class to give tips and encouragement but during class I feel it's important to appeal to the agile students, too. Keeps me alert! The variety is what makes teaching so rewarding.

### T'ai Chi for MS

from *New Age Journal* Nov/Dec '94

The 350,000 Americans who suffer from multiple sclerosis (MS) may get new help from a centuries-old source. A study done in conjunction with the National Multiple Sclerosis Society and the American College of Traditional Chinese Medicine found that an eight-week trial practice of the Eastern exercise, T'ai Chi, noticeably increased strength and flexibility in people with MS.



晴  
月  
月  
月

## EVENTS FEEDBACK

### ALBUQUERQUE TEACHER ACCREDITATION NEWS

Loretta Shiver, *Albuquerque, NM*

Nine more wonderful teachers were welcomed into our Tai Chi Chih family in Albuquerque, NM on November 19, 1994. During a week of beautiful work, practice and sharing, Steve gently led the students to find within themselves more light and love than they knew they possessed. Movements smoothed out, became continuous and powerful - and faces glowed! Thank you, Justin, for giving us this wonderful practice; and thank you, Steve, for imparting it so perfectly. We are doubly blessed.



TCC Teacher Training, Albuquerque, NM  
November 1994

### ST. PAUL & MINNEAPOLIS, MN TCC GATHERING

Anita Germain, *White Bear Lake, MN*

A fall gathering of T'ai Chi Chih instructors and students of the St. Paul/Minneapolis areas was held on November 6, 1994 at the Walton League Lodge. We began with a group TCC movement, shared a delicious potluck of homemade food and fruits and then gathered around the fireplace to share our ventures, experiences, teacher accreditations and highlights of our TCC practice and classes. Thanks to Bernice Payle of Brooklyn Park, for calling us together for an invigorating TCC experience!

## TEACHERS WRITE ...

### MAKING NEWS

Barbara Riley, Orinda, CA

(from the Jan.-Feb. 1995 HEALTH 2000 Newsletter)

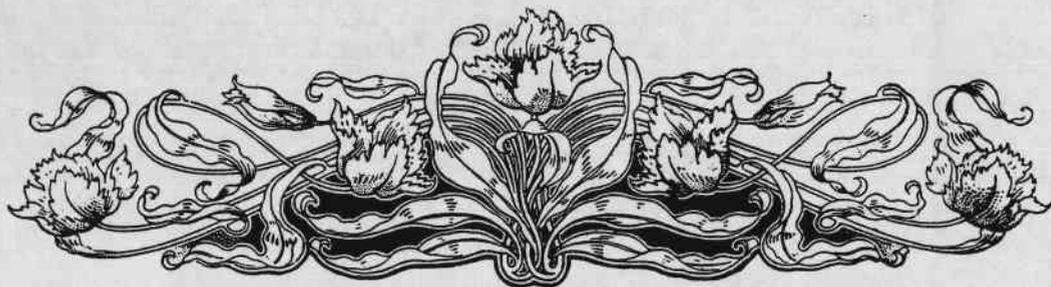
There now seems to be a great interest and curiosity about Tai Chi - what it is and how it works in the body. This form of exercise has been practiced in China for several centuries, and is now rapidly spreading throughout the world, because of its great benefits for health and longevity. A series of slow movements performed with internal concentration help to stimulate, circulate and balance the body's own vital energy, or "chi". This results in increased energy, a gentle workout for the whole body, and a relaxed way to reduce stress. In short, it is a way to maximize one's health.

Tai Chi Chih, a form based on these principles, consists of just twenty movements which are done repetitively, so they are easily learned. Because they are non-martial and non-impact, they are gentle and can be modified for those with physical challenges. Commonly reported bene-

fits of practice include lowering blood pressure, easing of chronic pain from arthritis and other conditions, and improvements in balance, flexibility, coordination and metabolic functions. Benefits are often felt after just a few classes, and with regular practice, great improvements can be achieved.

