



# THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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Conference and Equinox Issue

September 1995

## IDENTIFICATION WITH THE REAL

Justin Stone

Most people often use the word Spiritual (as opposed to Physical) without having any idea of the meaning of the word--they just think of something ephemeral. Even if you explain that it means "identification with the Real", they still don't understand because they don't know what is meant by "Real". If it is explained that "Real" means "Lasting" or "Permanent", the mystery remains. Isn't it "Reality" that you have to earn a living and pay the rent? At one level, yes, this is true, but that is not on a permanent level.

India's Yogi Vasistha helped clear away this mystery by counseling: "Ignore the taster and the thing tasted and rest in the tasting only." The taster is subject and the thing tasted is the object; obviously, both will disappear in time.

But the process, the tasting, was never born, so it will never disappear. If this lesson can be digested it is of great help to serious seekers. The one who is just interested in daily activities, completely unaware of their meaning, will, of course, be totally disinterested.

Self-interest is being preoccupied with something temporary. When it is overly strong, it can bring great suffering. Yet psychologists and psychoanalysts deliberately try to strengthen this narcissistic quality.

Properly seen, all happenings are "spiritual", arrows pointing at the Real. This is especially so with so-called 'illness', which many advanced teachers look on as purification. We are all spiritual beings.

That any person seeks a "higher reality" is a wonderfully wonderful thing.  
Those who earnestly seek, find.

Steve Ridley

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

Dance Love freely  
in each exchange

How blessed all are  
to share with you

The pulse of the  
great Life  
and Spirit

Inspired by each other our hearts are lifted, our intent sure, and following involvements hold higher potential for unveiling The Joy!

So resound the effects of the summer teacher convergence with spirited renewal and expressed influence. The annual event continues to provide special context for aspects

of TCC practice-teaching-living to integrate and be revealed in our wholeness.

Thanks to the many individual impressions, contemplations and features, the connecting experience is lovingly shared with all Vital Force Journal members in this special Conference Issue!

Our next journal is also forming with teacher training and TCC event feedback already submitted. Please plan to forward additional material, calendar dates, etc. asap for the **Winter VFJ issue deadline is November 1st.**

May the flowing currents of ordered play become us, as one movement in cosmic love.

S

Elizabeth Salada for  
*The Vital Force*

## NEW TCC TEACHER DIRECTORY NOW AVAILABLE

Lois Mahaney, Editor

As of September 1, all the changes that were indicated on the lavender response cards have been posted as well as the information on dates of certification and whether or not the teacher wished to be listed as a traveling teacher. The information as given us has been compiled into the September 1995 issue of the Teachers' Directory. If your card did not come in by September 1, any changes that were indicated will be listed on an addendum with the December VFJ.

There were 165 response cards returned from the number that were sent in July. Fifty (50) teachers have paid for the Directory (some prepaid, others ordered at the Conference); 115 others have indicated a desire to receive directories. **If you indicated that you wanted a Directory but have not sent in your check please do so asap.** Helpful features for finding the location of teachers in each area are: province and state maps and a colored geographic listing section.

The pages are hole-punched so you may insert the directory in a binder and easily add updated information pages.

We are unable to send the publication until we receive your check for \$5.00. We have not raised the cost of the Directory to you although the cost of paper and of postage has gone up. Make check for \$5.00 payable to *The Vital Force*.

Last year we had printed the number of directories which people indicated they wanted. But orders with checks did not come in as anticipated so we are "stuck" with 76 old 1994 Directories that people did not purchase.

We have done our best to see that you get accurate and up-to-date information by sending the response cards and coordinating with Good Karma Publishing. We hope to receive your order so mailing can take place. (Make check for \$5.00 payable to *The Vital Force* asap.)

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## CONFERENCE REFLECTIONS

### MEANINGFUL REALIZATION

Lia Ridley

It was a rare privilege to serve as Program Chairperson for the '95 TCC Teachers' Conference in Colorado. When Denver area teachers elected to appoint me, I was reluctant, knowing the potential challenges involved. I recalled past program chairs who attempted to satisfy teachers' varied needs and preferences, keep the schedule on track, make certain teachers are kept interested and as happy as possible.

