



THE VITAL FORCE

Journal of TAI CHI CHIH! Joy Through Movement

Volume 12, No. 3

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 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

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 VFI.

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.)

TABLE OF CONTENTS

The Vital Force
Journal of Tai Chi Chih

September 1995
Conference and Equinox Issue

Features by Justin Stone

- 1 - Identification with the Real
- 20 - Cosmic Rhythm
- 26 - Prana At Work
 - A Spiritual Life in a Materialistic World

Contemplations by Steve Ridley

- 23 - Teaching, Intentionality, TCC Principle
- 29 - Reflections: Nature Meditation
 - Stillness (Swami Chetanananda)
- 30 - Reincarnation, Spiritual Path
 - Cultivating Chi Awareness/Balance

Notes to Teachers

- 2 - Reflections...Along the Way (Salada)
VFJ Inner Workings (Mahaney)
- 6 - Thoughts on Conference '95 in the
Rockies (Carol Gliniski)
- 8 - Special Note from Lia
- 21 - TCC Events/Calendar Notes
 - Annual Tradition: '96 TCC Conference
- 38 - Contacts for TCC
- 39 - VFJ Operation & Subscription Form

Healing Experiences

- 31 - Letter to Justin:
TCC Lifeline (Denise M. Clark)
- 33 - Life Giving Communion (N. Kennedy)

News and Nature

- 22 - TCC Studio Opens in So. California
(Susan Patterson)
- 32 - Sharing a Goose-Bump Experience
(Paula Favorito)
 - Demo for a Squirrel (Vicki Brodie)

In Remembrance Of

- 24 - Alison Douglas (Bob Yurko)
- 25 - Remembrance Farewell (Steve Ridley)
 - My Teacher, My Friend (Tonya Setzke)

Conference Impressions

- 4 - Meaningful Realization (Lia Ridley)
- 5 - It Was the Best of Times (C. Brocklehurst)
- 8 - Blessed In Knowing (Rich Axline)
Hunger for Life (Patty Campbell)
- 9 - High in Colorado! (Linda ABraga)
Full With Heart (Jean Horton)
- 10 - Networking Within Networking in our
TCC Family (Sr. Mary Ann Cirillo)
- 11 - Religion and TCC? (Vicki Brodie)
- 12 - Additional Conference Impressions
- 16 - TCC at Dawn (Gail Collins)
- 17 - Ritual at the Conference - A Graceful
Conclusion (Sr. Antonia Cooper)
- 19 - After Conference-Seijaku (Janie Dick)

Conference Poetry

- 11 - Oh Mother Earth (Shared by D. Moore)
- 16 - (shared by Tori Fiore, Holly Davis)
- 17 - Light, Life...(Donna Bundock)
- 18 - Conferene Koans (Anne Doering)
Bamboo - Strength and Surrender
(Sr. Antonia Cooper)
- 19 - Seijaku and Loosy/Goosey (Ralph Garn)

Art of Teaching

- 34 - Conference Notes on Teaching the Elderly
or Handicapped (Hope Ridley)
- 35 - TCC as Behavior Modification (J. Katus)
- Teaching Tips (Cass Redmon)

Teacher Articles

- 27 - Staying Clear (Carmen Brocklehurst)
- 29 - TCC and Martial Arts (Hope H. Burla)

Learning & Inspirational Materials

- 36 - Karmic Comments (Jean Katus, Good
Karma Publishing)
- 37 - Justin's Book "Zen Meditation"
Back in Print (Carmen Brocklehurst)

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 Tai Chi Chih teachers came from everywhere to share the Chi at our 10th Annual Teachers' Conference held in Denver, CO, and when Tai 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 Gliniski, 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.

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 FCC 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.

Beverly McFarland--
Herbs to Heal



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 Tai 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 Tai 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 Tai 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 Tai 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 Tai 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.
Tai Chi Chih is taking me back to being fine.

Russ Brown, Cedar Rapids, IA

CONFERENCE IMPRESSIONS

NETWORKING WITHIN NETWORKING IN OUR T'AI CHI CHIH FAMILY

Sr. Mary Ann Cirillo, O.P. Canton, OK

As I walked to the sales area at our Conference, a woman from another Conference being held at Regis University walked with me. She said that she and her husband had heard of T'ai Chi Chih and wanted to learn. I brought her to Good Karma and showed her Justin's book and tape. Both Jeanne and I suggested that she attend a class. When I asked the woman where she lived, I was surprised to hear Tulsa, Oklahoma. I asked if she would be willing to travel to Oklahoma City. She said, "Yes." Lois heard the word travel, and asked me if I marked on my card that I would be willing to travel. I shared with Lois that as a sister, there is a networking within the networking of our T'ai Chi Chih Family. When I traveled to New Jersey for a Congregational meeting, I shared T'ai Chi Chih with the Sister of Saint John the Baptist in Gladstone, NJ. When I

returned to Oklahoma, I suggested that the sisters contact Sr. Antonia who lives in New Jersey. In March of this past year, I was invited to our Dominican Common Novitiate in St. Louis, Mo. I introduced T'ai Chi Chih, and suggested that the sisters order Justin's books and tapes. At our networking time at our conference, I asked if any of the sisters would be willing to teach at the novitiate. Sr. Alice Holden said that her sisters might be. While staying with the Dominican Sisters of Hope in Denver, the sisters and their accountant asked about learning T'ai Chi Chih. One of the teachers in the Denver area will soon receive a call from the Sisters of Gaylord Street. This has been an outreach for me and the opportunity to pass on our T'ai Chi Chih. Thank you for this opportunity! Peace and Love.

A few of the "Sister" Network



Sr. Gail Collins
Berkeley, CA

Sr. Francis Kay
Little Falls, MN

Sr. Phyllis Ann Ries
Little Falls, MN

CONFERENCE IMPRESSIONS

RELIGION AND TCC? Vicki Brodie, Burlingame, CA

At the Denver TCC Conference, Sr. Antonia Cooper was asked how she handles people who are concerned with what they see as being a religious part of T'ai Chi Chih.

Sr. Antonia tells people she doesn't teach Taoism and she doesn't teach Catholicism in her T'ai Chi Chih classes.

This is important, because so many of us have our own beliefs and religious traditions which we do not intend to change.

If people do not understand, it is their problem.

Where else but in a T'ai Chi Chih setting could those of us from such different and varied backgrounds and ways of living be together and share as we do.

Sr. Antonia led us in a wonderful closing to our Saturday night program that most people felt was meaningful and spiritual but not religious.

Sr. Alice Holden had me trying very hard not to fall off my chair as I laughed at her story of "Prindrella and the Cince." And what integrity was shown when she openly discussed her video, paying royalties to and apologized to Justin Stone.



Donna Moore led us in a Native American woman's personal chant... "Oh, Mother Earth."

Lia Ridley talked about "Marika's" pathway to dance and her "accompanists".

If we are open enough to receive, I believe each T'ai Chi Chih related experience can add to our beliefs--our ways of life.

I consider myself a very religious person and I am not a Catholic but I appreciate and respect what I learned from many of the Sisters who are also T'ai Chi Chih teachers. Where else would I have the opportunity to meet them, share with them and such but in a T'ai Chi Chih setting?

T'ai Chi Chih brings people of the world together--to share TCC--maybe even to share the mysteries of life that everyone seems to be trying to solve. Perhaps as Justin has said, "T'ai Chi Chih may help bring more peace into the world." At least doing T'ai Chi Chih together is a start.

* * * * *

Oh Mother Earth, Oh Mother Earth
Forgive us all the things
we've done to you.

Oh Mother Earth, Oh Mother Earth
Please give us time
to make amends to you.

Mimi Eunice, Penobscot Elder, ME
Donna Moore, Bainbridge Island, WA

CONFERENCE IMPRESSIONS

The conference was, as always, very energizing and joyful. It is always so good to get together with the Tai Chi Chih family to share experiences and do Tai Chi Chih together.

Caroline Chavez, Albuquerque, NM

I am grateful for all the contributions of gifts, talents and resources that the Tai Chi Chih family offers. This year's Saturday talent night was a treat! Thank you all for sharing yourselves and for a "graceful conclusion" to our evening's activities.

Meara Joy Norice, Burlington, VT

The conference was very well organized and progressed smoothly as far as I could tell. The participation of Justin and Steve was super and we had good beneficial classes. Again, a special thanks to the talent night people. All seemed to enjoy and participate freely. Many thanks and much love should go to all and especially those in charge. Thank you Tai Chi Chih and Cosmic energy!

