



# THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 12, No. 2

Summer Solstice

June 1995

## TRUE T'AI CHI CHIH PRACTICE

Justin Stone

Zuigan was a Zen Master who was famous for the admonitions he gave himself each day, ending with "Don't be misled by others," to which he answered, "Yes sir! Yes sir!"

More interesting to me is his comment that, upon experiencing his great enlightenment, he was astonished to find that he was completely dead to himself. That is he no longer had any interest in the personality called "Zuigan." He might have added that he now saw all others as himself. This reminds one of Hakuin's statement that, "After this, seeing the things of the world is like viewing the back of my own hand."

This is a tremendous realization. In truth, no one has experienced realization; there is simply enlightenment, our original status. This also reminds us of the Tai Chi Chih experience that "No-one is doing Tai Chi Chih; Tai Chi Chih

is doing Tai Chi Chih." Do you see the resemblance, and, if so, does it point out the potential for enlightenment in true Tai Chi Chih practice?

It is said that, when Ramakrishna was riding in a horse and buggy, the driver cruelly whipped the horse, and bleeding scars appeared on Ramakrishna's back.

To one who is taken with his or her own suffering and with a total preoccupation with self, this is hard to understand. But, John Donne said, "Do not ask for whom the bell tolls; it tolls for thee." Here was a man far along the way in Evolution.

Think about Zuigan's statement. Had he lost something? Or had he gained something of inestimable merit? You be the judge.

Practicing, practicing...  
each day we release a bit more,  
returning to nothing: everything  
- Steve Ridley

*Justin Stone is the Originator of Tai Chi Chih! Joy Thru Movement.  
Steve Ridley is the Appointed Head of Tai Chi Chih.*

*This journal is dedicated to Tai Chi Chih teachers and practitioners worldwide.  
May it serve you in "Knowing the Real."*

## Reflections...Along the Way

A grace-filled communion  
with brightly lit beings  
formed wavelike exchanges  
carrying forward  
new meaning in loving.  
Watching struggles release, it seemed  
new fields had called for cultivation.  
Drawing back, the familiar vastness points  
to no garden soiled, in need of tilling.  
What then to do? Seeing what is done.  
Absorbing sun, imbibing rain  
Aware, the soul sustained  
Continually nourishing Now.

- - - - -

The art of teaching is loving.  
Teachings are acts of love.

- - - - -

Upon receiving the valuable impact of a recent teacher accreditation week, each opportunity to join collectively in TCC is highly encouraged! Class sharing with students...visiting trainings...companionate conference gatherings...personal/universal participation...shine clearly as invitations to embrace...

All flowing in the current of Life!

S

Elizabeth Salada  
for *The Vital Force*

from *Tao Te Ching*, chapter 10 and 11,  
translation by Stephen Mitchell:

Can you coax your mind from its wandering  
and keep to the original oneness?  
Can you let your body become  
supple as a newborn child's?  
Can you cleanse your inner vision  
until you see nothing but the light?  
Can you love people and lead them  
without imposing your will?  
Can you deal with the most vital matters  
by letting events take their course?  
Can you step back from your own mind  
and thus understand all things?

Giving birth and nourishing  
having without possessing,  
acting with no expectations,  
leading and not trying to control:  
this is the supreme virtue.

- - - - -

We join spokes together in a wheel,  
but it is the center hole  
that makes the wagon move.

We shape clay into a pot,  
but it is the emptiness inside  
that holds whatever we want.

We hammer wood for a house,  
but it is the inner space  
that makes it livable.

We work with being,  
but non-being is what we use.

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## READERS COMMENTARY



I am writing to express my gratitude for all the many hours of dedication and work you have shared for our Tai Chi Chih family. We have met and shared at teach conferences. However, I have been a teacher since may of 1990 and have always appreciated your contributions to *The Vital Force* and felt it was time to let you know. So, from my heart to yours--thanks for a job "well done". I look forward to seeing you in Denver.

Meara Joy Norice, *Burlington, VT*

I continue to enjoy *The Vital Force* ..you do such a fine job on layouts and designs and inclusion of articles and clear information. Thanks!

Marian Massman, *LaCrosse, WI*

Thank you all for your efforts in producing another good issue of *VF Journal* - the best organized yet, I feel.

Steve Ridley, *Denver, CO*

So many useful ideas are given in the *VFJ*! The collections of responses on defined subjects from various teachers is a delight to read. I also enjoy the array of creativity expressing itself in many forms. There are always names of people I don't know, and hope to meet at the Denver Conference. I wish that every teacher undecided about going to the Conference had a teacher-friend to open the understanding of how important attending the Conference is (as I did when I first was accredited). It is where we learn from Justin and Steve, directly, and where we can refine and correct the Tai Chi Chih movements,

and where we connect with teachers/friends and share our growth.

Connie Hyde, *Cedar Crest, NM*

Thank you, each one, for the wonderful contribution you share in editing, collecting, organizing and distributing this important link that bonds us together across the miles.

Each issue becomes surprisingly better than the last! How can that be true? I am re-reading articles, underlining quotes and being nurtured by the contents. The poetry of these beautiful tai chi teachers is always touching. It feels good to be involved with such a healthy and purposeful resource in these days of stress and turmoil.

I look forward to seeing many of you at the Denver Conference.

Love and blessings,

Meara Joy Norice, *Burlington, VT*

The new format for *The Vital Force* is outstanding--kudos' to all of you who had a hand in it. Here's a little ditty you may want to put into the Journal.

I hope this brings forth a few smiles.

Love and peace,

Carol Glnski, *Jacksonville, FL*

Thank you so much for the complimentary Spring Equinox issue of *The Vital Force*. It's a beautiful journal and I really enjoyed it during my stay in North Dakota. I look forward to future issues and hope to contribute as well!

Mary Anna Paul, *Houston, TX*

## **NOTES TO TEACHERS**

### **TEACHER OBLIGATIONS**

Steve Ridley

It seems to me that as Tai Chi Chih teachers we have two primary responsibilities:

- 1) to continually cultivate our own practice, and
- 2) to impart instruction to those attracted, as clearly as we are able.

Though we encourage students to practice regularly, we teach in the spirit of unconditional service, allowing them to choose how they might utilize what is freely given.

### ***Shouldisms***

must persist

until re-Awakening  
as the complete spiritual Heart.

-Steve Ridley

### **GROUP PRACTICE IDEA**

Steve Ridley

To help facilitate unity among class members,  
begin and conclude each session  
by forming an inward facing group circle,  
and enjoy 18-36 rounds (or more) of Rocking Motion.

## FEATURES

### A GREAT BONUS

Justin Stone

Zen practice, no matter what you hear, is aimed at having you realize your own true nature. When you suddenly find out Who and What you are, it is a big surprise. On having this experience, the Zen master Hakuin said, "After this, seeing things of the world is like seeing the back of my own hand." Zen proposed to do this through controlling and purifying the mind--cleaning out the Eighth Consciousness, the Alaya Vijnana. (Alaya means "receptacle," as in Himalaya, receptacle of snow. Vijnana is "consciousness.") This usually takes long and arduous work, often to the exclusion of other things, as the mind becomes one-pointed through such discipline as the Koan practice. Tai Chi Chih works from the other end, not from Mind

but from the Chi, which affects the Mind, just as the Mind affects the Chi. But Tai Chi Chih also affects the health, through circulation and balancing of the Chi--this is the great bonus. It does not require giving up anything. I wish I could get Zen monks and Masters to do Tai Chi Chih; most of those I know suffer stomach ailments from poor, soft food and from long periods of sitting without compensating periods of stimulating the Chi ("Ki" in Japanese, "Prana" in Sanskrit). So you can reach the same result through difficult mind control in Zen or through easy Tai Chi Chih practice working with the Chi. This is possible because of the reciprocal relationship of Mind and Chi, a little known fact of great importance.

### A COMMON PROBLEM

Justin Stone

Zen books are popular reading, and bookstores are full of new ones constantly coming out. These are usually written by scholars, psychologists, etc., who have not practised or have not realized anything. They take standard works of Zen, such as the "Mumonkan" or "Hekiganyoku," that have well-known "cases"--dialogues or commentaries on historical incidents--and rewrite them or state them and then give commentaries. Sometimes the writers are merely translators, without the Buddhist knowledge or experience to know what the words mean, and words change meaning according to context. For instance, how can you define the

word "spring" without knowing the context in which it is used?

