



THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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Winter Solstice

December 1995

DEFINING "SPIRITUAL"

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.

Chi is a life perpetuating impulse which appears to perform a variety of functions, according to what it is acting upon.

- 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

Subscription Drive

Once a year *The Vital Force* promotes new and renewed subscriptions in an outreach measure to connect teachers through the Journal of Tai Chi Chih. The drive has again been timed with the announcement of conference and a new teacher directory--valuable information for TCC teachers. Thanks to past donations which form a teacher outreach fund, this issue of VFJ will be sent to over 100 new and continuing teachers who have indicated interest in VFJ yet have lapsed or not yet subscribed.

In Appreciation

Thanks to all who sustain subscriptions and all who have made donations during the past year. Your support of outreach to teachers helps this project happen! Thanks also to our resource correspondent for coordinating all data detail in the aim of contacting TCC teachers. (Please read Lois Mahaney's article, "Subscription Quiz" on page 40.)

1996 TCC Conference

Enclosed find a flyer invitation to the upcoming summer Teachers Conference hosted by Southern California teachers.

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.

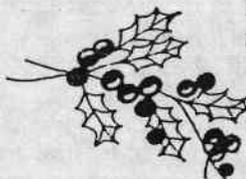
Consult VFJ for updates to information contained in the Directory. Each quarterly issue will include new listings of recently accredited teachers, changes of names, addresses, and phone numbers. Please keep us up to date on any changes to your listing by sending all new information to our address above.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

Next VFJ Issue Deadline: February 1

Gratitude is far reaching to meet every VFJ contributor sharing insight, news, a photo, poetry, etc. with the continually growing TCC community.

May the upcoming year bring joy and peace and further express unification!

Elizabeth Salada
for *The Vital Force*



GRATITUDE

To give thanks only for that which we enjoy is shortsighted.

Each experience can contribute to our remembrance of being whole.

When whole, gratitude is our natural disposition.

- Steve Ridley

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READERS COMMENTARY



The *Vital Force Journal* issues just get better and better. Since I haven't been too involved lately, the VFJ helps me keep in touch. It's always interesting and informative too.

Vicki Brodie, Burlingame, CA

Great job on the current *VF Journal*. Thank you so much for your hard, dedicated work.

Steve Ridley, Denver, CO

Thanks for the fine new edition of *The Vital Force*. The spontaneous outpourings of teachers, expressing their joy in the very successful Denver Conference, were wonderful. Keep up the good work!

Justin Stone, Albuquerque, NM

The special conference issue is superb...it has brought back many fine memories of the time spent in Denver, my first conference experience. This has deepened and broadened my view/experience of the TCC family. Was good to relive it in the pages and words of this issue... Many thanks!

Life has been very full for me right now, and TCC has kept me very centered through the many activities that seem to come together at the same time, much beyond my control...presently conducting 6 classes and 2 practice sessions and traveling from south New Jersey while "house

sitting" one of our convents in the absence of the 8 sisters who spent this week on retreat. I'm sure their prayers helped as well!

Sr. Antonia Cooper, No. Plainfield, NJ

The San Diego Teacher Training class made a commitment to each other to make a contribution to the *Vital Force*. (See *Events Feedback* pages 32, 33.) Here is mine. Thank you for all your wonderful work.

Elana Cohen, Long Beach, CA

This Fall I'm teaching: 2 classes at North Syracuse Adult Education; Seven Rays Bookstore-evening class; Hospice of Central NY-caregivers class; Lemoyne College-faculty and students; Manlius Senior Center-2-am classes; Scheduled: T'ai Chi Chih demonstrations at the Syracuse YMCA downtown and in Liverpool, a suburb of the city--part of an October program showing new offerings at the facilities. One demo for kids 11-17, 2 for general public (lunch time) and one for seniors.

Ralph Garn, Syracuse, NY

Ed. Note: See *Networking and Classes* article on p. 27 for information on getting classes started.

Heading out to British Columbia for six months for the winter. I hope to teach T'ai Chi Chih out there with Seniors. Sure hope to make the Teachers Conference in '96. (From Oliver, BC: I'll be teaching TCC to children in the Elementary School.)

Gordon Wade, Oliver, BC
(moved from Edson, AB for the winter)

During the conference and Seijaku training I read the book Ishmael, by Daniel Quinn.