Theda W. Gillespie, Medford, OK

This is my first conference. I am impressed by the turnout. Justin's talk on "Cosmic Rhythm" was enlightening for me; as was his talk about teaching Tai Chi Chih. The talent show was a lot of fun and I learned to sing and dance. A warm thank you goes to Sr. Antonia and Meara for the graceful conclusion...very impressive.

Mary Tafoya, Westminster, CO



It was so nice to meet the 'rest of the family'-- as a new teacher I really appreciate the wonderful support, networking, making new friends, refining movements, deep provoking thoughts, much joy and laughter and an overwhelming sense of Gratitude. Many thanks to the Denver teachers/Host--we so appreciated all the work you needed to do, to make the conference and Seijaku a great success.

Pat Huseby, Danville, CA

After traveling over 1100 miles by land and air, I was warmly greeted by the friendly TCC folks of the Rockies when I arrived for my very first TCC Teachers' Conference. So special and strengthening for my spirit to share in TCC practice, meditation, and the gift of wisdom of Justin Stone, Steve Ridley, and many others. My heart is very grateful for all in the TCC family, for you continue to teach me so much on the Journey of Life.

**Sister Phyllis Ann Ries, RSM
Little Falls, MN**

CONFERENCE IMPRESSIONS

My first conference and certainly not my last! So much excellent information and lessons I'm looking forward to integrating in my personal practice and my classes. Too much fun! I'm so happy to be a part of this T'ai Chi Chih family and I certainly enjoyed our family reunion!

Kate Turpin, Yuma, AZ

As I continue my TCC practice, the Chi continues to flow. It allows my life to unfold and move in positive loving directions. TCC brought me to the 1995 conference with a new name, a new business and new levels of Joy and Love in my heart.

In the final moments of this conference, I look around and see a room full of beautiful individuals. I feel the joy, sincerity integrity, enthusiasm and commitment of those around me.

This conference was a renewal, reconnection, and recommitment. I am grateful to all of the teachers that attended and participated. I am particularly grateful to the many teachers who contributed to making the 1995 conference a loving experience. Thank you.

**Jaea Troy, Albuquerque, NM
(Janet Yannacone)**

When I lit my candle on Saturday night, did the dance Sister Antonia taught us, and blew out the flame, I thought/asked for/committed to: "Let the Chi do the work." And I meant, I guess, not only to re-dedicate myself as a teacher, but also to live T'ai Chi Chih in all parts of my life. I have seen how moving from my Tan T'ien when I dance so improves my dancing and feels so fluid. How wonderful it would be to move from my Tan T'ien in everything I do, particularly in the hectic high school environment where I teach.

And in fact, I am going to start teaching Tai Chi Chih to students and faculty at my high school this fall. I have been teaching at a health club for the past two years, but was reluctant to try it with high school students for fear they'd laugh or make fun (that now doesn't matter much to me, perhaps because my own practice and teaching are stronger). I am continuing at the health club, but possibly in a different format; my classes are free with membership, and the drop-in style of the club grows tiring. I am considering charging a small fee so that people would commit (money often engenders commitment) to an 8-week session at a time.

But the real reason I am writing VFJ is that I had a more jarring "re-entry" to the world after the conference and the Seijaku training than I have had in the past. It was not anything like the story Justin tells of Lia Ridley, after a very deep meditation when Steve had to reintroduce her to plants and trees. But I did sort of "forget" that there were busy streets and subways and grocery stores. For the first few days back in Chicago, I saw all the things of this world in a very strange way, like they were all sitting on top of something else that is constant and makes up everything. And all this stuff that sits on top is so seductive--pulls me back into the things and ways of the world. I must say that these things and ways of the world (its busy-ness, its competition, its barrage of information) make it harder so stay grounded, to stay mindful, even though I know that we inevitably have to "go back to the marketplace and be the big hermit" rather than the small one.

**Amy Hackenberg, 1003 Greenleaf #3E
Evanston, IL 60202**

CONFERENCE IMPRESSIONS

I have been a teacher for 5 years and this is the first conference I've attended. Living on a remote island has not made it possible for me to get together with other teachers or travel to trainings, etc. Joan Torrence and I have exchanged chi twice in the last several years as she does her whirlwind trip to the island, and that has been inspirational. Also, thanks to *The Vital Force* which has been my "link" with the outside Tai Chi Chih world and the happenings of teachers and students.

So, the conference was more than a shot of vital force! I see how important it is for me to not only make corrections on the movements, but refine and truly deepen the Tai Chi Chih experience for me. Immediately after the conference I went to my spiritual/healing place in the mountains. There I spent seven days in the glory and magnificence of nature with towering mountains and sweeping views of ocean, sky, valleys and the creatures of the forest. Here I melted into the movements with a softness, flow and deep feeling in my dantienne of which I have never experienced before. Every emotion possible to experience was felt within me and flowed back out into the Universe and to all the beautiful, loving people I joined chi with at the Conference and in my thoughts who were absent from the Conference. Truly Universal and personal energies united.

Of course, connecting with fellow teachers was a joy beyond measure. I am deeply moved by all of the love, receptivity, sharing and caring that was present within this beautiful group of people. I pray I will be at the future conferences and so look forward to reuniting collective chi and resounding this grace universally.

Dyanna Chowka, Eastsound, WA

That was a marvelous weekend. The two days of Seijaku were also very rewarding. What a gift we have in all of this.

Before I left the campus, I wrote a verse for *The Vital Force* and rewrote it this morning. It doesn't begin to express all the feelings experienced. Hope it's understood. "Epiphany" means manifestation or showing forth. "Theophany" is the manifestation of God. That's what this is all about, I believe.

THANK YOU

Conference Nineteen-ninety-five
Cosmic Rhythm
Superb input
From Justin Stone.
Steve and now Ed
Howed flawlessly
Through Tai Chi Chih and Seijaku.
Food, lodging, transportation
Abundant, soft, apparently effortless.
Networking with teachers
Now friends,
An Epiphany
A theophany
of CHI.

Alice Holden, CCVI San Antonio, TX

I woke up Sunday morning at the conference disoriented: What day is this? It couldn't possible be Sunday--too much had already happened. Hmm, it had to be at least Monday, and Tuesday seemed more probable considering the volume of experience I was remembering. Had we really done all that Friday night and Saturday? Well, we had indeed--and I loved every moment. It was a rich time, my first TCC Conference. I feel blessed being part of this community. Thank you.

Beverly McFarland, Cedar Crest, NM

CONFERENCE IMPRESSIONS

I recently read an article that quoted an old Russian saying "Come let us dance and make a feast of joy." I put the article aside thinking it reminded me of Tai Chi Chih. After the Denver conference, I know what I was saving it for. It is a perfect description of what happens when we all get together each year. I want to thank everyone for sharing in the dance and creating "a feast of joy!" That is truly what TCC is to me. Love to all. See you next year.

Leslie Johnson Leech, San Diego, CA

"If Tai Chi Chih is Joy Through Movement, then, Lia Ridley is the personification of that expression."

On my way home from the Chicago accreditation I wrote that I had begun my Tai Chi journey. It seems my first step along the way was Regis University. I arrived with little but myself and expectations. I departed realizing I had been filled and healed. Such is the work of the Tao.

Lee Campbell, Phoenix, AZ

The conference is always an enriching experience but this one seemed the most thoroughly planned and executed one I've attended. The information packets with badge were complete and announcements were clear.

I believe one reason for the success of the weekend was in large part due to the handling of the time slots during general sessions. The program was kept moving along and we covered a lot of areas and had time for reports. Complaints or disagreements were handled diplomatically.

Steve and Justin were given full time and gave us quality time.

Workshops were well led and those who shared by being part of the entertainment were appreciated.

Everyone loved the candlelight ceremony which seemed to bond us as a group.

Thanks to all.

Hope Ridley, San Mateo, CA



"Come. Let us dance....!"

CONFERENCE IMPRESSIONS

T'AI CHI CHIH AT DAWN
Gail P. Collins, SCN, Berkeley, CA

My first Conference was a renewal and more, the experience of being with others who find T'ai Chi Chih to be part of a welcoming, peace generating spiritual path. I missed you, Liz--so sorry you were not able to be in Colorado, but you were with us in thought, support, and hope that all would be well with your dear ones. Lois, I am always so glad to see you and to know the love and care that is part of YOU--what a source of PR for TCC! Thank you! It was my privilege to be in Justin Stone's presence.