Readers of these books, nibbling the delicious candy, fail to realize that the "cases" being cited, and the talks being quoted, were all formed for the benefit of monks--renunciates who are devoting their entire lives to Zen practice. Then the readers, who may be professional men and women with children and loving spouses, try to apply the lessons to themselves. Are they supposed to strip their lives of love and joy to fulfill an ideal stated in a book for monks? It would be impossible and not at all advisable.

## CONTEMPLATIONS

### OVERVIEW

Every human being is a creation of the cosmos - pure consciousness -  
in the form of male energy and female energy.

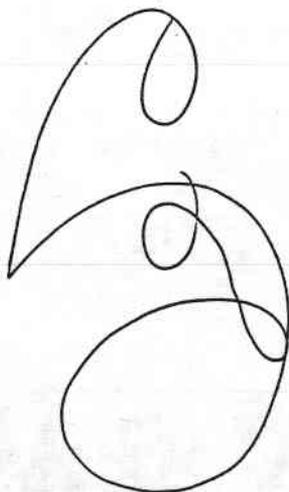
Dr. Vasant Lad  
*Yoga International Magazine*  
March/April 1995

Each living being is essentially Free Consciousness,  
temporarily visiting an identity or specialized viewpoint oriented in form.

-Steve Ridley

Free-Consciousness assumes an individualized point of view,  
which becomes all consuming. This is the crux of our dilemma.

-Yogi Pranananda



Tied to the lower world  
reaching for a higher way  
while the same Self observes  
the play.

-Steve Ridley

## TEACHERS WRITE

### TOWARD GROWTH

S. Francis A. Kay  
Little Falls, MN

Nothing is, except - the NOW. To be present to the moment is really living qualitatively, and T'ai Chi Chih is my force in striving toward this value. The more I practice, the more I am finding it possible. My past experiences are - me. The future enfolds itself more quietly for my spontaneous, intense personality can bring disharmony. I am becoming more in tune with Reality. My God is. I am.

To concentrate on the energy generated between the palms of my hands as they face each other, is powerful. The hands pass continually by the t'an tien, and all is magnified, breathing the energy through my chakras, radiating throughout my body - and beyond. This does not distract from my feet, which connects all with the Earth. Somehow energy is unified in the t'an tien where it resides, and flows out. Quite awesome.

Today is Earth Day, and doing T'ai Chi Chih in the open is oneness with the All, who is all. Today is also my seventh anniversary in being a part of the T'ai Chi Chih family, for in 1988 Justin certified me. It was a blessed day, and with my dear group, Steve, and the teachers present, we gratefully joyed together.

I was able to bring T'ai Chi Chih to our Residential Wholistic Growth Resources Program, where a number of our participants have been certified over the years. From W.G.R. we have not only teachers in over nine states, but also in Guam, Canada and Ireland...and our family grows.

Thank you dear Justin, for your wisdom in stimulating us by your insightful creativity. You continue to share your depths through your books, lectures, articles and tapes, and now, in that special print. It is meaningful, so lovely, and I bless you.

Congratulations to *The Vital Force* staff; they bring us information and encouragement, and the publication, where Justin, Steve and the "family" share, is excellent... I look forward to centering with you all in T'ai Chi Chih (and Seijaku) in Denver, CO in August.

May the God of all Goodness bring us safely together in the peace of open hospitality.

### SOMETHING NEW!

KNME, the PBS station in Albuquerque, which produced the T'ai Chi Chih video show with Carmen and Justin that is now airing around the country, has decided to produce a new video using the interviews with Carmen and Justin as done in

the original video. The compilation of the interviews should be ready by late July or by the time of the August Conference. The number at KNME is 1-800-328-5663 where you can place an order for the video. The cost will be about \$29.95

## TEACHERS WRITE

### SOUL FOOD

Virginia Shilson, Albuquerque, NM

Deciding the Saturday Morning Guided Practice Session would be an excellent time for me to get together with some of my student/friends, I made the necessary phone calls, and was delighted when all seven persons responded, "Yes, I would love to attend the practice session, then go to your home for a potluck lunch." How perfect!

There were times Friday evening and early Saturday morning, while I was hustling to get everything in order, when I asked myself, "Why do I do these things? Why do I make extra work for myself?" The answer was to be made clear to me.

Saturday afternoon, after the practice, sitting around the dining room table with my student/friends, I listened as they talked, joked and laughed together in a relaxed manner. It was obvious their appetite was for companionship and conversation. Food for the soul was more important to them than food for the body. As I watched and listened, I silently reflected, "This is why I do it, and it is so beautiful. Thank you, T'ai Chi Chih. You, too work in wondrous ways."

And a big THANK YOU to Jan Arrott, leader of the group practice. She handled the situation of a room filled to capacity with T'ai Chi Chih persons in a calm, competent manner.



the bird's song is heard in my heart  
silently I respond from my heart

- Virginia Shilson

## THE ART OF TEACHING

### A SENSE OF WHOLENESS Loretta Shiver, Albuquerque NM

I taught my last class of the 8-session course the other day. It occurred to me that the last class is like the first class: joyous and motivating. Each time I begin a new class I am thrilled to go back and know again: what is this practice that we do? Why do we continue? What is rocking motion? How do you begin? I love to go back to the very basis of our practice and learn it again. The very best learning is done through teaching. Each week it builds up, piece by piece, movement by movement. Until, at last, you've taught them all. And now it's the last class. You answer questions and clarify moves, then you

begin and lead the students all the way through from beginning to end, for the first and last time. For me, the sense of completion and wholeness is overwhelming. Everyone is beaming. Then we sit and follow up with Steve's meditation tape to introduce the students to the method and to help them to integrate easily all the Chi they just generated. Finally I send them home glowing and filled with love. And of course, it's the same for me: I'm smiling from the inside out.

Greetings to all! I guess I'll be starting a new class soon!

## DEDICATION

"By the power and the truth of this practice, may all beings have happiness, and the causes of happiness,

May all be free from sorrow, and the causes of sorrow,

May all never be separated from the sacred happiness which is sorrowless,

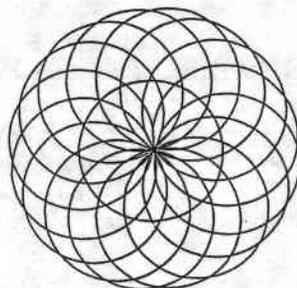
And may all live in equanimity, without too much attachment and without too much aversion,

And live believing in the equality of all that lives."

*The above closing, read after practice in a Buddhist Meditation Group, was shared by Sandy McAlister, Hayward, CA.*



## CONTEMPLATIONS



### The ONE and the MANY Steve Ridley

Student: Teacher, what is this life?

Teacher: Change is constant. There is no essential change.

All is Energy  
resonating *responsively*  
in perpetual transition

Flowing within change  
is the essence  
of Tai Chi Chih

-Steve Ridley

The secret which brings fulfillment and freedom:

Whatever arises  
love and bless it.

-Steve Ridley

The basis of chi is cosmic love.

-Steve Ridley

## **MORE TCC EXPERIENCES**

### **NEW CONFIDENCE** **Rich Axline, Lompoc, CA**

I was accredited in San Diego, CA in October 1994. I am now teaching my second class. I do feel confident about how I teach the TCC movements. But it has been a challenge for me to do presentations.

I have grown and feel more confident about getting up in front of people now, but I feel that I don't know enough to be a dynamic speaker. To really turn people on to TCC. To let them know their good comes from within themselves not from outside of them.

TCC for me is wonderful. I don't have to think much. I can tune the world out and let go and let the CHI be so I can be the real me. The true me. I consider myself to be just a simple man. Maybe that's why I like TCC so well - because it is so simple to do and so peaceful.

In my very first class we had a fantastic demonstration on how the Chi is working. A student came to class with a problem with her

back. I noticed when she came in that she was having difficulty in walking. I asked her if she was all right. She said she was fine and that she was not going to miss any of this class for any reason. She said she had hurt her back earlier and she was in a great deal of pain. So I told her not to push herself or overdo. If she got tired, just stop and sit down. (Besides the Chi won't flow properly.)