If anyone has read Ishmael, or does read it, I'd be very interested in your response. Please write:

Amy Hackenberg

1003 Greenleaf #3E

Evanston, IL 60202

or call: 708/869-2187

CONGRATULATIONS

HAPPY BIRTHDAY, JUSTIN

To Justin,

A very, very, Happy, Happy, Happy Birthday, filled with love and gratitude. The power and peace of Tai Chi Chih, this marvelous treasure you've given to the world, amazes me more and more each day. As I move, my mind stops and I experience myself and all of life as pure awareness. Beautiful blue pearls and flashing streaks of light dance before my eyes. My body tingles with waves of energy. I dissolve into

pure light in the cosmic consciousness pose, and these experiences are there before and after Tai Chi Chih, growing in strength and continuity every day. And SEIDAKU! Wow! It's even more profound! What an incredible blessing to be able to share these movements with others! In love, light, and life,

Timothy Stuetz, Anaheim, CA

* * * * *

Special Friend

You cause
my heart
to twinkle
me and all the rest

Because we always
feel from
you
we are
the very best

Gumble,
mumble
sometimes,
we haven't a clue

But with your art
you make us start

Begin
begin

A New
- Carmen Brocklehurst

FIRST TCC CENTER ONE YEAR OLD

On Saturday, September 9, the NM Tai Chi Chih Center celebrated its first birthday. There was TCC practice, followed by cake and goodies. Congratulations to the New Mexico teachers for work well done in establishing and maintaining the Center.

(From Albuquerque Tai Chi Chih News)



Justin Stone wants to thank all those who sent him birthday greetings. There were just too many to answer individually.

POETRY

BIRTHDAY CONTEMPLATION

Light spirals down
to enliven matter

Contracted in form
to develop uniqueness,
to become an other

Separation vanity
serves space-time's
integral game

Oceans of self-bubbles
journeying - acquiring
until the impulse
to return, reconstitute

Reflecting on
Light descending
to grace matter

Working its way free,
alertly unfolding
withdrawing
Remaining



- Steve Ridley

We want to wish Steve a very "Happy Birthday "
on his special day, December 10.
May Joy and continued Spiritual Growth be his.

TCC PRACTICE

THOUGHTS ON COSMIC CONSCIOUSNESS POSE

Steve Ridley

The Cosmic Consciousness Pose contributes to aligning chi at the conclusion of practice and also invites energy to flow more prominently upward through the central spine into the brain, to help open awareness. To assist this process some choose to focus attention at the upper tan tien (3rd eye) while maintaining rootedness, of course. Following the posture, usually held for one minute, attention is returned to lower tan tien and bubbling springs.

Relaxing Into The Posture:

To easily endure in the Cosmic Consciousness Pose and to assist its fullest functioning, breathe in comfortably absorbing energy through your entire body, spongelike, then exhale and relax into the posture. Repeat this continually, slowly, rhythmically for the duration of the posture. Using breath in this way, practice time can be increased to several minutes for more complete benefits. It is not unusual for practitioners of similar still poses called Zhan Zhuang, "standing like a tree", to quietly endure for 20 minutes in one posture, sometimes balanced on one foot.



*Admidst diversity and transformation
can you abide in persistent patience
Like a magnificent tree
enduring vibrantly,
rooted peacefully
in a forest community?*

WHEN THE CHI FLOWS FREELY...

In the Prajna Paramita Sutra, the Buddha speaks of the "Perfection of Wisdom" and the admirable traits of the Bodhisattva.

This Wisdom is, of course, the Prajna, the inherent wisdom that is within all of us. When we let this Wisdom act through us, we are flowing with the Tao, going with the Cosmic Rhythm. The best way I know for doing this is through Tai Chi Chih, not through words, doctrine, rituals, etc. When the Chi flows freely and is balanced, the Cosmic Rhythm begins to move us. The metabolism tends to change and we become reborn, with great effects on longevity of life.

As to the admirable traits of the Bodhisattva, it is almost impossible to fully express them in modern life. It would mean giving up the "I and Mine," moving away from the "Pleasure-Pain" continuum and ceasing to be selfish individuals, no matter how right that selfishness seems to be. There are few Bodhisattvas in the modern world.

Are we willing to put aside the unimportant to reach this Wisdom, or are we simply interested in entertaining ourselves and being lived by our Vashanas, the habit energies we are unwilling to change or give up?

VAIRAGYA NON-ATTACHMENT

To live a family life and be non-attached is very difficult and, at first glance, would seem to be unnatural. What father or mother would not be grief-stricken at the serious illness of a child? When one is supporting a family, how could one not be concerned about the financial future?