Because Tai Chi involves the whole person, it affects the mind, body and spirit. Balancing the positive and negative "chi" helps to reduce stress and tension and promotes relaxation, inner peace and serenity. It truly is "meditation in motion".

The eight-week series of classes, open to both beginning and continuing students, are taught by Barbara Riley, who says, "Tai Chi Chih is fun and easy to do, and delivers what it promises - it really works!"

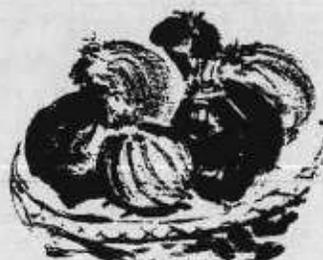


## CONTEMPLATIONS

Devoting deeper attention to our internal life we better understand and appreciate the processes at work in our external world - we more easily, effectively and joyously function.

Our spiritual growth erases the distinction of inner and outer to reveal composite Being.

- Steve Ridley



### **SPIRITUAL GROWTH:**

Peeling an onion layer by layer, we get closer to the center.  
When we finally arrive at the center there is nothing left.  
It requires many tears to reach the center.

- Steve Ridley

## **SPIRITUAL PRACTICE AND KARMA**

All sincerely applied spiritual practice contributes to one's storehouse of good karma - creates an influence for future good to unfold in one's life, because the action and intention involved in spiritual practice flow together in life-affirming, life-empowering ways.

This applies to the cause-effect law which is important to understand, yet one can awaken to function from a superior state of being which is essentially free of karma while fully embracing the relative reality of cause and effect.

- Steve Ridley

THE HUMAN CONDITION

Justin Stone

The Fasting Mind discards as it grows. Wanting to possess nothing, we have everything, as St. John of the Cross pointed out. Retrogressing from the habitual to the spontaneous and from the artificial to the natural, we eventually arrive at our place of origin, the spiritual heart. "Losing a little each day," we stand firm in an inner relationship with sky and earth, relinquishing all and gaining nothing. This is not a prospect that lures the fool. Meditation is hard work and promises no material reward. Introspection is painful, so why do we do it? Because, without finding out who and what we are - manifestly "ourselves" - we do not have a chance. We are like the animal that eats poisonous herbs and throws up, only to eat them again and again. Face the fact that we cause our own suffering. Then the rest is comparatively easy; we change ourselves. We think the thoughts and perform the actions that will reflect what we

want in the future; emptying ourselves, we find a quiet joy within. We make every effort not to make any effort. Basking in the sun, breathing in the wind, we lose sight of gain and loss. Can we do it? Eventually we must do it. If we want an apple tree, we must plant the apple seed. We cannot expect effect without suitable cause. If we want the serenity of untroubled mind, we do not do away with death or trouble - this is impossible. To live is to have worries, and eventually, to die. We change our attitude toward things, empty ourselves of our previous habitual responses, and, cultivating a new soil ground, find it empty and ready for the new seed. This spiritual seed then makes it possible for us to Climb the Joyous Mountain.

- excerpted from *Climb the Joyous Mountain* by Justin Stone

*Why cling  
to that  
which already binds us?*

*Being here  
is sufficient!*

- Steve Ridley

*Many are born  
many also die  
One remains*

*Each must ask what matters.*

- Steve Ridley

## TEACHERS WRITE...

### LENDING LIBRARY OF TCC MATERIALS

Noel Altman, *Redmond, WA*

Teachers: Whether or not you sell Justin's and Steve's books, cassette tapes, video tapes, etc., you may want to consider starting a T'ai Chi Chih lending library for your students.

It's a good way for students to investigate the materials at their leisure. We usually "check out" a book to a student for a week or two, within the time frame of a current course.

In my experience, students are grateful to have this opportunity. If they are then interested in buying an item, we give them a copy of an order form and let them handle it. (Those of you who sell materials could then make a sale.)

Providing this service may or may not increase sales, but it will increase the number of students who have read, listened to, or watched Justin's and Steve's materials.