Each person at the conference needs to be given the opportunity to feel a sense of ownership in decision making, even though the schedule is formulated ahead of time. Compromise and the art of negotiation are two necessary, diplomatic qualifications for this position.

I felt both excitement and apprehension at the prospect of chairing the program. Now, one day following the conference I am



overwhelmed by the gratitude felt for the opportunity and for the approval, support and love shown me by the 125 participants. I am fortunate to have witnessed previous program chairs who experimented by scheduling various activities, discovering which segments were useful and well received and which were not. I feel that I had the advantage of teachers' support from the opening of the conference and have known most of them through the years. A genuine love of people, acceptance of various personalities and a compassionate heart are important characteristics for one who plays the role of chairperson. There is an inherent connectedness between all of us and any differences are superficial considerations. As spiritual beings we are united fundamentally in our core nature.

Following the conference I walked alone and had a meaningful realization. Our duty in life is to be the very best person we can become and the most conscious we can be in every situation and with each interaction. If we can be calmly attentive and meet the moment as capably as we can, creatively positive interactions can be accomplished harmoniously. I now understand that any truly useful result comes through a facilitator who is able to flow openly with arising circumstances.

Finally, I am so pleased and honored to have had the opportunity to communicate with teachers collectively and individually, and to have been touched by their sincere warmth. Thank you all for the fond memories I will carry.



## CONFERENCE IMPRESSIONS

*It Was the Best of Times-*  
Carmen Brocklehurst, Albuquerque, NM

From Alaska, Belgium, Canada, Mexico, New Zealand, USA, and soon Thailand, wonderful T'ai Chi Chih teachers came from everywhere to share the Chi at our 10th Annual Teachers' Conference held in Denver, CO, and when T'ai Chi Chih teachers get together the feeling is truly one of expansive enthusiasm and joy.

The Conference was at Regis University campus where we had a large meeting room, which we filled. This was the biggest Conference ever, about 130, teachers. The special efforts of Pat Hill and Bryan James, the coordinators of the Conference, were seen and felt everywhere. We were greeted at the airport with a smile, a hug and personal help in getting to the campus. Everyone went out of their way to make us feel welcomed. We found when we reached the campus that our name tags and rooms were ready and waiting. Laughter and "it is so good to see you" rang out from every hall. There were no strangers, only a family happy to be together again.

Each session was full of a wonderful flow--Lia was the perfect Mistress of Ceremonies, she added the right blend of keeping us on track, and the light touch with her humor. Justin,

later in his talk, called this flow "Cosmic Rhythm." The person you needed to talk to, magically appeared at the dining table. The roommate chosen for you was just the right one. On arriving late and hungry the first night, food seemed to appear from out of nowhere, and everything seemed to understand its relationship to everything else. Harmony was everywhere, and we were truly able to experience Cosmic Rhythm.

Festivity Night was the best ever, with laughter and appreciation shared by everyone. The evening ended with a special candlelight ceremony, led by Sr. Antonia Cooper from New Jersey. It was a time of knowing that the small self we relate to is very much connected to the larger picture and that each participant is an important part of the puzzle (or is that joyous life).

We left as we came, companioned by our family in Denver - our hearts overflowing with the joyous life we experienced. Many thanks to Denver and to all the wonderful teachers who made our visit, and the Conference a GREAT experience.

Love and Share The Chi.

Teachers from Around the World



## NOTES TO TEACHERS

### THOUGHTS ON CONFERENCE '95 in the ROCKIES

Carol Glinski, Jacksonville, FL

This was my first opportunity to attend a TCC Conference since I was certified almost three years ago. The TCC practices, information shared and connection with so many like spirits were truly inspirational. A much needed boost for my dedication to practice and teaching. Special thanks to all who made it possible. Here are a just a few of the many pearls of wisdom shared by Justin, Steve and all the attending instructors.

#### TEACHING

Teaching TCC involves two steps. First and most important is teaching HOW to move, (softness, continuity, tensionless, hollow) reinforce this in every class. Mechanics is only secondary.

Use the word FLOW rather than "move".

We (as TCC teachers) are passing along the ability to become one with cosmic awareness. It is meant to do certain work in the world. Do it with sincerity-not just as movements.