Yet, I have known a few who led successful family and financial lives while fully understanding the impermanence of everything. To feel one's present health and financial status is invulnerable is childish; any thinking person knows these can change in the blink of an eye -- or the crash of a car.

The Chinese say, "Make peace with heaven and not with men." This requires an understanding

that there is more than what we see, and that all things and beings are interrelated. The English poet, John Donne, referred to this when he said, "Ask not for whom the bell tolls; it tolls for thee." Yet most people are really interested only in the welfare of themselves and their families, the opposite of Compassion -- not realizing that the welfare of all others is closely integrated with your own welfare. To realize this is the beginning of spirituality. Until all have some idea of this interrelatedness, there will be wars, suffering, and injustice.

When you understand how temporary everything is, racial and religious provincialism will die. Then there will be a better, happier world.

(Permission to use above articles granted by *New Mexico TCC News*)

SPIRITUAL GROWTH

In spiritual growth, our perceived way of relating is continuously evolved through an unfolding comprehensiveness in Consciousness.

Our authentic identity or essence becomes more expressive and evident in the process of spiritual growth. We progressively function from the center of Being while enjoying the exploration of relating variously in this life.

Our essence being ever what it is, is the abundant heart of Joy-Wisdom-Love-Peace-Power or the incomparable Fullness which has become partially individuated and diversely oriented to endure relationships in worlds of concept and form.

* * * * *

Mind and emotions seem to obscure our Reality knowing.

No need to doubt the sun when passing clouds appear to mute its light.

* * * * *

Knowing our relatedness

Cultivate the preciousness
of each relationship.

* * * * *

Every moment a sacred event

Every space a sacred field.

* * * * *

Shaping chi
we shape our lives.

ART OF TEACHING

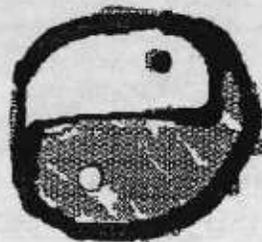
GIVE 'EM A BREAK

Steve Ridley

Allow a few minutes during class to sit with your students and invite TCC related discussion. This can provide balance to the 'work periods' of moving through forms together.

Your students will value the opportunity to sit and talk with you as a person, who happens to be

a teacher. TCC in the broad sense, is not restricted to the practice of 19 movement patterns, but is an ongoing way of living, which includes relating naturally with others. No need to be "all business" when sharing the joy revealing practice of TCC.



The most effective teachers are able to help awaken a student's inherent knowledge and encourage its blossoming.

* * * * *

The freer we are
in ourselves

The more we can help
free others.

* * * * *

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

MEDITATIVE PAUSE

Take a few minutes now and then to quietly sit--
breathing gently through the heart chakra--
reflecting on the affirmation.

I am a vessel of peace,
mind and body,
an expanding fountain of love.

- Steve Ridley



Ultimate Love is the essence of the 10,000 things.
- Steve Ridley

* * * * *

Continue to have the courage to open in Life freshly
each new day, and you will be freer.
- M. T. Kupper

* * * * *

Continuity of surrender; continuity of opening is the way of meditation.
- Ho Hu Tzu

TCC EXPERIENCES

"IT'S YOUR CHI!"

Carol Glinski, Jacksonville, FL.

There's something I must share with you.

Yesterday I had the most simple, yet wonderful experience of the depth to which the practice of Tai Chi Chih can grow one toward the universality of love.

To a small TCC class a harried mother brought her two children because her usual baby sitter bowed out at the last minute. You could tell that she had given them the "be quiet-or else" speech before they arrived, but being children (around 4 and 5 years of age) their energy was tough to bridle. Perfect timing for explaining "serenity in the midst of activity."

I urged the children to join us in some quiet movements which they did for only a few minutes then they turned their imaginations to other games.

We made it through the class with only a few minor interruptions for drinks of water and untied shoelaces. During the last review I looked the two cherubs in the eyes, and with a smile and a wink gently said "Now, your Mommy needs you to be really still and quiet for this last part--do you think you can do that?" They smiled back and nodded.

For the last 15 minutes of class they were perfectly still and watched our review. When it was time to go home both children ran up to me and gave me a big hug. They started to walk out the door when the little boy broke free from his Mom and ran back to me, gave me a kiss and a grand hug and said "I love you."

His mother looked on with amazement. "What did you do to them?" she queried. I just shrugged my shoulders and smiled. But inside I was bursting with joy. The remaining student looked at me, nodded and said--"It's your Chi."