### TCC SURVEY FINDING

Christeen McLain and Jean Katus asked some of their students, chosen at random, to complete a questionnaire relating to their practice. The questionnaire was designed by Jack Barden, statistician and T'ai Chi Chih advocate. Anyone who wants a copy of the report can send a stamped, self-addressed envelope to Jean Katus at P.O. Box 438, Fort Yates, ND 58538, and she will send it to you.

Some of the questions deal with reasons for taking T'ai Chi Chih; regularity of personal

practice; reasons - if it has - for practice having fallen off; comments on medical, weight, mental, spiritual, and/or emotional challenges. As far as we know, it is the only study of this kind to have been completed.

A postscript: this is a different questionnaire from the one teachers were asked to complete in 1991. Look for information in future issues of *The Vital Force* to indicate when that report will be available.

## POETRY

### Views From Inside Looking Out

Virginia Shilson, *Albuquerque, NM*

The massive clouds  
appear to be still,  
yet filled with strength and power,  
as if they are gathering their forces  
in preparation for a major attack.

A galaxy of crystal raindrops  
in random order  
bedeck my window pane.

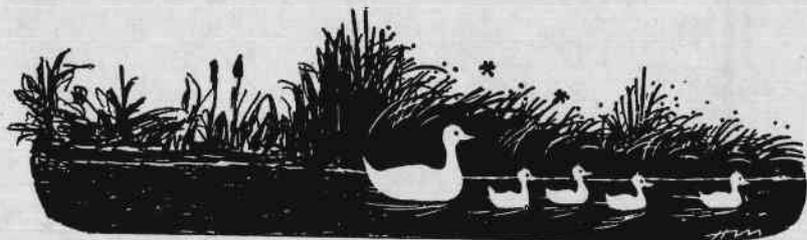
Glorious, glorious rain,  
I see you not as a farmer does,  
happy for his crops and income;  
I see you not as a child does,  
a gentle friend with whom to  
play and splash about.  
I see you as my soul mate,  
that part of me that roars thunderously,  
when nature tells me it is time to roar;  
that part of me that cries universal tears,  
tears that long to wash away  
the sorrows of all mankind;  
that part of me that enjoys the mystery  
of life,  
the mystery lying behind the veil of tears  
where the sunshine awaits;  
that part of me which is all water everywhere,  
lake water + rain water = one water;  
there is no distinction--  
me, you, it are one and the same  
dance of the rain.

Things are quietening now.  
The great choreographer in the sky  
has instructed the tall pines  
to cease their rain dance;  
He has repositioned the clouds  
showing occasional patches of blue  
offering the viewer fresh hope  
and reassurance;  
the far shoreline is clearly visible.

The mother duck and her four little ones  
are back in the lake;  
the sun is beginning to appear  
through the clouds;  
all is right with the world.

Darkness moves in on tip toes;  
Not furtively, simply quietly,  
unobtrusively;  
one does not notice darkness taking over,  
one notices it *has* taken over.  
Day is done.

*from Poetic Views by Virginia Shilson*





from **GOOD KARMA PUBLISHING**

P.O. Box 511, Ft. Yates, ND 58538

Jean Katus, Publisher

## Additional Uses for Video

The Justin Stone video is a great enhancement for reinforcing the definitive way the originator moves with Tai Chi Chih. Many teachers find that their students want to purchase their own copies so they can have a "practice partner" when they're practicing on their own, outside of class. Some other uses have been brought to our attention.

The video can be used with a class that performs the movements mostly from a sitting position. It can help sharpen the students' awareness of some of the finer points. (See "Teaching a Scated TCC Class" by Patricia Bough, VFJ Dec. 1994 issue.)

Some teachers ask their sponsor or class site to buy a copy of the video for individual or group practices in addition to the regularly scheduled class times with the instructor. Such additional practice is especially useful when one teaches on a weekly basis in such sites as government or corporate offices, health clubs, college community education programs, senior centers, etc. It allows students who want to take advantage of the option for more practice between face-to-face class times with their teacher.