I loved Denver, and the "experiences within experiences" of the sharing at meals and in-between scheduled items were rich and encouraging and oh so honest!! Thanks to all.

T'ai Chi Chih at Dawn:
Fragile wings
of morning breeze
Shake loose
the golden flecks of sun

And I in joy
Renew and touch again
The early, only
living force
Within.

Gentling, opening, resting,
Gracing, weaving, seeing
into life:

I move, am moved
I touch, am touched
In joy, into truth
Namaste!

CONFERENCE POETRY

I would like to share two poems because they seem to be similar to the message I heard at the conference (cosmic rhythm).

At one with life,
I flow within harmony
embracing beauty,
and radiating joy.

* * * * *

In the sea of turbulence,
I feel a calm center,
ever moving, yet still,
ever hopeful, let wise,
ever liquid within Life's flow.

Tori Fiore, Phoenix, AZ

I was really impressed with the range of ages of TCC teachers. 20's.....?
TO LEARN.

TO TEACH.
TO LEARN TO TEACH.
TO TEACH TO LEARN.
TO LEARN TO TEACH TO FLOW.
TO FLOW TO TEACH TO LEARN
TO FLOW.

Watching Justin move
Watching Steve move
Watching fellow teachers move
Feeling the Chi within
Doing T'ai Chi Chih with eyes inside.

Holly Davis, Oak Park, IL

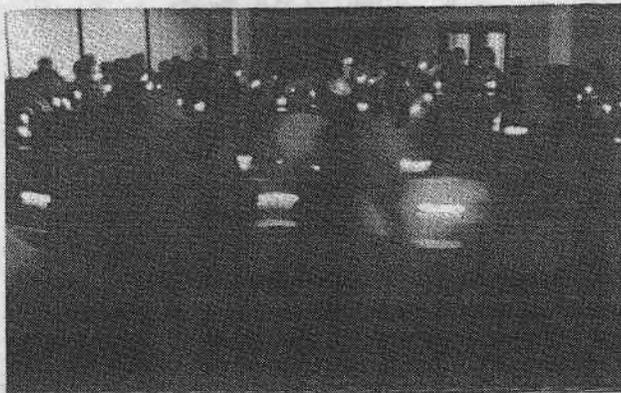
CONFERENCE IMPRESSIONS

RITUAL AT THE CONFERENCE- A "GRACEFUL CONCLUSION"

Sr. Antonia Cooper, OSF, No. Plainfield, NJ

It was at the May Teachers' Accreditation in New Jersey that I first met Meara Joy Notice. Our energies seemed to have blended from the moment I met Meara at the airport. During the week we spoke about the upcoming Denver Conference and shared our individual desires to do some rituals with candles - Meara with the idea of "Rededication" as teachers, myself with a movement to ritualize TCC. What resulted was experienced Saturday night at the Teachers' Conference. Meara served as Master of Ceremonies during the Talent Show which was fun and light. She created a beautiful flower Mandala with a center candle and four others to mark the four directions, inviting those who were teaching for 10 years or more to form a

circle around the mandala. Two other circles were formed around the inner circle, with everyone holding a candle. As Justin lit his candle and passed it (the light) to the next person, each was invited to Rededicate within her/his heart to the values and principles of TCC during their own practice and teaching. After the last candle was lit, music played and the *Ritual Movement* began as the group of 125 persons moved slowly in the glow of candle light. Returning to the stillness once again, the candles were extinguished one by one with the hope that the desires expressed in the Rededication would burn brightly within, radiating light and warmth from each teacher in our oneness with Cosmic Rhythm.



Light, Life
The spirit within
 awakens
Chi flows
Life . . . Rejoice!
A light glows
 from within.

Donna Bundock, Tijeras, NM

My Reflection of the Conference

"Pure Spirit am I
 Ascending to mountain tops
Lifted by Chi-family
Surrendering to internal Oneness
 Clouds of Chi home me."

Anita Germain, White Bear Lake, MN

CONFERENCE IMPRESSIONS

CONFERENCE KOANS
Anne Doering, Albuquerque, NM

For
Justin
Tai Chi Chih
gives us release
simple moves
filled with
joy

One's
Spirit
surrenders
and is grateful
suspend spine
so chi
flows

Pain
comes from
resistance
turn thoughts to joy
spine like pearls
healing
chi



Bamboo - Strength and Surrender

The bamboo tree inspired
this design, for it holds within
itself the reality of both polarities -
strength and surrender.

Being aware of these "pulls"
within my life, as I had experienced
them, a sense of peacefulness
and groundedness has
somewhat calmed the tugs
between the two.

The lesson the bamboo has
been teaching me is
to embrace both within.

The yang of strength
complements
the yin of surrender...

Strength is so needed to be able
to surrender...and
in the surrendering,
we experience our center of strength.

They are not opposites at all,
they coexist, harmonize
balance and give life to one another
.....and to the persons who
welcome them with an embrace.

Reflections by
Sr. Antonia Cooper, OSF
Plainfield, New Jersey

Steve and Justin flanking our "Magic Flutist", Tamara Johnson, Steamboat Springs, CO



AFTER CONFERENCE-

Seijaku Review

On the way home from Conference
I did my practice
early morning
by a lake.
Sitting--after meditation--
a fisherman passed by,
We greeted one another...
As he walked away
A part of me went with him--
Just as a part of him stayed
with me
forever --
a complete and a new
merging --
no boundaries.

Janie Dick, Sedona, AZ

Thank you to everyone for caring, listening,
and sharing. I truly enjoyed each and everyone
of you. A special loving thank you to all
those involved in working on both the
conferences--great job for a great amount of
work and time put into a most wonderful
Conference. To Justin, Steve, Lia and Ed,
simply --Thank You --I love you all.

Cathy Penwell, Victorville, CA

I am filled with the wonder of our gathering
each year--it is truly a gift--this year given to
us by our Denver teachers. I leave with a heart
full of gratitude for the opportunity to reflect
and renew. To each of you in the TCC
community, whether you were physically at
the conference or there as part of our collective
consciousness, thank you for your presence in
my life.

Ellen Tatge, Albuquerque, NM

Post Thoughts - After the Conference

Camaraderie of fellow teachers seeking to
'hone' their practice and gather new ideas for
spreading the 'gospel' of TCC.
'Pep talks' of encouragement.
A 'revised' Seijaku (Justin's involvement) with
a new understanding of how use hard/soft,
yin/yang, holding fast/letting go.
Learned? That regardless of certain 'differences
of opinion' of various teachers, there's an
inherent 'basic' intention and way to perform
and utilize Tai Chi Chih and Seijaku.
That I love being one of this extended family
of being with and without our
differences...seemingly all pursuing the
common goal of 'Oneness' with universal
energy and its contents.

Nourished once more ...
Off to encounters new ...
Group 'chi' uplifting me ...
Enlivened to express to others
This treasure shared.

SEIJAKU AND LOOSEY/GOOSEY

Breaking thru to softness ...
Tension let go to floppy wrists ...
Rest ... Absorb ... Become ...
Begin anew ...
Cycles of Hard/Soft, Night/Day ...
Holding fast! Letting go!

Thank you, Justin, for a better grasp of
'Cosmic Rhythm' and "Inner Sincerity"!