A teacher told a student--"You're not soft enough." That night the student dreamed that his arms fell off. The next day the teacher said "Now that's soft."

If you experience strong hand trembling during TCC, try to control it during classes, else students will try to "copy" it--not let it occur naturally.

When a student asks "Why is "Chui" done 5 times (during healing sounds)?. Say, "Yes it is." There is no place for metaphysical questions in TCC.

Practice as you teach--with TEH--or inner sincerity.

If there is a student who is diffident to your teaching, who believes you are teaching a "strange religion" or have some other misunderstanding, there is no amount of talking you can do to convince them otherwise. Do not take it personally. Be kind and let them go. They are not yet ready for what you have to teach.

#### HUMILITY and CHILDREN

A teacher was doing TCC on the beach and thinking, "I'm so cool doing TCC. I bet everybody is looking--don't we look great!" Two children passed by. One whispered, "What are they doing?" His compadre replied "SHH, I think it's Lamaze!" (Leave ego out of TCC.)

Upon seeing a TCC teacher practicing on the beach a child approached and asked "What are you doing? Is that to make the sun shine brighter?"

#### SPIRITUALITY

In Buddhism the "center" is a state of "emptiness"; in Christianity it is described as a "fullness". Aren't they the same?

Sister Antonia: "It (TCC) brought me to the center of where God dwells."

Do TCC not as a beneficial "exercise" but as a means to get to another plane of consciousness. They don't necessarily speak English in those places so go by your feelings.

→

## THOUGHTS (cont.)

What appears a disaster is unhappy. If you accept it, something good will come out of it.

Energy is guided by the wisdom of the universe.

As awareness expands, we become intolerant of our hypocrisies. Chi is wisdom and energy beyond our thought.

Yin, Yang intertwine in a helix. As they ascent through the chakras, there is bliss. One becomes unconscious of the world and reaches nirvana.

YOU WILL NEVER KNOW YOUR OWN ENLIGHTENMENT, ANOTHER ENLIGHTENED PERSON WILL HAVE TO TELL YOU.

When asked "How can you create such a masterpiece from a plain piece of stone?" Michelangelo replied, I simply chip away all that is not David." So does TCC--chip away all but the essence of me.

### COSMIC RHYTHM

Everything in the universe is in time with cosmic rhythm. Joy is expressed in dance and rhythmic movement.

Everything moves in cycles and circles, seasons are among the most marvelous.

Beverly McFarland--  
Herbs to Heal



In Japan, while snow is still lying deep on the ground, in the coldest month of the year, the plum blossoms push their way through the snow. They get no light or heat--the only explanation is that they are in "cosmic rhythm" and just "know when it is their time to bloom." There is always a big celebration when the plum blossoms appear as a promise of rejuvenation.

If you do TCC regularly, you will naturally fall into that rhythm. Look with wonder at all that is around you.

TEH is the power of inner sincerity and is the basis of TCC. Justin speaks of moving to Albuquerque and finding a home in one afternoon just by getting in a car and following his heart. Do you have THAT MUCH FAITH---and THAT MUCH CONFIDENCE? When you are in Cosmic Rhythm, you will.

On the dock at a vacation spot in Michigan, a Mother, Father and daughter were doing TCC. All of a sudden Dad yells, "My gosh, look at the fish." Pike, Walleye, Bass, all surrounded the dock, not swimming, simply treading water pointed toward the dock and vibrating. After practice was over, the fish dispersed. This is cosmic rhythm.

If you live your life in Cosmic Rhythm, things will happen as they should--maybe not as you want them to, but as they should.

## CONFERENCE IMPRESSIONS

### BLESSED IN KNOWING

Rich Axline, Lompoc, CA

For me Teachers' Conference was very blessed. I was pleasantly surprised to see teachers that I knew from my teacher training last October in San Diego. I thought to myself at least I know someone here.

Also to my amazement I noticed a lot of other faces that looked very familiar to me. But I have never even met them before. It was like I had known them from somewhere before.

I believe that somehow on a different level we have all gathered together as friends, and family of the light or truth. Then we came together on this level and time to work with the chi; to help others to find the way of knowledge and enlightenment.