We continued and I didn't think anymore about her pain. After class was over she came up to me and said, "Rich, my back is better. All of the pain went away." She felt so much better I had her share her experience with the class.

Then another lady in the class said that she had come to class with a hurt leg and her pain went away also. She said that she had forgotten about the pain in her leg until Marilyn mentioned her back pain going away. She was happy and surprised that TCC works.



### TCC Principle

Economize, yet be plentiful in your efficiency.

-Steve Ridley

SEIZING SERENITY  
Anne Doering, Albuquerque, NM

If I do anything strange, like stop or move in an unpredictable way during practice, don't be alarmed." This student's comment brought on an aura of impending danger, disrupting the small class of two other students and two teachers.

When I experienced a mild seizure during the second session of our class, my spoken instructions and movements stopped, my eyes closed, and I rested my head to one side momentarily. Upon returning from this "absence," my thoughts were scattered and out of focus. Where did we leave off? What movement were we on? Fortunately, it took less than a minute to clear my thinking. I appreciated that Barbara was teaching with me--to be present in case of just such an interruption.

During teacher training, my presentation dealt with how I manage seizures during practice. It became my resolve to bring the serenity of T'ai Chi Chih to others with similar experiences. So after a sales pitch to my epilepsy support group, who should sign up for class but the leader herself! Louise, being a very speedy personality, finds that she loves T'ai Chi Chih and enjoys how its practice calms her down. We both ride home from class with Barbara, since it is unsafe for those of us who have seizures to drive.

Week eight of class rolls around all too soon. Team teaching has worked out well, allowing for a front and side or back view of each movement to be demonstrated concurrently. Now it turns out to be Louise's turn to show us her type of

seizure. Her comment was, "We never get to see our own seizures. Just those of others. And each person's are different." I was leading the early movements when Louise offered her warning. She could feel a seizure coming on. Standing face to face with her, I saw her whole body tense and begin to collapse. She was about to hit her head on objects behind her, but I caught her just in time and guided her safely down to the floor. After a short struggle, she relaxed, rested her head in my lap, turned to the side, and kicked the wall.

Where is the chi during a seizure? I was frightened and yet curious to see someone else through this "storm." Louise was unharmed, but dazed. It took some ten minutes of darting around the bookstore (our host for the class) for her to calm down and to recognize her surroundings again. We rejoined the others to finish the final practice and say our good-byes.

Thanks to the Serenity Shop for providing our classroom space and for being understanding about those of us who suddenly "seize up" and lose our bearings. T'ai Chi Chih helps us to ground again, to calm down, and to find our center.

Thanks to Justin for this joyous way to guide our healing. My student, Barbara, and I have experienced "serenity in the midst of activity."

Thanks to Barbara for sharing this teaching/learning experience of "joy in the heart, joy in the mind, joy in the soul."

## POETRY

The Rhyming Side of Chi  
Carol Gliniski, Jacksonville, FL

As I practice Tai Chi every day  
seems like everything's going my way.  
My students love classes and show up in masses  
the mutual love we convey.

One student found relief from her joint pain  
another found deeper religion  
Still another felt fine  
when he straightened his spine  
says it cured him from being a curmudgeon.

While reading my Journal I've found  
inspiring proses abound.  
Thought I'd send my submission  
of grand composition  
but my pen simply circles around.

Think I, "Be like Justin and Steve  
Inspirational thoughts they conceive.  
Listen with prudence  
what you say to your students  
and surrender to Chi and believe."

So to Tai Chi Chih practice I go  
for creative juices to flow.  
Thoughts turn on a dime,  
but they all seem to rhyme.  
It won't fit in the Journal I know.

Then I thought do I have to be elegant?  
Do I have to be solemn and kind?  
Who says there's a law that humor's a flaw  
when channeling Chi through your mind?

So I guess I just have to be me.  
And using a different parameter,  
here's a rhyme for your journal  
from the CHI that's eternal  
in a phrase of iambic pentameter.



Sasha Gliniski---sharing Hakuin's experience?  
" Seeing things of the world is like  
seeing the back of my own hands!"

## TEACHER ARTICLES

### DISCIPLINE = LIFE

Carmen Brocklehurst, Albuquerque, NM

There are those who live behind closed doors, glazed eyes and hardened hearts, waiting, wanting a way to express themselves to other human beings. They never really look at the beauty and wonder of life around them, never finding the acceptance that they came to this life to experience. Tai Chi Chih practitioners have a different way of experiencing, seeing and feeling life. As one young lady stated, "You wouldn't think that these simple movements could make such a difference, but THEY DO." Enough of a difference so that she found herself practicing discipline, which is not something we usually give youth credit for doing. The discipline of doing her practice every day, the discipline of coming to class every week, the discipline of speaking up, when she is usually too shy to talk, to state something that she feels strongly about.

Some of you who are long time practitioners of Tai Chi Chih can probably be heard saying, "And this is just the beginning." And it is, as we have found, and are grateful that it is so. This discipline, though it begins in a simple way, goes on to touch our lives in our relationships. We find ourselves more willing to try to work things out, rather than running away or trying to have peace at any price, including our integrity. When discipline touches our jobs, we learn that a job is not just for making a living, but a way of being of service to our community and our fellow man. Discipline in our finances is something that we are all trying to learn. Even at a national level, we have found that greed and delusion can be disastrous. There are many reasons for doing Tai Chi Chih, but the first steps of discipline seem to be a pretty good place to start.

### SELF-DEFENSE

Carmen Brocklehurst, Albuquerque, NM

A student asked if he would be able to defend himself if he learned Tai Chi Chih. I told him that the purpose of Tai Chi Chih was to help us go within, not to push us farther away from ourselves. He then said, "I've always been attracted to Tai Chi Ch'uan. I like the idea of the martial arts and being able to take care of myself." It was now becoming strongly apparent to me that this person had never experienced the true strength that comes from that quiet place inside. I told him of the Chinese saying, "I can defend you against your enemies, but who will defend you against yourself?" His comment then was, "Oh, Tai

Chi Chih isn't about fighting and outside stuff. It's more about being peaceful inside so I won't need to fight with anyone." Pleased, I answered, "Yes, this is the experience that many Tai Chi Chih practitioners have."

In the Nei Kung (page 45 of *Meditation for Healing*), a simple question is asked: "What is the shape of my original face?" Do we know? Tai Chi Chih can open the path to the answer. As Hakuin said, after his great enlightenment, "After this, looking at the world was like seeing the back of my own hand." For those that practice, Tai Chi Chih can be the best form of self defense.

## TEACHER ARTICLE

### WHAT IS LIFE (a story) Richard Brier, Mill Valley, CA

Again he walked deep into the forest, carrying nothing, mind on fire, heart beating perfectly, posture upright and relaxed, with a warm inner glow pervading his limbs. He loved to wander, wonder, meander, stroll, walk consciously, breathe deeply and allow himself to visit the obvious vastness. He didn't like to talk on these mini-pilgrimages, they were his daily visits to his own Mecca, and were pathways to the present paradise which preoccupation with trifles sabotages. He was a mystic monk in modern clothing-genes with a sweatshirt on for warmth from the very early morning chill. And he constantly felt a strange joy, the bliss of freedom, as he walked alone with the company only of the morning light and the wondrous trees, standing in a liquefied way at the birth of a new day. He recalled Plato defining philosophy as the love of wisdom and the endless wonder regarding the miracle and mystery which we so complacently call "another day." He was proud to be a writer, a lover, and a teacher. He wrote every day, unfolding his own inner song. He loved every day, as best he could. And he could. He taught every day, and he taught only one thing: the perfection. What is the perfection? What is life? What is mind? What is the greatest of all blessings? What is divine dancing? What is ecstatic delight?

The perfection is all this and more, he thought, for it is infinite, unlimited, unbound ever-new bliss. It is the moment, this moment, each moment. He smiled inwardly as he realized that the perfection can only be known intuitively; it

cannot be known intellectually. He no longer tried to convince anyone of all of this: he would simply teach these ageless movements in silence and everyone of his students would feel something unique happening. And they would watch him very closely and something extraordinary would occur. They would taste, if he was there, a honeyed perfect dew drop of what he liked to call paradise consciousness, or the True Home of us all. And many came to his classes for years, for no where else could they feel such perfection.