Ralph Garn, Syracuse, NY

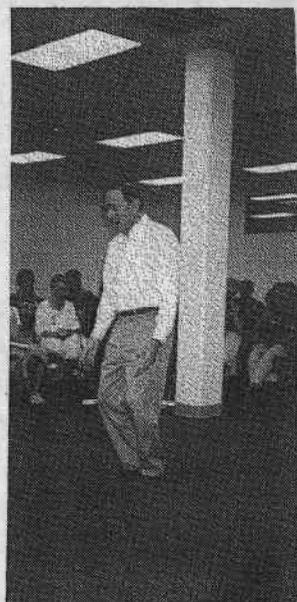
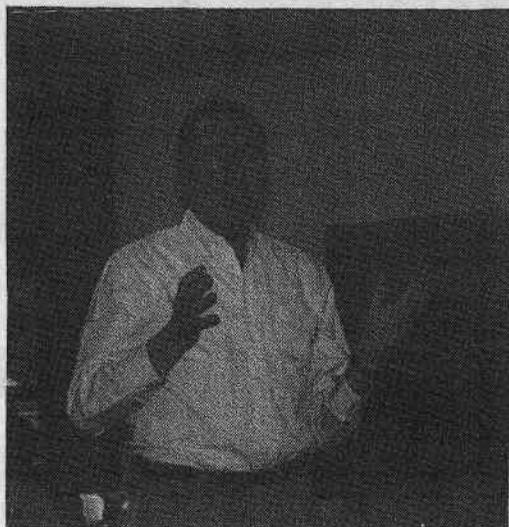
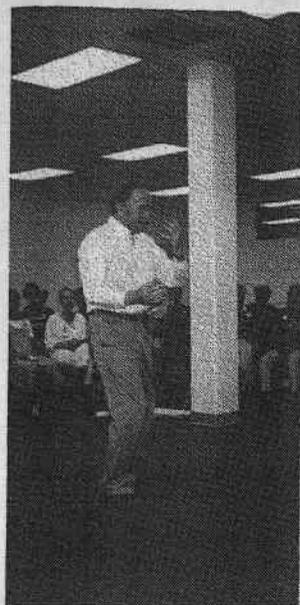
COSMIC RHYTHM

Justin Stone

It is interesting to speculate about Cosmic Rhythm. Although Buddhism says all effects come from causes (there being no First Cause), many events seem the result of cyclic, not causal, influences. The plum blossom pushes through the snow in February in Japan, and the sun comes up at a predictable time each day, bringing cyclical daytime after cyclical night. There is no way the plum blossom can know when it is time to emerge; certainly the late winter weather isn't any warmer. Such events as these are part of a natural Cosmic Rhythm.

Many have thought how wonderful it would be if they could accord with this Cosmic Rhythm. The Chinese speak of moving with the Tao. And that's where Tai Chi Chih comes in. The steady practice of Tai Chi Chih--and, if desired, of the greatly stepped up Seijaku--offers an easy way to enter this flow. And when we arrive at the point where no one is doing Tai Chi Chih, Tai Chi Chih is doing Tai Chi Chih, that is letting the Tao play us. All that's needed is sincerity and perseverance; too much self-changing will make both these difficult.

To know the Cosmic Principle by entering the Cosmic Rhythm--Ah!



Justin showing how to "enter the flow".

CALENDAR NOTES

ANNUAL TRADITION-1996 TCC CONFERENCE

Susan Patterson (Webster), El Cajon, CA

Wow ! What a conference!! A very special thanks to all of those beautiful Denver teachers who made it all happen and who made it all run so smoothly. I think it was by far one of the best ever!

The candle-circle-ceremony on Saturday night, lead by Sister Antonia was very profound for me and allowed me to make a new commitment to my TCC practice. I suggest that we continue with that ceremony, making it an annual tradition at the conferences.

Thank you, thank you, Justin and Steve for renewing, refreshing, and refining our movements!! My students have commented this week that they feel my TCC is much softer and stronger, and that my

teaching techniques have improved. Thank you Justin for reminding us to teach them HOW to move.

Upon returning to San Diego and doing a little research and contacting other local teachers, I am feeling very strong about having the conference here next year. I will need all of your support, comments, and feedback to make it just as successful in San Diego. Please contact me at 733 S. Lincoln Ave., El Cajon, CA 92020...619/441-1165 with advice, comments, feedback, etc. Watch the next VFJ for an update and keep your calendars open for the last weekend of July or first weekend of August.

I am so very proud to be a part of such a fantastically loving family!!

1995-96 T'AI CHI CHIH EVENTS CALENDAR

October 23-28	TCC Teacher Training with Steve Ridley, San Diego, CA Contact: Susan Patterson (Webster), 733 South Lincoln Ave., El Cajon, CA 92020 619/441-1165	\$380
November 1 December 9	Deadline for VFJ Winter Solstice issue. Send your articles, poetry, seasonal news. Mailing at Lois Mahaney's, San Lorenzo 510/276-5718	
<hr/> 1996		
March 9 (Sat.)	Exploring Meditative Ways with Steve Ridley, Albuquerque, NM Contact: Loretta Shiver at 505/345-0976	
March 21-24	Seijaku/Meditation Retreat with Justin Stone and Ed Altman Contact Vic & Maggie Berg, 34 Wimbledon Way, San Rafael, CA 94901--415/456-7863	
Late July or August	1996 T'ai Chi Chih Teachers' Conference, San Diego, CA Contact Susan Patterson at 733 S. Lincoln Ave., El Cajon, CA 92020; ph. 619/441-1165 with advice.	

TCC STUDIO OPENS IN SOUTHERN CALIFORNIA

Susan Patterson, San Diego, CA

On July 5, 1995, I, Susan Patterson (Webster) opened a Tai Chi Chih studio (center) in San Diego. It was a most frightening experience until I relaxed and started breathing and realized that TCC will bring all the energy we need to keep the center moving in an upward swing. Thanks to Timothy Stueiz, who put together the program for nurses in California, TCC is in great demand. Nurses wanted classes and I could not get the space at any of the local hospitals, so I decided to 'bite the bullet' and get into some of this expensive California lease space and GO FOR IT!!! I am glad that I did, because with the support of the local teachers, we are building quite a wonderful program of TCC here in San Diego.

We had our first teachers' gathering at the studio on July 8 and had more teachers there than we have ever had at any of our gatherings. We found that the energy was so high that no one wanted to leave. Ideas, thoughts, sharing, and stories went on for hours. We used to gather at someone's house every 2-3 months, but now we have decided that we need to get together at least once a month. We will meet

on the first Saturday of each month at 4 pm for movements followed by a pot luck/networking session. I openly invite any teachers who may be in the San Diego area to come and join us on those Saturdays. I also extend an open invitation to anyone who is visiting the area to come and visit. We just installed a dolphin water fountain today and it certainly creates the sound of a lovely bubbling spring.

I know that it is the energy of all of the TCC teachers in the world that is making this new space a great success and for that I thank you.

I have spent many hours putting programs together for nurses in California. If you have any questions I would love to help others do the same. After being in the medical field for almost 20 years, it brings me great joy to share the peace and serenity of TCC with my fellow professionals who need it more than anyone I know.

The address of the new studio is 8250 Vickers Suite G, San Diego, CA 92111. The phone number is 619/571-3705.

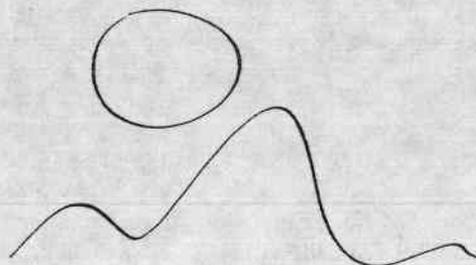


TCC Outdoor Practice

CONTEMPLATIONS by Steve Ridley

TEACHING

Extraordinary teachers have worked extra hard to allow something above the ordinary to manifest through them.



INTENTIONALITY

Justin advises, "not to do careless T'ai Chi Chih." He knows the value of practicing the art qualitatively with focused intent - movement zen.

When we bring full attention to the event at hand, we help empower it, we coax life to express more completely through it. In TCC practice this is essential. Truly being the movement at hand gives rise to the fullest experience and most useful consequences of practice.

* * * * *

Knowing is flowing. Not knowing is stop and going.

- M. T. Kupper

* * * * *

TCC PRINCIPLE:

Rooted **softness** of motion
allows chi circulation **continuity**.

- Steve Ridley

IN REMEMBRANCE OF

ALISON DOUGLAS

I'm sad to hear of the passing of our friend Alison Douglas. My condolences to her family. She will be missed by all.

I first met Alison in 1991 when signing up for a TCC class. We were all welcomed by this petite woman with blue eyes and a big smile for all. After the course, with Alison's encouragement and guidance, I stayed on and became a TCC teacher, followed by Tonya Setzke and recently accredited was her hospice worker, Lisa.

Alison made friends easily, and she made friends wherever she went. There are three from Chicago, Hannah Hedrick, Brian Barrista, and her yoga teacher, Becky. She spoke often of them with Love.

Alison occasionally would say "Sometimes I'm sad, but never am I bored."

In health or in illness, she always stayed busy, reading, corresponding, planning, and doing.