* * * * *



Shared by Pat Huseby, Danville, CA:
Melani, a great niece, loves TCC.
"Auntie, let's do our drum". From her 4 1/2 yr.
niece to a 93 year old student is the age span of
students Pat is teaching.

TCC EXPERIENCES

MOVING TOGETHER Joanne Sultar, Berkeley, CA

T'ai Chi Chih is blossoming full and flowing, gracing the days with all the gifts it gently offers.

A man in one class--3rd session--recently shared that when he entered the class he felt very much like Richard Nixon! Very disconnected--rigid. He is so grateful for the new softness and sense of integration--very healing for his body/mind. He looks so easy, so kind, so receptive now. Classmates joked that he didn't look like Nixon, but he did bring a high level of holding and tension that first day...and how joyous to watch the changes.

And the very sweetest thing is "moving together" Monday, Wednesdays and Fridays with Kindergartners, first, second and third graders all together in the schoolyard half a block from my house--first thing in the morning--8:15-8:30. It feels like a dream.

I've been working with seniors and elderly for ten years--and in the last few years I've been saying out loud and here and there that I want to also share with children. I felt a deep need for children's energy. I let neighbors know last year

that I was offering a class for parents and children. There was little response, until the phone rang in June or July asking if I might like to teach 318 children! This is funded partly through a grant and partly through the P.T.A.

I began by visiting each classroom two times--to establish some basic vocabulary and to give myself a chance to meet children and teachers. And now the children settle easily and mostly move with grace and ease. As I write this all up more comprehensively, I will keep you posted. For now, I am so grateful and deeply longing to bring my best to this cherished young community.

Our goal is to begin our days (MWF) as a community. The movement is a combination of stretches, improvisation and soft, flowing motion based on principles of T'ai Chi Chih. With attention to breathing and centering energy, the ability to focus and concentrate is enhanced, and children can settle down to learn. The sequence of moves keeps evolving with the continuing goal of creating peace within ourselves and our environment.

DRAMATIC RESULTS FROM A STUDENT (submitted by Jean Katus)

Barbara Friedman, from Florida, ordered a videotape from Good Karma after having taken T'ai Chi Chih at an Elderhostel in Arizona. She had had pain in her hip and expected to need a replacement hip. After the second day of T'ai Chi

Chih practice, she had no pain, and on the fifth day, she was running up hills. Needless to say, she feels she no longer needs hip replacement surgery.

TCC EXPERIENCE

LEARNING THE WAY

Carmen Brocklehurst, Albuquerque, NM

(Permission granted by New Mexico Tai Chi Chih Teacher News)

Justin came to Albuquerque in 1981. Thanks to Rick Cramer's efforts several teachers were contacted, and we had a great chance to get together. We all met at the University student union building. My reasons for being there were so that I might be able to be with the Master and ask the questions that would give me a greater understanding of life, so that my heart could know greater peace.

About six of us were there. We said our hellos and sat around making small talk for a few minutes. Justin then related the story of two teachers, John and Julian, who had formed their classes by doing Tai Chi Chih outside the SUB. Someone smiled and said, "What a great idea. We should do that." Being a first-year teacher, I felt shy and not quite ready to do Tai Chi Chih in front of God and all the world, but Justin in all his wisdom said, "We don't have to go outside; let's do it in here." And so we did. After about the first nine movements of Rocking Motion, I found that the movements took over and there was only Tai Chi Chih. Yes, my questions were beginning to be answered, but not in the way that I thought they would be.

Last night after I finished teaching my TCC class I went to share a demonstration with the Fibromyalgia Support Group. The group meets at Anna Kaseman Hospital. This is a group that needs a lot of support as most of them are in a great deal of pain all the time. I found that many of them had already taken Tai Chi Chih classes with several of our area teachers. Some had happened to find the TV program, and were grateful for the interruption in their pain that they had felt that night. Some told me that after watching the program they wanted to learn more, so they were grateful to find that we had many teachers in Albuquerque.

As I walked into the meeting room I remembered the time that Justin had gotten us up in public at the SUB to share the understanding we had. Last night as I shared with the Support Group, I had the wonderful feeling that truly my questions that day back in 1981 had been answered. As we do Tai Chi Chih together we stop fighting (pain, questions, butterflies in the stomach) and open up to the greater understanding about life that we have right inside of us. Thank you, Justin. Thank you, Tai Chi Chih.

Fibromyalgia is characterized by pain and stiffness in the soft tissue, ligaments and tendons, chronic fatigue, etc. CA teacher, Pat Huseby and four of the members of her class have it.