The perfection was simply that all dwelled in the present moment, in the natural rhythm of ambition-less movement. And the present is paradise, the garden of Allah, the meadow of lovers, where resurrection is constant and smiling eyes are seen wherever one might look. And so the years went by, and still he loved walks, and still he loved his great lady, and still he taught to ever-increasing numbers of spiritually-starved humans. His movements became more and more refined, more and more light-filled, watching him practice was a lesson in instantaneous stillness and dynamic transparency. He was now 100 years old and looked 70, whatever that means. His wife was 96 1/2 and their outrageous old cat was 63 years old! Believe it, believe it all, for with radiant love, mystical movement and divine blessings all is possible and miracles are the order of the day! Perhaps I have exaggerated, but there is a method to it. Life itself is the miraculous made ordinary by the simple and  
(cont. →)

## What is Life? (cont.)

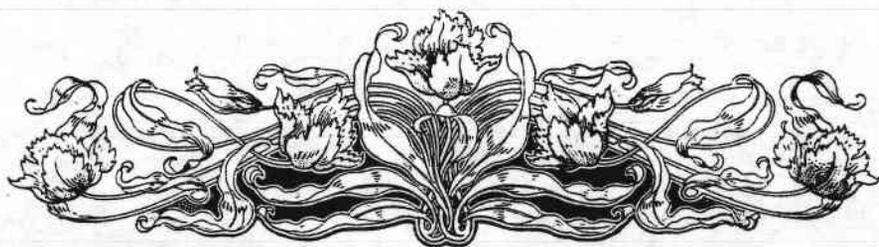
apparent repetition of events. Know that this man had made his chi, his vital force, an alchemical potion which kept him vital and extremely wise. It had awakened dormant faculties in his body and mind which had

transmuted his body into the famous diamond body of Chinese mystical lore. It is also called the body of light in many esoteric schools. It is the constant influx of the holy spirit into the temple of the human body. It is also called transubstantiation, a fabulous word with an ever more fabulous meaning. Matter, the body, is softened, stretched, enspirited with the subtle energy. The concrete becomes loosed and is filled with cosmic energy. It absorbs the light, warmth and wisdom of the sun. Yes, the Sun is very wise and constantly gives light, as we all know. And the inner Sun awakes and glows.

And so our hero had used his mind and body as a laboratory, exploring this magical elixir called chi. His method was simple and constant repetition, with strong visualization to empower himself and transcend the limited beliefs so inherent in conventional thinking and the conditioning process. He knew that nothing great can ever be achieved without enthusiasm.

His practices were works of art, high art, done with sensitivity and devotion.

He, his wife and his cat were legends in their home town and their presence was requested everywhere. But they preferred the quiet life, the beauty of nature, and their love above all else. They would sit on their porch, looking out into a beautiful Oak Grove and watch the magic of nature unfold before their eyes. And their cat would sit on her lap as they held hands and rocked on this chair. They would sit quietly for hours at a time and then speak to one another very softly, intimately with a tenderness known only to those who have spent many years softening the hard edges of their minds. They had always been lovers, ever since they had met many, many years ago at a dance. They, and their cat, were as inseparable as the sky and the stars. They had written many books, traveled to many exotic places, and enjoyed the fabulous gift of life. And they had shared and really known only one thing: the perfection. Since it was always present, it wasn't difficult to find. That's where they lived and that's what they taught. Only NOW satisfied, for only NOW is whole, perfect, complete, and entire. They walked in immortality NOW. And so did their cat!



## **SOUNDINGS**

The Reality and the Realizer are not two.

- Ho Hu Tzu

Arriving at  
Being nothing  
(which is everything)  
Requires considerable work.

-Ho Hu Tzu

Even those who move in opposition to Tao, the Way,  
are an integral part of It.

-Ho Hu Tzu

Proper alignment-integration is the foundation of balance-harmony.

-Ho Hu Tzu

## SEIJAKU EXPERIENCES

### OPEN SESAME

Jamie McDonald, *San Diego, CA*

Since doing Seijaku so many things are happening in my life. Frankly I don't know where to start for one thing (and I know this too shall pass) my entire mode of 'cognating' has completely changed. By this I mean, it's as if my head/mind had opened up to wider ranges of understanding.

Thoughts that formerly formed patterns and their constructed frameworks fall like husks from a plant. The new ranges of thinking, seeing, seem finer, clearer--moving the old away and supplanting them. I also know there are endless states to come. The world seems more accessible, almost as an "Open Sesame."

During sleep, rest, meditation, work, etc. the old boundaries which were rigidly in place, yield

their secrets and come apart. Rather they open to allow more to flow in. There are days the flow of the Chi from practice colors my entire world with violet auras--even in sleep.

There are days when I know to pull back from Seijaku and allow the process to balance itself. Boundaries which separated me from me cease to exist.

As these adjustments take place I notice that I need more rest, sleep, less talk, loud noises, as well as less food. I'll continue to note my developments--Peace, love and Joy.

DOING SEIJAKU  
FROM THE DEPTHS OF MY BEING  
RELEASED SUCH MIRTH...

### SEIJAKU WORKS WONDERS

Leona B. Dees, *Albuquerque, NM*

Recently the practice of Seijaku had an astonishing physiological effect in my body, much to the amazement of my doctor. Since heart by-pass surgery, my triglyceride level has been monitored on a quarterly basis. The reading prior to taking Seijaku class was 419; during the quarter while in class it was 246. This a drop of 173 points. My doctor said, "What are doing?" My only answer was-- "Seijaku".

As he had a slight knowledge of Tai Chi Chih, he had some insight as to the power of Chi.

Unfortunately I did not continue practicing and in the subsequent quarter my triglyceride reading went up 119 point to 365. I'm enrolled in the upcoming Seijaku class at the end of the Teachers' Conference in August in Denver. I encourage you to do likewise and see what effect Seijaku has on your body.



## **CALENDAR NOTES**

### **LETTER OF INVITATION**

*Lia Ridley, Program Chairperson*

The Colorado teachers welcome you to the 10th Annual TCC Conference. We know that this special event is a wonderful opportunity to enjoy group practice, visit with teacher friends, be enriched by Justin's company and renew our commitment to serving those drawn to study with us.

Denver area teachers have formulated a preliminary schedule (see enclosure) for this year's conference based on suggestions and requests from last year's participants. You are invited to experience as many of the planned activities as you wish, and are welcome to schedule free time for yourself as needed.

#### **10th ANNUAL TEACHERS' CONFERENCE**

The Denver area TCC teachers are busily preparing for the 10th Annual Conference that will be held on the beautiful campus of Regis University in Denver, Colorado August 4-6, 1995. Registration packet with maps and other pertinent information are on the way to those who have registered for the Conference and /or Seijaku Accreditation (August 8, 1995. See separate article below for Seijaku registration information.) If you are planning to attend and have not yet registered, please do so as soon as

On Friday evening during teacher introductions, we request that you simply state your name, home area and teacher of origin, to help facilitate time efficiency. When introductions are complete, teachers wishing to express specifics about their particular teaching involvement will be welcome to do so.

Saturday and Sunday mornings are reserved for Justin's and Steve's preferred ways of sharing.

We look forward to your participation in our 10th annual conference and anticipate an enriching, joyous experience for all. See you in August!

possible. Planning for housing, meals and the program is in process for what is shaping up to be a great Conference. Also, you should know that we have requested beautiful weather from the U.S. Weather Service. (Be sure to bring sunscreen, a hat or an umbrella!) For Conference registration or information contact Pat Hill (303/231-9951) or Bryan James (303/989-4695). Note: This edition of the VFJ provides the final reminder for Conference registration.

#### **SEIJAKU ACCREDITATION WITH JUSTIN STONE**

Margaret Manzanares reports that interest is high for the Seijaku training that follows the 10th Annual Teachers' Conference in Denver. Registrations for both accreditation and review have been flowing in since the last VFJ announced the details. This activity will also take place at the Regis University Campus and will begin on Sunday afternoon, August 6 and

conclude Tuesday, August 8, 1995. If you are planning to participate, please complete your registration form (included with the last VFJ) and mail to Margaret Manzanares, 1315A Bear Mountain Drive, Boulder, CO 80303. Registration deadline extended to July 29, 1995. For information call Margaret at 303/494-5800 or 303/499-6900.