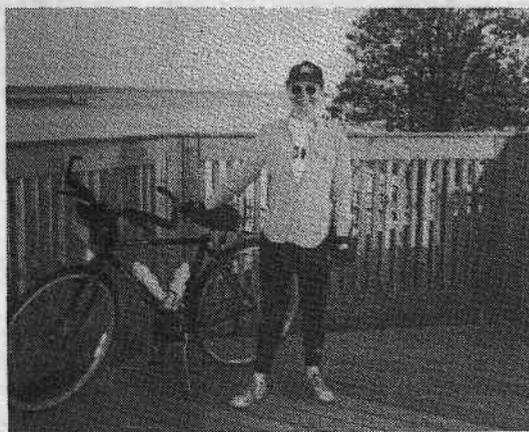
We did many things together and had much fun doing them; she especially enjoyed our bicycle rides along the Detroit River. Also dining out—she loved to try different ethnic cuisines.

There are so many stories to relate, but too numerous to tell here. But one comes to mind. As we were leaving the TCC room at the local YMCA, Alison was walking past the day care room. She stopped, got down to eye level with a pretty little girl around three years of age and gave her a big smile and waved. When the little girl responded with the same, Alison then continued on her way. That's Alison, always taking time for others, even if it's just to say Hello.

In closing I would like to say that I'll always miss her and will never forget her. Thanks for all, Alison.

With Love,

Bob Yurko,
Wyandotte, Michigan



Alison



Alison and Hannah Hedrick

REMEMBRANCE FAREWELL

Steve Ridlcy

I said goodbye to Alison tonight
Under the open sky

My dear heart friend
Thank you for blessing my life

Thank you for loving me,
for your open-hearted trust
for your courageous spirit
humor and easy laughter

Celebrating your great graduation
you have touched me deeply
we have met as Essence

Beneath the starry night
fare well sweet friend

Be Free ...

I am thankful for her sincere friendship and honored by her trust. She is an important teacher for me, though she always pretended I was her's. She was gracious, beautiful inside and out, tough, sympathetic and nurturing. Her artwork was sensitive, innovative, bold. She gave of herself fully to receptive students. We discussed death, in Life. She understood clearly. She left freely. A smile remained.

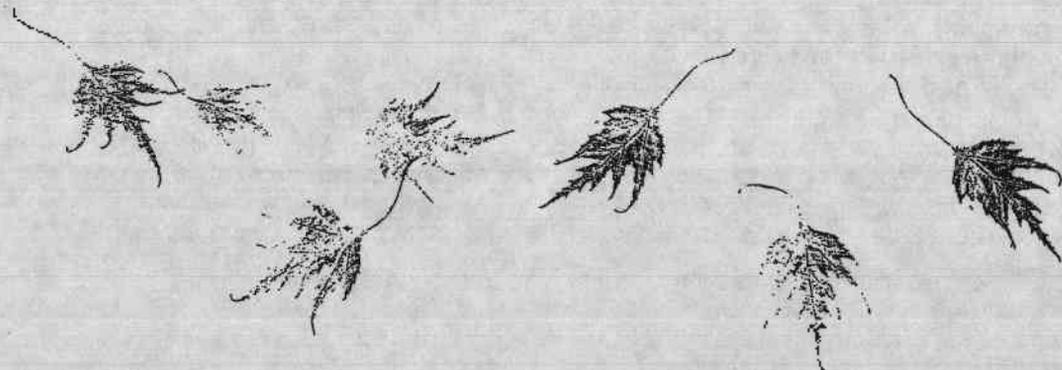


Steve and Alison

MY TEACHER, MY FRIEND

Alison Douglas is my Tai Chi Chih teacher. She is also my friend. She taught me so much about life and about love. "Gentle" is a word I would use to describe Alison. I remember her gentle reminders during TCC class and her gentle encouragement as I prepared to become a teacher. I'll never forget her smile, which would light up her whole face, and her laughter--a sound that could be described as a bubbling spring. I love you, Alison, and I will miss you--until we meet again.

Tonya Setzke, Wyandotte, MI



PRANA AT WORK

Justin Stone

One of the hardest things for a beginner to understand is the fact that there must be physical changes for spiritual changes to take place. We are so used to thinking of "spiritual" as being something ephemeral that we cannot at all relate it to the physical organism.

In Krishnamurti's biography, it is stressed that he went through much physical agony, which he well understood. He is quoted as saying, while in great pain, "I know you must do this, but can't you be a bit easier about it?" Obviously he was talking to the Kundalini force, part of all-powerful Prana, responsible for the evolutionary changes, either gradual or rapid. Gopi Krishna, too, went through great suffering, from the time of his awakening until the eventual settling down in his new status. Prana (or "Chi") is what pulls together the

seeming-spiritual and the physical. As we sink deeper into the essence of Prana's action, which we do with regular conscientious practice of Tai Chi Chih, we become aware of what is happening. To evolve one thousand times faster than "normal" (usual) is no small matter. Some have done most of this in a previous life, as with Rinzi (Chinese: "Lin Chi"). A shy, pious seeker when he first came to his master, his personality changed radically (seemingly in a few minutes as he discarded his former identity) and he became an overpowering iconoclast, firm in his "growth of certainty."

Seeming illness, and pain, can point in the direction of massive spiritual changes, something of which doctors do not seem aware. All physical change has to do with spiritual purification and development.

A SPIRITUAL LIFE IN A MATERIALISTIC WORLD

Justin Stone

The talk I give in October will have the above title. When I gave an evening course of this nature at the Monterey Peninsula College, I was amazed by the amount of interest it developed. Apparently people are not only concerned about making a living, developing meaningful relationships and coping with the inevitability of death, but they also want to learn how to live their lives without hypocrisy. If the boss says to lie that he is not in, don't I have to obey to keep my job? And if I do lie, why do I have a terrible feeling? After bearing a sermon on Sunday,

why do I have to break all the rules the following week?

This is all part of finding out "who" and "what I am." In order to know "what" I am, I must first find out "who" I am.

The Lotus Sutra says:

"From the State of Emptiness
 Man's body is a body pervading the universe,
 Man's voice is a voice filling the universe,
 Man's life is a life without limit."

(Used with permission from *The New Mexico Tai Chi Chih News*)

TEACHER ARTICLE

STAYING CLEAR Carmen Brocklehurst

T'ai Chi Chih means Knowledge of the Supreme Ultimate. T'ai Chi Ch'uan means Supreme Ultimate of Boxing. By knowing these two simple statements we can be very clear on what we are doing as we teach T'ai Chi Chih. We are not trying to take our students outside of themselves, or to teach them to defend themselves. We are doing a very simple but crucial thing: we are giving them a way to come to know themselves from the inside out. It is important that we explain this special difference to our students at the beginning of their learning.

We are not teaching them a partial system or a part of T'ai Chi Ch'uan. Justin did not take the T'ai Chi Ch'uan movements and modify them

and give us a watered down or shortened version of the movements. The movements are not ancient. They are a new, original and beautiful creation of movements that came out of Justin. This new art form is dynamic because it is based on the most fundamental principles of the universe: yin and yang. These principles are ancient; they are the very building blocks of life.

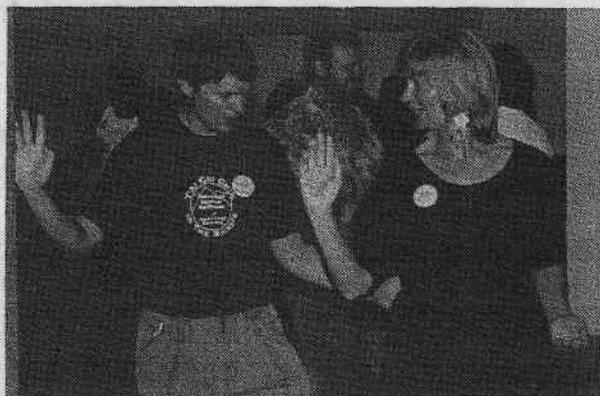
Because of the original nature of the movements and because of the principles on which they are based, what we are offering our students is priceless. As we recognize this, so will our students. This spark will light the way to finding the pearl of great price: our true nature.

(Used with permission from *The New Mexico T'ai Chi Chih News*)



Tori Fiori
Phoenix, AZ

Practicing the Principles--Yin and Yang



Bryan James
Lakewood, Co.