One instructor who travels a few hundred miles to class teaches some of the movements in a four-hour session. The program director for the class then uses the video on a twice-weekly basis for students to learn whatever movements were not taught in the first session and to practice the ones they know. The teacher returns to the site a couple of months later for another four-hour

session to review any problem areas and practice all the moves so participants are totally comfortable in knowing the form well when they leave the class.

## Price Changes

The price list/order form (enclosed) indicates new prices for a few of our items. Meditation for Healing is now \$12.95, a small increase for this very popular book that contains a wealth of information. We have experienced price increases on the duplication of some of the cassette tapes. Each of the following now sells for \$10.95: "The Serene Nature," Justin Stone's keyboard music containing two pieces specifically written for Tai Chi Chih practice; "Elevation Music," electronic and nature sounds by Lar Caughlan; and "Emblissening Music," harp music by Joel Andrews.

## New Shipping Chart

Also on the price list/order form is a new shipping chart. Everyone is aware of the postal department raising their rates quite significantly. We have, however, kept our price raise to as minimal a level as possible. (The price changes and new shipping chart supplant the information in the catalog.) Our shipping fees still remain among the least expensive of any mail order business. Our intent is to operate with as much "teh" (inner sincerity) in our business as we can, an extension of the Tai Chi Chih spirit.

A recent comment from one of our non-TCC teacher customers was, "I am deeply touched by your caring business."

## CONTACTS FOR TCC

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

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

ND, Ft. Yates	Jean Katus	701/854-7459
ND, Fargo	Christeen McLain	701/232-5579
NM, Albuquerque	Carmen Brocklehurst	505/299-0562
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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

### TEACHER DIRECTORY REFERRALS

A copy of the TCC Teachers' Directory is 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 directory by sending \$5.00 to: The Vital Force, 1477 - 155th Avenue, San Leandro, CA 94578.

Consult VFJ 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 619/441-1165  
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 Garr, Syracuse, NY (315/478-0843)  
Joan Torrance, Beaverton, OR 503/579-8451

## OPERATIONS & SUBSCRIPTION FORM

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copy desired. Back issues are available for 1991,  
1992, 1993 and 1994 at \$10 per year.

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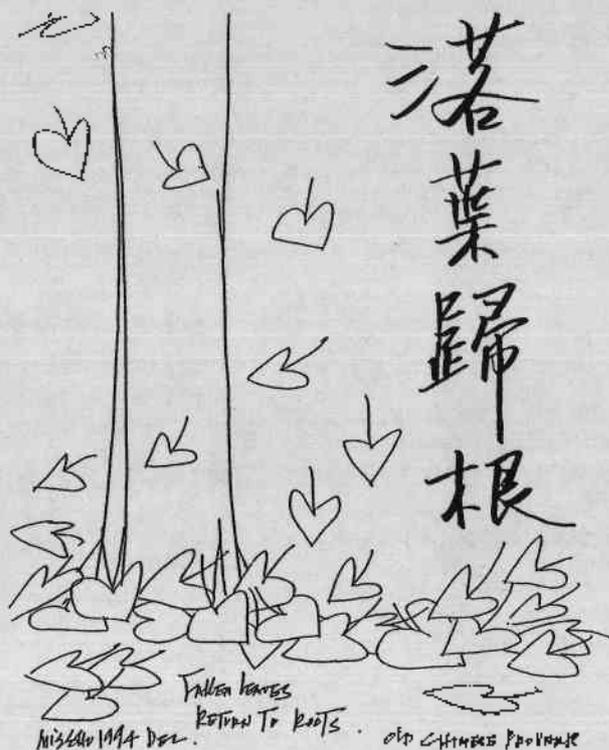
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*Dramas arise and expire  
within the cosmic theatre*

*Old leaves become new  
and the circle begins  
And the circle begins ...*

*- Steve Ridley*

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