## 1995 T'AI CHI CH'IN EVENTS CALENDAR

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after 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)
July 29	Seijaku Accreditation extended deadline
August 4-6	<b>10th International TCC Teachers' Conference, Denver, CO</b> Contact: Pat Hill 303/231-9951 or Bryan James 303/989-4695
August 6-8	<b>Post-Conference Seijaku with Justin Stone.</b> See previous page for details to confirm your interest by July 29. Contact: Margaret Manzanares, 1315 A Bear Mountain Drive, Boulder, CO 80303 303/499-6900.
August 20	Extended Deadline for VFJ Fall Equinox issue. Send in your conference feedback, photos, seasonal news, articles, etc. to VFJ, 1477-155th Ave., San Leandro, CA 94578
September 11-16	<b>TCC Teacher Training with Steve Ridley, Danville, CA</b> <b>\$380</b> Contact: Sandy McAlister 24835 Second Street, Hayward, CA 94541 510/582-2238
September 30	VFJ Mailing follows 1 pm TCC practice. Hosted by Lois Mahaney 510/276-5718.
October 23-28	<b>TCC Teacher Training with Steve Ridley, San Diego, CA</b> <b>\$380</b> Contact: Susan Patterson (Webster), 733 South Lincoln Ave., El Cajon, CA 92020 619/441-1165
November 1	Deadline for VFJ Winter Solstice issue. Send your articles, poetry, seasonal news.
December 9	VFJ Mailing follows 1 pm TCC practice. Hosted by Lois Mahaney 510/276-5718.

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**Editors Note:** If you are planning an event in your area that you feel would interest other TCC teachers, please let us know so that it can be included in the Calendar. Be sure to include date, any deadlines and the phone number and address of the person to contact. Also, we continue to request a diversity of contributions (articles, letters, poetry, photographs, etc.) which show TCC's positive influence on our lives.

## EVENTS FEEDBACK

### SEIJAKU IN SAN DIEGO

Susan Webster, *San Diego, CA*

A very special thanks to Justin for making the Seijaku Training so very special. He truly showed us what 'flow' is all about. He 'flowed' through the flu symptoms to how us what is meant by purification. He was there for all of us 110% even though his voice was only 50%. We all felt that the communication came from the heart and we received it with heart-felt gratitude. Everyone who attended was amazed at the new level of training like Seijaku took them to. I know the next training after the conference will be profound also and I encourage ALL to attend.

Another very special thanks goes to Ed Altman who guided us with such grace and softness. He is an outstanding teacher and example of what Tai Chi Chih and Seijaku are all about.

### COLORADO TEACHERS' RETREAT

The Colorado TCC Teachers recently held a renewal retreat as a part of their preparation for hosting the 10th Annual Teachers' Conference. The weekend retreat took place at the Sunrise Ranch outside Loveland, Colorado. The ranch has a live-in community of over 120 residents and practices sustainable organic farming and offered superb hospitality and food. The occasion was used by the teachers and their guests to get to know one another better and to deepen their TCC practice and sense of community. Steve Ridley, TCC Spiritual Leader, led the group in movement and meditation. Individuals also shared their talents with the group through singing, playing of instruments, story telling, poetry reading and dance. Everyone left feeling renewed and expressed interest in gathering again in the Fall.

### SAN FRANCISCO EVENT

#### TCC As Ritual Entrainment

Lois Mahaney, *San Lorenzo, CA*

On Sunday, April 30, 1995 at the Whole Life Expo in San Francisco, Dr. Margaret Weber (TCC Teacher, Alameda, CA) presented a lecture on Tai Chi Chih, Joy Thru Movement. After a brief introduction, she invited the audience to join the dozen or so TCC teachers from the S.F. Bay Area who would demonstrate the movements. Most of the audience participated.

Margaret stated that the repetitive nature of the TCC movements took you out of your head and into your body where the circulation of the Chi could bring benefits. She stated that this form with its repetitive nature could bring about the entrainment effect you get with repetitive stimuli, so it tends to balance and to synchronize

your psychological and neurological structure to create attunement. She stated that rituals are developed by cultures to help people cope with stress. The growing practice of Tai Chi Chih and even of Yoga is the natural evolution of this culture looking for a form of ritual for balance in the face of change, disaster, or emotional upheavals.

The lecture was taped so participants could listen again to the ideas she imparted. The local teachers supplied the attendees with handouts of the locations of classes, pertinent information regarding TCC and information on ordering materials.

## AUDITING TRAININGS

### COMMITMENT OPPORTUNITY Meara Joy Norice, Burlington, VT

I am writing to you from a teacher training in Mahwah, NJ, hosted by Sr. Antonia Cooper. Since my accreditation in May 1990, I have audited four teacher training classes. It is such a rich experience to come for a spring break and renewal of my own teaching skills. It's a chance to connect with Steve Ridley on a deeper level of commitment within my personal practice and to welcome, encourage and support the new teachers into our TCC family. I also have fun greeting and meeting other TCC teachers that are here for similar purposes.

Moving to Vermont in the fall of 1990 was a spiritual choice on many levels. I find myself working, networking and establishing a wonderful life. The TCC community is beginning to grow. I plant chi seeds as I travel one end of the state to the other to offer presentation and TCC classes. However, I know that to maintain integrity with the practice, it is important for me to check-in with other teachers

and whenever possible--Justin or Steve.

As I became accredited to teach, my capacity as a teacher was only the beginning--not the ending. As I grow in my personal practice, I can share deeper with my students. As I refine my teaching skills (which happen to be the by-product of my students' gifting back to me), I can encourage refinement with the students' practice and pass it along to them. Aren't we always reminding our stude

We are so blessed to have this daily practice and to be able to audit classes so easily. It is an opportunity not to be missed. It has become a commitment for me to attend at least one teacher training a year.

Thank you Steve and Justin for continuing to offer this opportunity so freely for those of us that feel the need to connect in this way. Namaste.



Teacher Accreditation Course, Mahwah, NJ, May 8-13, 1995

## EVENTS FEEDBACK

### ILLINOIS TRAINING Lee Campbell, *Phoenix, AZ*

In Chicago, on Saturday, April 8, 1995, I became a Tai Chi Chih teacher! On the plane returning home to Phoenix, I wrote the following words:

I have begun a Tai Chi journey  
With no map and unaware of the  
final destination.  
Moving my Chi slowly forward  
I stand focused with mind and  
body in harmony,  
Knowing this is the Tao.

(I shared the above poem in a letter I wrote to my fellow TCC journeyers; wishing them the best in life and success in teaching the form. I also expressed a desire to hear from each and invited them to come to Phoenix and stay with me and use my beautiful studio!)

Chicago and the week of certification training was "more than I expected" and now I can relate to all the comments of enthusiasm I've read in prior issues of *The Vital Force* from others who experienced this same week. I am happy and proud to be among those who call themselves teachers of Tai Chi Chih.



Teacher Accreditation Course, Chicago, IL April 3-8, 1995



**Teacher Accreditation Course, Maryvale, ND, May 22-27, 1995**



**Alameda Teacher Training, June 5-10, 1995**

We just completed an interesting and enthusiastic Teacher Training class in Alameda, CA. Many of the local teachers showed their support by attending and assisting during the week. We, as teachers, were able to check our own moves and also get acquainted with the teacher candidates. Some of us in this area also gathered to help put *The Vital Force* together for mailing and it is a good chance

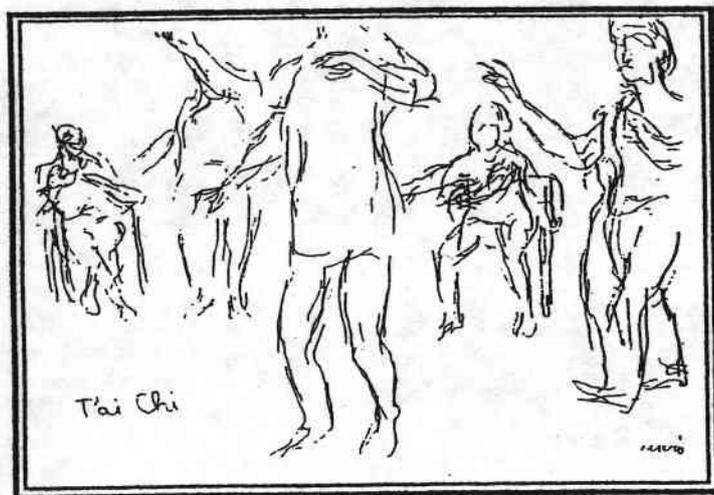
for fellowship. Teacher renewal classes, Meditation workshops, and T'ai Chi Chih in a park have been well attended and enriching in this area. Not all teachers attend, of course, but the representation is good. I hope teachers in other areas take advantage of opportunities to come together in some of these ways. It's well worth it.