TEACHER BIOGRAPHY

AGE IS OPPORTUNITY

Biography of Vivian Hoff, Eagan, MN

Taken from *Tapestry*, a publication for members of SeniorCare and PIP+Medicare, Fall 1995

In 1985, Vivian Hoff, 70 retired from her job as a teacher of home economics. Although her professional career is behind her, Vivian remains an avid instructor, combining sewing skills with her artistic flair. Vivian instructs pupils of all ages on creating quilts, wearable art with a Japanese flavor, Norwegian Hardanger embroidery, cloth dolls and Victorian beadwork. She even finds time to teach an altogether different form of art: a discipline called T'ai Chi Chih.

Vivian's love of fabrics and design developed early. As a child growing up in Duluth she learned to sew at age 6, and used to sit in what she describes as a sunny attic room where she would sew clothes for her kewpie dolls. "I made my first dress in home economics," says Vivian. "All the other girls made simple dresses, but mine had pleats, tucks and ties."

Vivian earned a bachelor's degree in home economics from the University of Minnesota-Duluth and a master's degree in education from the University of Minnesota. She taught dressmaking and tailoring and even hosted a popular TV show on sewing from 1960 to 1965.

After the death of her husband in 1981, Vivian sold her home, moved to an apartment and embarked on a round of travel to assuage her grief. One trip helped spark a beginning, creatively and spiritually. While visiting one of her sons in Japan, she took a side trip to China, where she saw people practicing t'ai chi, an ancient Chinese discipline to unite the body, mind and soul through movement and meditation. "I understood that it promoted inner peace and serenity, and I just liked the movements," she

says. "When I came back, I made an effort to find a class.

She started practicing t'ai chi and found it beneficial almost immediately. "I can't explain it, but I knew it helped me," she says. "Chi means life force, and when you cultivate the life force within you, everything comes together.



She trained with a master to become accredited and now teaches T'ai Chi Chih through community education departments and other organizations. She believes t'ai chi has opened her up creatively and helped her manage her arthritis.

Vivian was the winner of this year's "Age is Opportunity" Arts Award. Congratulations!

TEACHER ARTICLES

LETTING THE TAO PLAY US

Rhonda St. Martin

While attending a recent high school reunion of my husband's, I was talking to our friend from Greece. Sotinus had come with his wife, Ery, who had attended the Michigan High School 20 years prior. This was his first trip to the U.S. We got on the subject of Tai Chi Chih. He expressed some familiarity with the Tao and an interest in Eastern philosophy. Because his English was limited and my command of the Greek language was nonexistent, I showed him a couple of the movements and handed him my business card, which of course read, under Tai Chi Chih, "Joy Thru Movement." At about that time the band started up, playing a peppy,

nostalgic song. Sotinus looked at my card, then remarked with a brilliant Chi-filled smile, while gesturing to the dance floor, "This is joy thru FAST movement."

At the recent Teachers Conference in Denver, Justin spoke of the ancient and lasting expression of joy thru dance. This seems to be a universal truth and one which transcends language and cultural barriers, as my Greek friend so aptly demonstrated. When we give ourselves to our Tai Chi Chih practice, with true inner sincerity, we become one with the Dance of Life. It is but one example of letting the Tao play us.

WE ARE THE FUTURE

Carmen Brocklehurst

What is Tai Chi Chih for you? What was it that first brought us to Tai Chi Chih? Can you remember? Was it a stressful life? Did your doctor send you?

For most of us, it wasn't just idle curiosity. There was an urge inside that wouldn't let us rest until we made a new commitment. It is that same impulse that holds the key to our future and that of the entire planet.

From the beginning, we have been told that prajna (wisdom) is the most important guiding force in our lives. It is not moved or swayed by "the times", "the political climate" or "the current sad." Because of this, we can trust it and let it be our focus, not just during our Tai Chi

Chih practice, but moment by moment. Even when we do not seem to be in the moment, it is. This is the reason we can trust it. It has brought us here and it is guiding us, just as surely as we feel ourselves propelled during our Tai Chi Chih practice to make the amazingly simple shape of the platter--round, continuous, flowing. It is its nature to be round (or whole), continuous (no beginning, no end) and flowing (joyous movement), and so it is our future. It is what we are.

The more we embody prajna the more we can trust ourselves, and the more we can trust the future.

Love and Share the Chi.