Dyanna Chowka
Eastsound, WA

REFLECTIONS

Pulsing within silent stillness
the symphony of creation.

* * * * *

Tai Chi Chih practice is grounded in the natural wisdom of yin-yang dynamics as well as the silent stillness which precedes and sustains these complementary forces.

* * * * *

NATURE MEDITATION

In stillness
listening, the river song
realizations arise.

- Steve Ridley



STILLNESS

Whatever is dancing in us is what we see dancing all around us. When we let go of worry and tension, there is only a dynamic stillness. In that stillness, we experience the whole world as light and awareness.

Swami Chetanananda

TEACHER ARTICLE

T'AI CHI CHIH AND MARTIAL ARTS

Hope H. Burta, San Leandro, CA

I am writing because I am concerned about an attitude that appears to be developing, that the two practices (T'ai Chi Chih and Martial Arts) are mutually exclusive. In addition, I am disturbed by the implication that there is something wrong, less-evolved about the study of martial arts versus the study/practice of T'ai Chi.

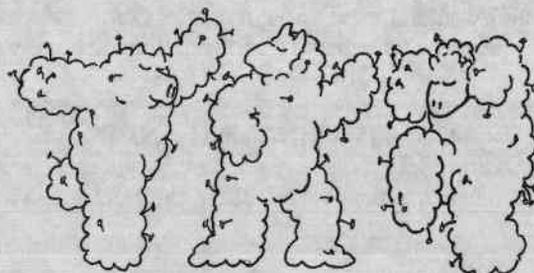
While we must be clear with our students that T'ai Chi Chih does not have its roots in the martial arts (as does T'ai Chi Ch'uan), I believe it is also important that we do not devalue the study of martial arts to our students.

The study of a martial art is every bit as much about gaining inner balance, inner strength and focus, as is the study of T'ai Chi. A martial artist confronts inner issues at every belt level, from personal fear barriers to the ability to stay focused, to being aware of everything around him/her. Above all, a martial artist learns to respect and value not only his or her self, but all others as well. A true martial artist is not looking to fight an "enemy" *out there*, but to conquer his/her own inner demons. By building confidence, both in one's physical strength and agility and in one's ability to face

a situation calmly and with focus, a martial arts student learns to face life's challenges with his/her own inner resources.

In addition to being a T'ai Chi Chih practitioner and certified teacher, I am also a martial art student. I have found the two practices to complement each other dramatically. The study of a martial art often includes meditation. For me, that meditation is T'ai Chi Chih. T'ai Chi keeps me grounded. My martial art practice strengthens my body and in strengthening my body, strengthens my spirit as well. In the combination of the two, I am growing and taking more definitive control of the direction my life is taking and in discerning what that direction needs to be. The study of a martial art has not pushed me away from my inner self. To the contrary, it has brought me face to face with myself!

I do not wish to imply that studying a martial art is for everyone. Nor do I wish to suggest that we necessarily bring up the subject with our students. What I am saying, is that we should not discourage a student from practicing both. For it may be in the combination of study, that the student will grow dramatically.



TAI CHI PETS

HARTON

REINCARNATION

I have heard it claimed that the physical body is entirely reconstituted (including the dense skeletal structure) every 7 years.

What of us abides within the continual restructuring of the body, witnessing?

It is not mind, but beyond and altogether complete.

SPIRITUAL PATH

We,
rays of spirit, wavelets
in the great oceanic consciousness
seek liberation.

* * * * *

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

CULTIVATING CHI AWARENESS

T'ai Chi Chih practice enables us to develop an awareness of the chi flow within, and progressively we learn how to open properly to allow its free circulation.

In addition to formal practice we endeavor to honor this circulating energy by remaining open to its natural expression, regardless of the ways we find ourselves relating. In this way personal growth and transformation are greatly assisted.

CULTIVATING BALANCE

If we live in balance within, we are likely to attract and creatively contribute to harmony without.

LETTER TO JUSTIN

TCC LIFELINE
Denise M. Clark, Danville, CA

Thank you so much for your note of encouragement pushing me to start teaching classes now that I am accredited.

I sincerely appreciate all that you have done to develop T'ai Chi Chih. I noted in your *Meditation for Healing* book that you dedicated it to all those who suffer...and I am certainly one who falls into that category.

For over twenty years I have dealt with the pains of systemic lupus, scleroderma and polymyositis. I've had swollen joints, constant fevers, loss of the use of my hands, voice and muscles.

Since knowledge is so important to me, I worked my way through seven plus years of college at three schools and obtained a business degree. I worked for ten years as an oil and gas landman. If I kept busy, I could keep the focus off my afflictions.

I also went on an inward journey. I studied the teachings of Thomas Merton plus contemplative prayer, learned how to breathe using biofeedback and studied T'ai Chi Ch'uan. Little did I know that the final door to open for me would be T'ai Chi Chih.

After moving from Denver to Danville, CA in October of 1993, I suffered a severe flare-up caused by medication. I was flat on my back from December '93 to August of '94. I made a jump to homeopathic medicine and found Liz Salada as an instructor. By September '95 I began T'ai Chi Chih instruction with Barbara Riley.

Now, less than one year later I am a certified instructor, chairman of publicity for the Newcomers' Club, a CCD teacher, member of a bible study group, a wife and mother of a 10 year old.

Thank you so much for giving me a life-line. I will do my best to pass the gift on to others.



7:30 am TCC Practice

TCC IN NATURE

SHARING A GOOSE-BUMP EXPERIENCE

Paula Favorito, New Milford, NJ

Day by day, since my first lesson from Sister Antonia to my Teacher Accreditation Course and beyond, I have been pleasantly surprised that Tai Chi Chih has been healing to me in a variety of ways. However, I would like to share a particular experience I had on my vacation in Cape May this summer.

My stay in a lovely Victorian Inn, directly across from the ocean, was not only convenient but a perfect place to practice Tai Chi Chih. Every morning at 7:30 I would look for a cool spot near the beach so as to have the ocean waves as natural background music. The feeling was calm and serene as though I was moving with the ebb and flow of

the waves. Part way through the TCC practice, I spotted about 15 or more dolphins not very far off shore. They were being very playful, flipping in and out of the water sometimes in pairs, like they were putting on a show just for me. The thought came to mind this TCC must be pretty powerful--it seems to be even bringing in the dolphins. Well, it was just a wonderful sight, one of those once in a life time goose-bump experiences.

Thank you Sister Antonia for being in the right place at the right time in introducing me to TCC and to my sister-in-law for informing me about your class in the first place.



DEMO FOR A SQUIRREL

Vicki Brodie, Burlingame, CA

This morning while doing my TCC practice I was observed by a squirrel. As I moved through the first ten Tai Chi Chih movements, the squirrel came down on the ground, stopped less than three feet away from me, stood on its hind legs, moved one of its front paws in and out several times while observing what I was doing. It repeated this behavior at least twice.

When it wasn't on the ground near me, it was on the fence watching off and on as it went about its business.

I've seen squirrels scurrying here and there but never before has one ever stopped to see what I was doing.

HEALING EXPERIENCES

Life Giving Communion

Nancy Kennedy, North Plainfield, NJ

In May of this year I was proud to be empowered as a new Tai Chi Chih teacher. Since then I've been working at a local nursing home with much success. In a book I was reading the author was referring to Centering Prayer when she said, "When I don't do it, I miss missing it." That is exactly how I feel about my Tai Chi Chih practices. In doing my practice I really feel a communion with a Presence that nourishes my being. I shall be eternally grateful to Sr. Antonia...And further heartfelt gratitude to Justin and Steve for nurturing TCC for all of us!

I was encouraged to share these two experiences with the TCC family through *The Vital Force*. In March of this year I was to take an MRI test for possible gallbladder obstruction. As I was being prepared to take this hour long test I decided to do a complete TCC practice in my mind. Actually I was able to complete two full TCC practices before the voice of the nurse invited me to sit up. The surprising moment came when the nurse asked me if I had been meditating during the hour. I told her I was, I explained briefly that I was doing my TCC practice mentally. She said that she could always tell when patients were meditating because the screen showed a marked difference in the readings....It was sufficient for me to know that there was scientific validation for the rhythm of the body to actually be detected on some sort of instrument....That was a wonderful confirmation of the reality of things invisible made visible....something I've believed in for a very long time from a theological base but

now it was there from the scientific community. Exciting!