**Hope Ridley, San Mateo, CA**

## GETTING STARTED

### "There I Am"

Donna Iverson, Burlington, VT



This drawing was done by Lewis Rubenstein, an artist who lives at Wake Robin Retirement Community in Shelburne, Vermont.

Each Saturday morning from January through April, I held a beginning Tai Chi Chih class in their community room. There are approximately 220 people who live at this facility which looks like a college campus. Between 23 and 18 people attended the weekly sessions.

I thought the drawing was interesting as it shows some of the residents doing Tai Chi Chih while sitting in chairs. There were two people in my class who were in their 90's. They said they were getting too old for aerobic classes. While

most of the participants came because they were looking for a gentle form of exercise, a few did develop a sense that Tai Chi Chih offered more than exercise.

Many reported that their sense of balance had improved and one student exclaimed after class that she had suddenly started "feeling the ground" in the soles of her feet. Beaming, she said she had a sense of "there I am."

I have enjoyed the class thoroughly as it was one of the first I started teaching after I received my certification in late 1994 in San Diego. It was a little intimidating to find that over half of the class had visited China and had seen tai chi being practiced in the parks and other public places.

## **GETTING STARTED**

### **RELEASING JOY**

**Beverly McFarland, Cedar Crest, NM**

It's the fourth class. I lead them through the Taffies, 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 Tai Chi Chih. 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 new ones scheduled. It just gets better and better; I learn daily from my students and my Tai Chi Chih practice. I am not the person I was a few years ago, or even last year. Evolutionary force? I'll say!

## **ONE**

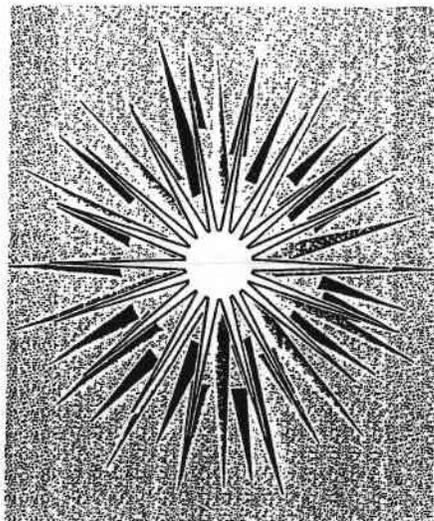
**Carole Jordan,**  
*Student of Della Albersen,*  
*Bullhead City, AZ*

Past, present future, eternity entwine  
in the serene unity of body and mind.

Man as woman as woman as man  
encircle forever - yin and yang.

Exuberant youth, gossamer age defy  
this earthly bond,

eternally embracing the infinity of one.



## TEACHER NEWS

### DESERT OASIS FOR T'AI CHI CHIH RETREAT Dan Fiore, Phoenix, AZ



T'ai Chi Chih at Picture Rocks Retreat in Tucson, AZ  
March 31 - April 2, 1995

During the first weekend of April, the Arizona desert bloomed with regal splendor and provided a meditative setting for instructor Don Fiore's third T'ai Chi Chih Retreat. Twenty-five people gathered in the high desert overlooking Tucson, to rest and rejuvenate with Tai Chi Chih and meditation.

Since that weekend was Don and Tori's wedding anniversary, some discussion sessions included topics on "Lasting Relationships" and "The Celestine Prophecy." Those attending developed

the essence of the Tai Chi Chih way of life, while bonding and deepening their sense of spirituality.

A hike to ancient Indian petroglyphs and an evening of poetry and Tibetan bells highlighted the weekend experience. Over thirty Tibetan bells and bowls were played in the Chapel on Saturday night and became an enlightening experience for many.

Another Retreat is planned for October.

## TEACHER NEWS



### *Shantivanam*

Presently in my sabbatical, I am at Shantivanam which means "Forest of Peace." With 120 acres of woodland, you can well imagine the peace of the living, greening trees that contribute to the "greening of the heart" and clear, fresh air to breathe! I love it here-have been here since April and am aware how fast the weeks are approaching my date to leave. I have solitude all day some days; on others I join the community here for communal prayers and meals, and work. It's a very holy place and I love the reverence for all life and traditions of faith and prayer.

**Marian Massman, Easton, KS**  
*(temporarily)*

### **Carol Glinski, Jacksonville, FL**

I practice Tai Chi Chih every day and have two classes, one lunch time and one early evening. Six in each class. Considering I did not advertise-this is just by word of mouth from my last classes, I'm pretty satisfied. Will do demos and advertisement for the next go-around. Students absolutely love it.

### **Art & the Spirit: Finding Self, Celebrating Together**

Within the gentle circle of the Redwoods, Jennifer Biehn, Berkeley, CA will present Tai Chi Chih, a moving meditation at Quaker Center in Ben Lomond, CA.

Jennifer has been a practitioner of TCC for 8 years, bringing balance to her life as a student services administrator at a local urban college, where she teaches TCC to faculty and staff. She is also a long time meditator, poet, wilderness trekker, and retreat participant.



*Gleaned from Teacher Training,  
Alameda, CA.*

Good Teaching springs from  
daily practice/participation.

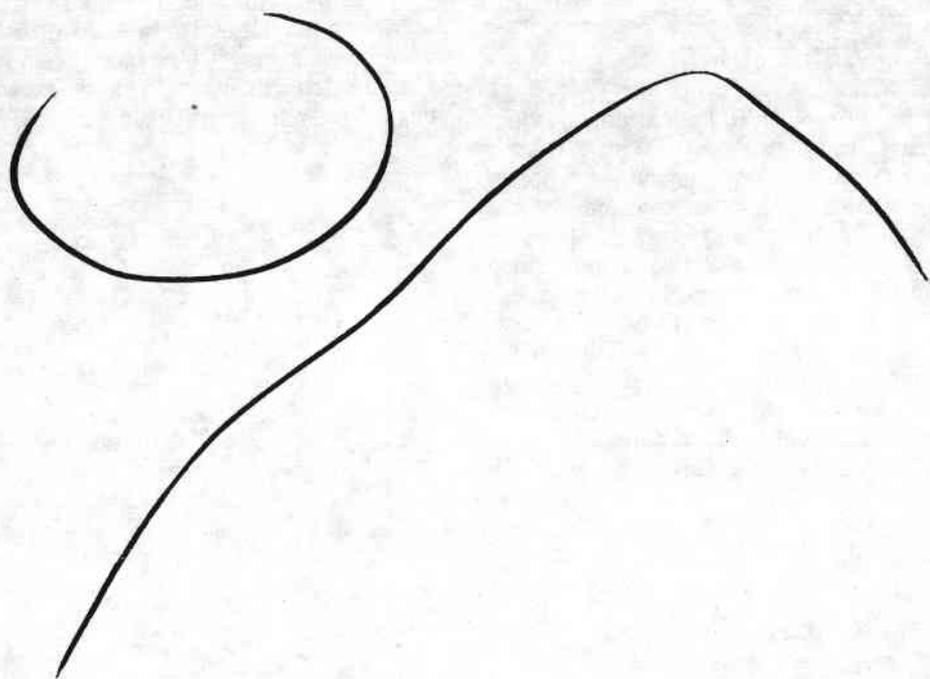
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The source of Chi is Love.

**Attitude Adjustment Minute:**

Sit down.  
Be quiet.  
Breathe a little!

-Steve Ridley



**Breathe Deeply ... F r e e l y ...**  
... in tribute, to earth and sky

-Steve Ridley

TEACHING IN THE COUNTRY  
Barbara Sommers, *Cumberland, WI*

It's been eleven months since I moved from the suburbs of Chicago where I taught 7-10 TCC classes per week. I came to settle down and marry a wonderful man, who lives and works in rural northwest Wisconsin.