I feel so fortunate and blessed to find my way back to my friends and family on this level. My T'ai Chi Chih family. Thank you all for your kindness, joy and Chi.

### SPECIAL NOTE FROM LIA

A number of people at the August Conference asked for the name of the music played at the first T'ai Chi Chih practice indoors on Friday afternoon.

*As the Water Flows* by Riley Lee  
Distributed by Music Design Inc.  
1984 Antiquity Records  
207 E. Buffalo Street  
Milwaukee, WI 53202  
Phone: 414/272-1199

### HUNGER FOR LIFE

Patty Campbell OSF, Guilford, IN

As I began opening my bedroom window this spring before practicing T'ai Chi Chih, I was struck by the sameness with which I hunger for life as the newborn fledglings in their nests are. I began using the chirping and twittering of these birds as the music and meditation for my practice period, rising earlier than usual so as not to miss this flurry of feeding. I've tried to summarize it all in the following:

Early

dawn breaks beautiful  
birds stir  
thoughts of young needing  
gathering morsels  
hungry mouths reach  
Spring has come!

Body

in movement  
reaching for food  
flowing circles of Chi  
energy gift  
universe eager to share  
Spring has come!



What a wonderful place for a conference! I could see the mountains from my window and while were practicing in the morning. This was my first conference--but it won't be my last. I feel energized and renewed. I especially liked the talent show and the closing program.. I still have my candle-in a strange shape now because it melted a little in my suitcase on the way home. I look forward to seeing everyone next year in San Diego.

Tonya Setzke, Wyandotte, MI



## CONFERENCE IMPRESSIONS

### HIGH IN COLORADO!

Linda Braga, Castro Valley, CA

What a wonderful gathering we had in Denver. The Denver teachers were superb hosts, making us feel welcomed and running the conference so effortlessly. Many special events of enrichment and joy were shared--the morning T'ai Chi Chih practice, sharing ways to teach TCC, Justin's thorough discussion of the movements, Steve's drumming and the candlelight ritual on Saturday night were some of the high moments I will savor in the months to come. THANK YOU, everyone.

As some of you know, the Colorado "high" was too much for my "sea level" body. My problems with altitude got worse Sunday morning and I didn't get to say my usual farewell to new friends and old. After many phone calls from TCC friends, the plan to drive home materialized and Monday, Darlene Ross came to take me home over the lower passes (only 7,000 ft!) up through Wyoming, Utah, and Nevada.

Blessings came when I was able to get a tank of oxygen in Rock Springs, WY. We took two tanks in the car, and Wow! I felt great! We had a very nice trip home, a three-day smooth drive back to California. The scenery is expansive and majestic and no billboards! When the Conference is held again in Denver, I will know what to do....get O-two!

Greetings to all of you who helped me at the Conference--Vic, Vicki, Carol, Esther, Darlene, Pat, Corine-and others.

### FULL WITH HEART

Jean Horton, Grand Junction, CO

I do not have the right words to express my feeling for the T'ai Chi Chih Teachers' Conference. From my first welcome hug from Pat Hill to my last parting hug from my truly connected friend, Jan Arrott, I received a lot more than I was able to give.

There are some things that I cannot possibly forget. From "Prinderella"--"Mother Earth"-Tamara and her flute, "Marika"--told and danced by Leah,, to the very moving and inspiring circle of candles presented by Sister Antonia. Those beautiful moments are engraved in my heart, surely for all time.

There is no way for me to thank Sister Antonia and Carmen for the love and acceptance they showed me when my heart was so full I could hardly speak.

This was my first Teachers' Conference made so special by all the beautiful people I met. I was so pleased to renew old acquaintance with my fellow teacher candidates from Albuquerque. I feel a real connection with them. I was so happy to be in the company of Justin and Steve once again. I truly hope this will not be my last conference and that this time next year I can once again renew old friendships and be inspired to "Share the Chi". Thank you again one and all for a memorable weekend in August.



In the beginning I was fine.

Then I started to define.

Next I tried to refine.

T'ai Chi Chih is taking me back to being fine.

Russ Brown, Cedar Rapids, IA