My second experience came at the nursing home when a patient who was suffering from senile dementia had the habit of being in non-stop conversation from the time she would awaken until she went to sleep. This patient was sitting in front of me during the TCC class and from the moment I began playing the TCC music I use to practice with and do the movements until we were finished this lady was absolutely quiet. As a matter of fact she seemed to be very peaceful. The aide who sat beside her during the practice session also noted the difference. I would have thought this a unique incident if I hadn't experienced something very similar later in a visit to my mother who lives in Florida and is suffering from the same illness. This was a difficult visit for me to witness my mother....not knowing even who I was during my visits. I began my visits to her each day, in her home by doing my TCC morning practice. Mom would sit in front of me watching quietly and saying her rosary. The tone of the day would be set by this practice. On the two days we didn't begin this way there was a marked difference in Mom's peaceful posture throughout the day. On these days she seemed much more irritable. I left a tape of the music, along with Justin's video for my sister, who at this point had learned the TCC moves from me. Recently, my sister called to thank me for everything-- the visit continues to be life-giving for each of them.....

ART OF TEACHING

Conference Notes on Teaching the Elderly or handicapped
Hope Ridley, San Mateo, CA

TCC improves balance for seniors. If they fall, less likely to break bones--bones strengthened by doing TCC.

Sitting--feet on ground to feel grounded--keep concentration on bringing chi up through legs (mentally)--might feel discomfort where no feelings were before.

In wheelchairs--could skip taffies unless patient could sit forward away from wheelchair arms.

Cardiac--move slowly--start with modified breathing--do mentally.

Lift toes and then heels--if not physically--do it mentally. Sometimes it feels worse before it feels better. Prolonged pain or soreness--check with Doctor.

Arthritis class--1 hour they will be exhausted--can meet in hospital or arthritis center. In Yuma they charge \$85 for 12 hours of class. Minimum of 10 people. Arthritis Foundation might pay. \$200 private--8 lessons (1-1 1/2 hrs.)

Smaller movements possible if necessary. Or teacher do pure form and students do what they can. Demonstrate movements standing. Can show sitting down afterwards to identify with their challenges. Teach focus on opposite hand. Move foot forward (whatever side you're on) then left toe, etc. Constant repetition. Sit on one cheek and then the other.

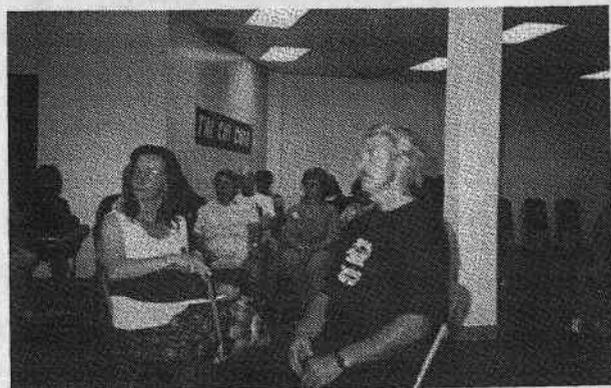
Unsteady on feet. Instruct--be centered. Step out before beginning hands. Grounded first. If taffies too hard, stand and just do arms. Then add waist twist. Then add weight change on legs.

Pulley--one arm only for awhile, then try to add. Also with passing clouds.

Sitting--Chi seems to be higher up. Be sure they bring focus to tan tien for low emphasis before they stand up. Also breathe deeply into the belly.

Moves done leaning against table (table behind) still allows a waist turn.

Intention of purpose is a lot. Positive programming.



Sandy McAlister and Steve--
Answers and tips on teaching

ART OF TEACHING

TCC AS BEHAVIOR MODIFICATION

Jean Katus, Fort Yates, ND

Nearly all the participants at an international high school theatre festival where I presented eight hour-and-a-half introductory T'ai Chi Chih sessions enthusiastically received the instruction and practiced the moves they had learned, many of them requesting listing of certified teachers in their areas so they could take an entire class. It was an exciting and gratifying experience for me, one who generally shies away from any group containing more than one or two adolescents (recalling, no doubt, how obnoxious my friends and I were at that age, toward adults). The students in my groups had selected T'ai Chi Chih from a number of other workshops; therefore, their interest level was, I believe, much higher than the run-of-the-mill secondary school students whose teacher or parent "forces" them to participate in such an activity.

In the last session, however, my worst nightmare seemed to be coming true. There were 25 or so participants in the group, most of them students, along with a few adults. About six young people bunched together, talking and laughing as I was attempting to give basic instructions about the movements. Many others in the group were clearly uncomfortable and did not approve of the disturbance. I chose not to comment on the behavior but continued to give verbal TCC instructions, then asked everyone to move with me. In a very short time, the rowdy crew quieted and settled into the movement. It was really quite amazing to see how quickly the chi took over and calmed the unacceptable behavior without my having given a single word of reprimand. To me, it was yet another example of how well T'ai Chi Chih works!

TEACHING TIPS

Cass Redmon, Watsonville, CA

Tips that have worked well for me:

1. As students do Daughter on the Mountain Top I say, "Notice how long your fingers can stay up towards the sky." This results in a wonderful refinement.
2. Early on to help students maintain their upright posture I ask them to place one hand over their lower back and feel their muscles engage as they lean (too far) forward. This brings new awareness and then I suggest that

they let their spines support them rather than their muscles.

3. Since the subtle energies are often a brand new concept to some people, I sometimes have people briskly rub their fingernails together (not the ends) and then hold their palms close together and then notice what they feel as they increase the distance between their hands.

And I heard this recently:

"Love is our sense of aliveness flowing."



KARMIC COMMENTS

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

Learn to Meditate the Zen Way

"...the Void is not relative Void; it is Absolute Emptiness, which some may cognize as Absolute Being. That home which is nowhere is the true home! There we find ourselves, and from Absolute Void come Heaven, Earth and Humankind, as well as the 10,000 things of the world." These words are from Chapter 6 of *Zen Meditation/A Broad View*, and the discussion is on emptiness. The chapter's subtitle is "emptiness, too, is empty." This is just one of the many gems contained in Justin Stone's book, Good Karma's latest publication. Those who were fortunate enough to get it at the conference, where it was first available, have already delighted in the teachings and insights it contains.

Some have been introduced to the Satipatthana meditation, which Justin refers to as the king of meditations. The book contains a clear description of how to do this meditation—a good review for those who are familiar with it and an easy-to-follow introduction



for those who want to learn it. A wealth of other information is contained in the volume, not the least of which is specific directions in how to meditate according to Zen teaching. Because of Justin's vast personal knowledge and experience with Zen, other Buddhist sects,

and Eastern religions in general, he is well-suited to comment on the philosophies and practical applications of these forms.

This is a book you'll want to have as teachers and for students who are inclined toward this type of meditation, a compatible adjunct to T'ai Chi Chih. It is included in the price list/order form at the quite insubstantial price of \$10.95. Usual discounts for certified teachers apply. As with most of our other books, this one is printed on recycled paper.

Lower Price on Video

Also introduced at the conference was the new packaging for the Justin Stone T'ai Chi Chih video. There were many positive comments on it. We liked the *Albuquerque Tribune* photo so much (when Justin was interviewed in a full-page article) that we acquired permission to use it for the cover of the video sleeve.

Best of all, because this type of packaging is more efficient and less expensive in the entire duplication process, we are able to pass on the savings to you. We've lowered the price from \$39.95 to \$32.95. We're sure everyone will appreciate the savings on this important tool which contributes so much to the learning and practice of T'ai Chi Chih.

In general, we will be using a removable clear tape tab on the bottom of the video. It keeps the tape inside the sleeve, leaves no mark when removed, and used less plastic than shrink-wrap. →

GOOD KARMA (cont.)

Thank you

Thanks to Jeanne Engen and Judith Hughes for taking care of the Good Karma materials at the conference. And thanks, also, to all the teachers who stopped by. Whether you attended the conference or not, remember that we are here to serve you with supportive Tai Chi Chih materials, and we appreciate your efforts to discover what we have to offer.

TAI CHI CHIH!