Last fall, two women from nearby natural foods Co-ops asked if I'd be willing to teach TCC classes in their towns. They had found suitable locations and were eager to spread the word about free demonstrations. Considering this is mostly a farming community, I was amazed when over 20 people showed up for the demonstration in Rice Lake. They all signed up, and more students joined in the next few weeks of classes. That first class was made up of many couples and some of their children, as well. They had even arranged for a sitter to watch their other children in a downstairs room. The Rice Lake class is now entering its third season of classes. A format has evolved that allows new students to join the ongoing students, to receive extra help before or after class.

The original demonstration in Turtle Lake drew fewer people; yet all but one signed up for classes. Two of those students love TCC so much they asked to organize classes for the next semester. One of those classes just concluded and starts up again in two weeks. It meets on Friday mornings and attracted a wonderful group of one dozen Senior citizens. They are reaping such benefits, that they've even asked if I'd teach them how to meditate.

The second student from the original Turtle Lake class did a beautiful job of publicizing a TCC demonstration at his Pipe Dream Center for Music and the Arts. He's a masterful musician, whose appreciation for the fruits of his TCC practice lead him to enthusiastically circulate flyers and announce the upcoming demonstration at his monthly Boogie-Woogie Nights and concerts. He even got a news release printed in our local newspaper. The demonstration attracted about 15 people, who all signed up. More students joined over the next few weeks including a very gentle man who's been practicing Tai Chi Ch'uan daily for 6 years and teaches Aikido.

I am thankful to these new friends, who were so eager to learn TCC that they insisted on organizing classes for me. What a warm welcome TCC and I have received here and what joy TCC is giving back to these new and grateful students.

These students must be spreading the word about TCC for yesterday the local radio station called to offer free publicity for all three TCC classes during their stress awareness month programming. I've also been invited to lead the participants at the American Massage Therapist Association Wisconsin State Conference next Fall in TCC, as the opening event of the weekend conference.

I feel blessed to be experiencing the joy of teaching TCC in setting so rich in the Beauty and Peace of Nature.



## TEACHER BIO/PRESENTATION

Hello, my name is Eddy Perez (Newark, CA)

### *How did I come about TCC...*

I have been practicing Tai Chi Chih for close to five years. About six years ago I was suffering from constant fatigue. My search over the next year and a half for a "cure" led me to many doctors and treatments with little improvement in my condition. I was blessed in that I found a medical doctor with a background in homeopathic and herbal medicine. As we put our heads together to improve my condition, the idea of Tai Chi came up. Tai Chi would fit quite well in my pursuit of "balance." I started investigating the more widely known Tai Chi Ch'uan. During this search I came across some printed information on Tai Chi Chih that I had picked up some time before from Justin Stone and Steve Ridley, during a talk at a local bookstore. I started taking classes immediately. In the beginning it was hard to muster the energy to practice, but I always ended with more energy than I had started the session with, and so I continued. The benefits that I derived were: increased energy, improved mental focus, renewed interest in my spiritual path, acceptance of the fact that my condition had a lesson for me, and that it could be improved, and in general balancing the priorities in my life. I have been practicing ever since the form of Tai Chi most appropriate for me, Tai Chi Chih. And now I have an interest in sharing Tai Chi Chih with other students, like you.

### *My Present Work and Other Physical Activity...*

I presently work as a Marketing Manager in a high technology company, a stress intense environment, but now I have a powerful tool to bring balance in my life. Over the years I have

also practiced cycling, running and martial arts, even though this last one is certainly not required in Tai Chi Chih, and found that the benefits of Tai Chi Chih help the other areas.

### *Why do I Teach...*

Why do I teach? To paraphrase an old saying: "We can get everything we need and want in life if we help enough other people get what they need and want in their lives."

I teach what I also need to learn, and Tai Chi Chih has given me that outlook as a perpetual student, to share what I know, to learn from the process and from you, the students...

### *Recommendations as you learn TCC...*

My recommendations during class as we learn Tai Chi Chih are:

- relax and let go
- be comfortable
- practice, practice, practice
- ask all your questions
- remember to always have fun

Excerpted from the presentation made by Eddy Perez in Denver, Colorado during the September 1994 TCC Teacher Accreditation course.



## TAI CHI IN PRINT

"Grasp the Sparrow's Tail"  
by Lisa Langer, OTR/L  
(excerpt from *OT Week*, Jan 1995)

Tai Chi ...is also being utilized within the context of OT (Occupational Therapy) rehabilitation programs for people with varying physical disabilities, with many positive results...

Tai Chi is based on the Chinese nature philosophy of Taoism, whose concepts include harmony with oneself and the environment, gentleness of flow, and natural change and transformation. The Chinese concept of *chi*, or energy, is essential to the understanding and practice of tai chi, and may best be understood as one's intrinsic energy and vitality, qualities we are born with and may develop in the course of our lives.

The exercise promotes the development of deep, relaxed breathing patterns, natural postural alignment, and clear mental or attentional focus...The movements are performed slowly, without excess of muscular tension and with respect for one's physical limitations...

*The manner in which the movements are performed contributes to an individual's ability to develop calmness and integration of mind and body.*

The basic principles of tai chi can easily be applied within a therapeutic rehabilitation model of occupational therapy. Recently, there have been several published articles and studies discussing the effectiveness of tai chi as a therapeutic intervention. Tai chi has been evaluated as part of the National Institute on Aging's three-year grant to study interventions

that improve strength, mobility, balance and endurance in the frail elderly (see *Modern Maturity*, 1992). The effectiveness of tai chi for improving postural control has been demonstrated in the well elderly (Tse & Bailey, *American Journal of OT*, 1992), and has been found an effective weight-bearing exercise for rheumatoid arthritic patients who showed no deterioration in symptoms compared with controls (Kirsteins, Dietz, & Swang, *AJPM & R*, 1991). Future research is under way at Northwestern University through an NIH grant to determine the effects of tai chi on improving balance disorders.

Tai chi, when used within a therapy model, must be taught by an instructor with experience in rehabilitation and tai chi. Therefore, specific training is required for OT practitioners interested in applying tai chi to the rehabilitation setting. The substantial benefits and unique contributions of this exercise make it a worthwhile venture for any OT practitioner.

---Lisa Langer is a tai chi instructor in private practice, Long Island, NY For further information, contact her at PO Box 106, Port Washington, NY 11050.



## T'AI CHI CHIH IN PRINT

### Exercise for Life TCC for Vital Health, Beauty and Peace of Mind Story and Photos by Roberta Wilson (excerpt from *LET'S LIVE*, Feb 1995)

Are you waiting for the hectic pace of your life to slow down so you can catch your breath, begin enjoying life and find some inner peace? Chances are, if you're caught up in a typical 20th century lifestyle, the tempo will pick up before it slows down. Modern life's lively momentum tends to fling people fast forward into a frenzy of perpetual motion.

Even if you can't jump off life's high-speed merry-go-round, you can create a lasting sense of tranquility amid the chaos, commotion and confusion. How? With a series of movements called t'ai chi chih. "Achieving serenity in the midst of activity is what TCC is all about," says Carmen Brocklehurst, instructor of TCC in Albuquerque, NM.

According to Justin Stone, developer of TCC, and author of *Tai Chi Chih! Joy Thru Movement* (Good Karma Publishing)...T'ai chi chih means "Knowledge of the ultimate supreme." It is a form of moving meditation consisting of 19 movements and one pose that can help balance and circulate the flow of energy (chi) within the body. He describes the movements performed as either "slow motion in a dream" or "swimming through very heavy air."

Stone who formerly taught t'ai chi chuan, explains that the 19 movements of t'ai chi chih can be performed in any order desired. One can even leave out movements if desired. None of the movements are difficult to perform and most people begin feeling the benefits soon.

All TCC teachers have gone through an accredited training program designed by Stone.

People may confuse t'ai chi chih with t'ai chi chuan. Stone describes t'ai chi chuan as a traditional martial art that is a valuable discipline. He explains that it consists of 108 movements (simpler forms are known, i.e., 37 movements) that must be done in a specified sequence. Many different forms or variations of t'ai chi chuan are being taught.

Traditional Chinese medicine recognizes chi as the energy that propels not only the human body, but also the entire universe. It considers the balance of this vital energy a key to life. Chi runs through the channels (meridians) in the body and imbalances or blocks in the energy can result in illness, poor health or disease.

Chi comprises both yin and yang energy. Yin is the calming, pacifying and assisting feminine energy that the earth and water elements represent. Yang is an energizing, stimulating and active masculine energy that manifests through fire and air elements. When there is a healthy balance between yin and yang, chi flows correctly.

Tai chi balances the yin and yang energy, promotes better health, helps restore harmony to the body and establishes a more optimistic outlook. One of t'ai chi's goals is to bring the inner self into better balance with the outer self, achieving harmony between the physical and emotional selves. "With t'ai chi chih, you

move inwardly," explains Brocklehurst. "The idea is to get to know yourself and how you and your body function."

T'ai Chi Chih is a simple way to generate vital health and peace of mind. Some people claim it has transformed their lives. Students attribute it with benefits such as enhanced coordination, better balance, increased flexibility and improved posture. Others notice they move more gracefully and feel more serene with a definite reduction in stress. Still others say they feel more energetic and alive a greater sense of health and well-being. Some practitioners claim T'ai chi chih can result in greater longevity.

T'ai Chi Chih fits easily into modern lifestyles. Most people can derive lasting benefits in about 10 to 15 minutes a day. It requires little space and can be practiced just about anywhere. No special equipment or clothing is needed with t'ai chi chih. In fact, work clothing can be worn.

It's easy for people of any age to master t'ai chi chih because its results and rewards come quickly. Its slow movements, relaxed breathing and the quieting of the mind can open channels, moving chi through the body and restoring the balanced flow of yin and yang energy.

"The essence of t'ai chi chih is joy through movement," says Brocklehurst. It can also help soothe emotional upsets and present people with a new way of dealing with them. It often reveals creative ideas and perspectives.

Brocklehurst explains, "It may help you look at your life and ask 'Is the old gone? Has the new come? Did I enjoy it while it was happening? Or, was I so busy obsessing with the outcome that I forgot to enjoy the process?'"

Stone sums up the effects of t'ai chi chih: "When chi is balanced, the other systems of the body become balanced. In other words, it helps everything. When everything flows properly and is in balance, people are more beautiful."

*Roberta Wilson is a freelance writer specializing in the topics of health and beauty. She is also a licensed esthetician and certified aromatherapist.*



## MATERIALS/EXCERPT

from *Zen Meditation/A Broad View*  
by Justin Stone

### Chapter 8

The Lotus Blossoms in the Mud  
(fish do not live in clear water)

Stepping out the temple gate in the brilliant moonlight, we find ourselves on an uneven path of stones leading across the temple grounds. The tall trees screen the slanting temple roof, which does not glare in the bright moonlight. It is cold! But we have already established that fact and there is no need to think of it again. Losing ourselves in the setting, there is no discomfort. If we are too full of self, we suffer with the cold.

Overhead the stars, and underneath, we sense the moist earth. And yet, in the distance we hear a streetcar rattling along the tracks, and close by, automobiles and motorcycles roar past the temple on Karasuma Street, one of Kyoto's principal thoroughfares. The purity of our solitary temple-setting blends with the busy city sounds beyond, and there is a real meaning. What is that meaning? Who is there to know it?



### JUSTIN STONE SPEAKS ON T'AI CHI CHIH

Comments by Judith Jones, *Redmond, WA*

*Justin Stone Speaks on T'ai Chi Chih*, one of the audio tapes available through Good Karma, is a great resource. Every time I listen to Justin's tape I hear something I missed before. Yesterday I really heard for the first time Justin's description of why we put our concentration on the soles of our feet.

I am most comfortable letting T'ai Chi Chih teach T'ai Chi Chih. For me, T'ai Chi Chih is

so intuitive that, at times, I struggle to have the words to explain it well to my students and to answer their questions. But, as you all know, students have many questions. Offering them *Justin Stone Speaks on T'ai Chi Chih* is one way to help them explore their questions and find their own answers. And, listening to Justin's tape helps me understand T'ai Chi Chih better, both with my heart and with my head.



## KARMIC KOMMENTS

from GOOD KARMA PUBLISHING  
P.O. BOX 511, Ft. Yates, ND 58538  
Jean Katus, Publisher

### Zen Meditation

Justin Stone's *Zen Meditation/A Broad View* is getting closer to completion. We are hoping to have it ready by conference time. We are very excited to bring back this book after many years of it being out of print. It offers clear and specific instruction in how to meditate the Zen way (a rarity with such books), as well as philosophical grounding in that tradition compared to other paths. A small excerpt from Chapter 8 appears on p. 36.

### 20th Century Psalms

*20th Century Psalms*, also by Justin Stone, has been reprinted. It now has a more durable laminated cover; yet, the price remains the same - just \$6.95. Some teachers use it in classes, reading pieces to their students during breaks. The little gems in this slim volume provide students (and teachers too, of course!) with some food for thought, while staying with the flow of the T'ai Chi Chih movements.

### Reminders/Other Tidbits

The "Oriental Lecture Series" videotapes that Justin presented are still available for rental by teachers. If you want more information, please contact us.

Orders can take up to two weeks to reach you after we receive them - thus, it's a good idea to plan ahead for classes. We most generally mail book rate through the post office. Those

wanting faster service can pay the extra for priority shipping.

### Ordering Reminders

The Good Karma phone message indicates that one's address and phone number are to be included in your return message. If you've ordered from us before, we have your address on file, and it needn't be repeated on the machine. The same goes for Visa and MasterCard numbers we have on file.

Be sure to send us your address change so we can keep our teacher list up to date. We coordinate with the master list kept by *The Vital Force*, but it helps if such changes are sent to both Good Karma and *The Vital Force*. As mentioned last time, please note price changes on a few items and the revisions in the shipping chart. We ask that you discard any old order forms and use only the one included with *The Vital Force* or the one from the last issue.

Have a light-filled summer, complete with a renewal for teachers at the Denver Conference!



## **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 and Teacher Directory*. Contact for database updates, teacher referrals, and mailing list: 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

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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 Garn, Syracuse, NY (315/478-0843)  
Joan Torrance, Beaverton, OR 503/579-8451

## OPERATIONS & SUBSCRIPTION FORM

is published quarterly on a not for profit basis by  
The Vital Force, 1477-155th Avenue,  
San Leandro, CA 94578

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

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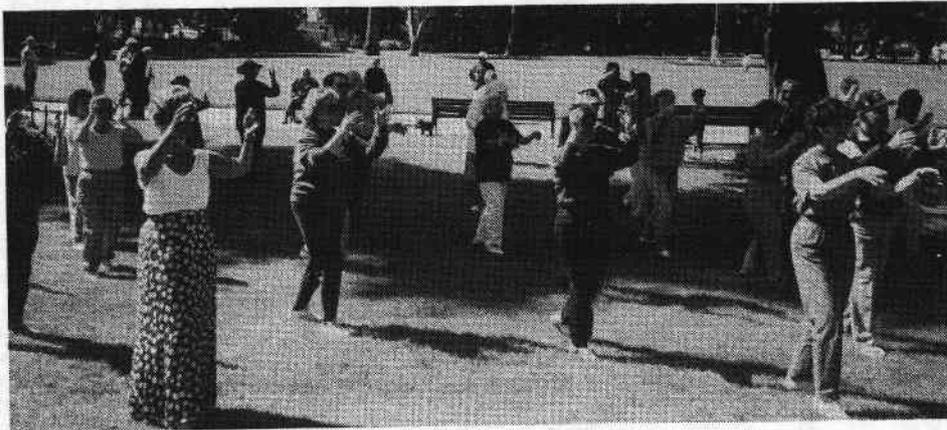
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Practice in the Park, San Mateo, CA June 11, 1995



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### VFJ Inner Workings

PLEASE note the enclosed prepaid postcard which we would like returned as soon as possible. When mailings are sent to an incorrect address, the cost of re-mailing due to the improper address is rather expensive and time consuming. When people call for a information about teachers in an area, it is nice to know that the names, addresses and phone numbers we provide are correct. We wish to enhance the efficiency of our service so that the Joy of Tai Chi Chih can continue to spread.

Liz and Lois for VFJ

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Journal of Tai Chi Chih  
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June 1995  
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