Joy Thru Movement

NEW & COMPLETE REFILMING



Joy Thru Movement

Taught by Justin Stone
The Originator

Instruction and practice in all 20 movements

Recommended for:
Weight & blood pressure control,
stress reduction, greater energy,
longevity, & peak performance

JUSTIN'S BOOK "Zen Meditation" BACK IN PRINT

Carmen Brocklehurst, Albuquerque, NM

Not since 1975 have we had the opportunity to have this book by Justin Stone in print...what a treasure to rediscover! We are fortunate to have this new printing by Good Karma available for us to read and use. The concept in Chapter 1, "All Beings Are Primarily Buddhas," which is presented here, is not just a great idea but gives us the means to uncover that which we truly are: Infinite Beings capable of having a "voice that fills the universe." The other chapters are filled with stories to illustrate important points including the most important point of all: that life is not to be escaped but embraced.

Have you ever wondered who Bodhidharma was or what Buddha Nature is? The large glossary is full of such terms that we have heard but were never given a good definition which we could understand. Did you know that Nai Kan (Nei Kung) means "Inner Contemplation," and that it dates back to Hakuyu, Hakuin's teacher? These are but a few of the many gems waiting for you.

(See Good Karma article in this issue and use order form enclosed to make your purchase.)

(Used with permission from *The New Mexico Tai Chi Chih News*.)

Justin signing Pat Huseby's copy of
Zen Meditation



CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of Tai Chi Chih, 12440 Chelwood Trail, NE, Albuquerque, NM 87112

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

Steve Ridley: Spiritual Head of Tai 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

ND, Ft. Yates	Jean Katus	701/854-7459
ND, Fargo	Christeen McLain	701/232-5579
NM, Albuquerque	Carmen Brocklehurst	505/299-0562
BC Canada, Victoria	Guadalupe Buchwald	604/385-6748
MN, Bemidji	Jeanne Engen	218/751-3173
CA, San Leandro	Liz Salada	510/278-3263
CA, Camarillo	Pamela Towne	805/987-3607
CA, El Cajon	Susan Webster	619/441-1165
CO, Denver	Judith Hughes	303/973-3955
CO, Denver	Margaret Manzanares	303/499-6900

TEACHER DIRECTORY REFERRALS

A copy of the **1995** 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) 505/28-1040
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,
1992, 1993 and 1994 at \$10 per year.

Copyright © 1995

by THE VITAL FORCE, San Leandro, CA 94578.
All rights reserved. Reproduction or use in any
manner of the whole or part of this document
without prior written permission of the publisher
is prohibited. Printed in the U.S.A.

VITAL FORCE JOURNAL OPERATIONS:

PUBLISHING AND MAILING SCHEDULE: Bulk
mailed quarterly-to subscribers only-during these
months: March, June, September, and December.
Additional special issues as announced.

INQUIRIES: If you have not received your issue by
the 30th of these months, please contact us.
We are offering a **first class mailing option**
to those who regularly have difficulty receiving bulk-
mail. If you choose it, your subscription rate will
cost an additional \$5.00/year to cover the extra
expense for special handling (and you'll have
'guaranteed delivery').

SUBMITTING INFORMATION: Deadlines are now
by the 1st of the preceding month of issue (i.e.
February, May, August, and November), unless
indicated otherwise. Lengthy articles should be typed
and double spaced to be considered for print.
FAX service is available, if you are in need of fast
delivery of your VFJ submittal. Our FAX is
510/276-5541. You will also be responsible for
covering our expense for receiving your FAX.
Cost: \$2.50 for first page, \$1. each additional, plus
25 cents for cover letter which should be addressed to
VFJ/Liz Salada and include our phone number
510/278-3263. This way we will be informed when
your communication arrives. Thank you.

fall

SUBSCRIPTION FORM

for THE VITAL FORCE
Journal of Tai Chi Chih

- Teacher
 Student
 Interested person
- Renewal or New subscription
 My subscription is current but please
note changes in address, etc. on your
mailing list.
- I would like to make a donation of
\$ _____ to assist VFJ projects
(outreach and referral to teachers).
- I would like a copy of the New 1995
Teachers' Directory \$5.00 is enclosed.

Name _____

Phone () _____

Address _____

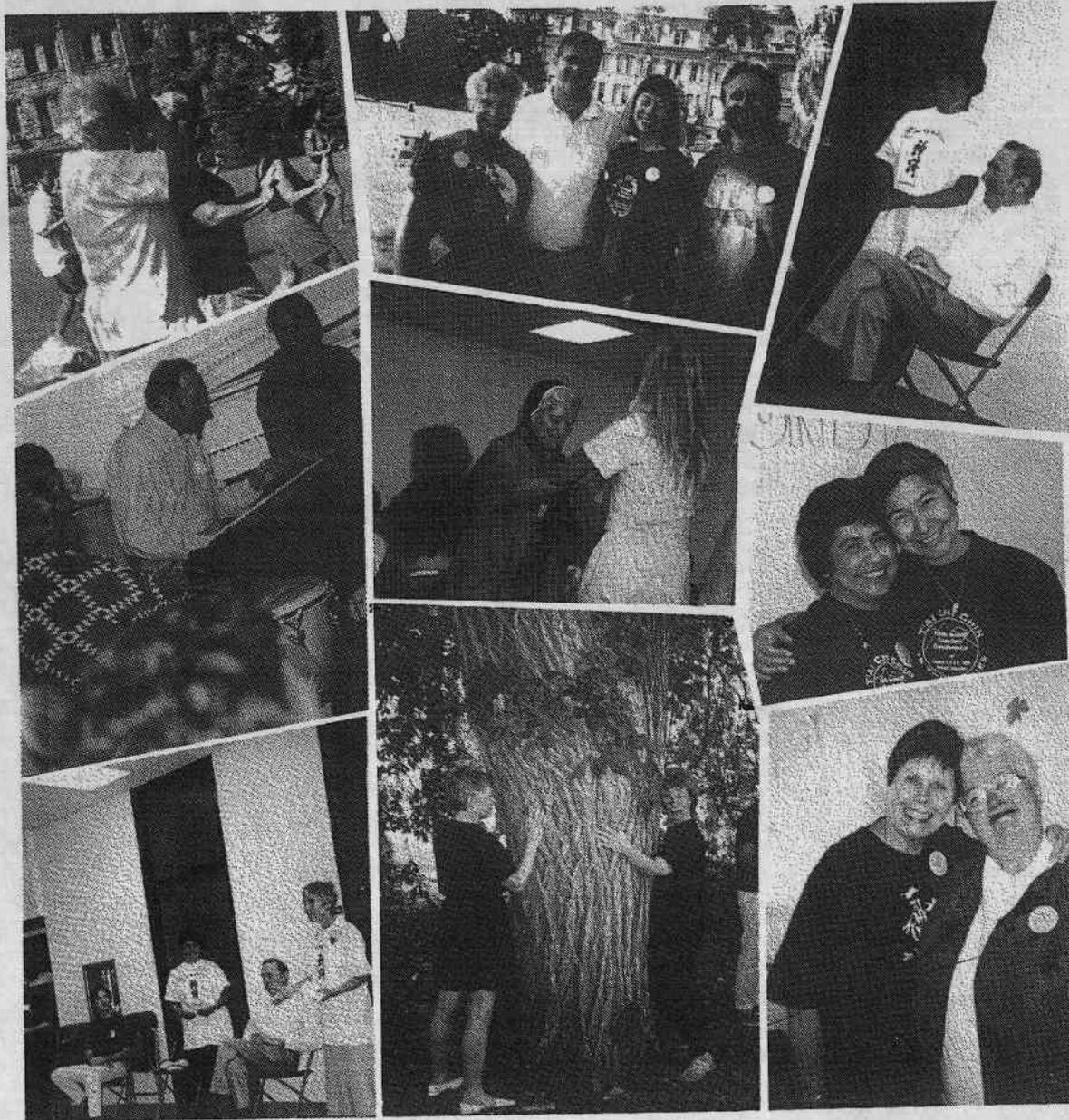
Zip _____

Subscription options:

Enclosed is \$ _____ (\$20/year, bulk mail
rate in U.S.) for _____ year(s) subscription.

Rate for Canada and others preferring
1st-class delivery: enclosed is \$ _____
(\$25/year) for _____ year(s) subscription.

Make checks/money order in U.S. dollars
Payable to: The Vital Force
1477 - 155th Avenue
San Leandro, CA 94578



The Vital Force
 Journal of T'ai Chi Chih
 1477 - 155th Avenue
 San Leandro, CA 94578

September 1995
 Conference and Fall Equinox Issue
 T'ai Chi Chih!
 Joy Thru Movement