(Permission to use above articles granted by *New Mexico TCC News*)

MOVEMENT PRINCIPLES

Sink with gravity into your bubbling springs, being well rooted.
Basing each TCC movement on this, the upper body
is able to pattern chi through light, unified motion.

When your TCC movements are correctly rooted
your practice has life: attracting, shaping, radiating chi.

* * * * *

**Move with proper alignment and timing, in effortless fluidity
with rooted strength.** Let each TCC movement pattern reflect
the perfection of these considerations for optimum results.

* * * * *

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

* * * * *

Move with grace and Grace will move with you.

TCC PRACTICE

Daily submission of mind, body and ego-sense into Tai Chi Chih practice
fosters our return to Wholeness.

* * * * *

The being within experiential highs and lows is the authentic one.

JOY

Conditionless joy is true joy. Tai Chi Chih practice
helps uncover this innately dwelling joy.

Please don't tell students to smile because TCC is "Joy Thru Movement".

A GIFT TO LIFE

Energetically, we are each responsible for creating and contributing a particular resonance (vibration; note) to the composite symphony of living.

Tai Chi Chih practice helps reconstitute us energetically, vibrationally, toward an evolving balance and contentment. This is our gift to life; our influence echoed throughout the universe.

Daily practice can keep us more responsively attuned to life's cyclic rhythms, and we are then more likely to be a harmonious influence where ever we find ourselves relating.

Practice well.

HARMONIZATION

Sometimes it is necessary to be among trees, by a brook, the seashore or any peaceful good-feeling space, and take several minutes to relax into good breathing- breathing deeply, s l o w l y - to reestablish our center, our sense of fullness and balance.

Yogis have long taught the importance of good breathing and how the quality of our breath cycles directly influence the circulation-harmonization of prana (chi), which contributes to our particular state of health and well being.



Breaking strict association
with one less concept
We are freer; more alive, awake
as Wholeness
dualistically oriented.

Unclouding the mind
Centering openly
Whole now ...
Balance is the secret.

Consciousness
presenting itself
uniquely, individually,
universally choir-ing

PYRAMID POETRY

In his book, *Climb the Joyous Mountain*, Justin explains a form he created called pyramid poetry. The shape of the poem is like that of a diamond. The first line has one syllable, the second two syllables, the third three, the fourth four. Then the fifth line has three again, the sixth two. The

seventh and last line has only one syllable which should be explosive, putting a powerful climax to the whole poem. The following poems were composed by Carmen Brocklehurst's Seijaku students. They were inspired by Justin's pyramid poetry.

Old
she sits
in wheelchair -
Attendants roll
her to grass
where she
stands
and
walks

--Janis Teal

Still
I Try
To Be Still
Try-ing Too Hard
To Be Soft
And Still
Be

--Marsha McMurray Avila

Chi
Life Force
Infinite
Drops of Water
Flowing To
The Sea
Chi

--Robert Montes de Oca

So
The goal
I would say
Is to love life
As it is
Eve-ry
Day

--Dee Foster

I
am on
freeway of
time no turning
back
on passage..
mind de-
tours.

--Ryan Hosteen

Moon
is still
until the
wind breath ripples
reflecting
depth of
lake

--Janis Teal

I
feel I
have a sea
of problems, yet,
it is only
a tear
drop

--Ryan Hosteen



The San Diego Teachers invite you to the
**Eleventh Annual
T'ai Chi Chih Teachers'
Conference**
July 26-28, 1996

SEE ENCLOSED FLYER FOR COMPLETE INFORMATION
as to where to mail application and to whom the checks are payable;
or contact Susan Patterson, 733 Lincoln Ave., El Cajon, CA 92020
Phone 619/441-1165

Payment options, cost, accommodations, etc.
can be found on the enclosed folder.

* * * * *

NOT TO MISS IN '96

Plan on extending your San Diego Teachers' Conference
an additional three days - July 28, 29, and 30
to expand your experience with
Seijaku Training

See enclosed flyer for pertinent information.

For questions on reservations for the Seijaku Training, please contact

Jim Lestor
9535 Mission Gorge Road, Suite K
Santee, CA 92017
Day 619/596-2160; Eve 619/445-4522
FAX 619/596-2165

1996 T'AI CHI CHIH EVENTS CALENDAR

- February 1 **Deadline** for VFJ Spring Equinox issue. Send your articles, poetry, seasonal news.
 March 16 **Mailing** of VFJ at Lois Mahaney's. San Lorenzo 510/276-5718
-
- March 9 (Sat.) **Exploring Meditative Ways with Steve Ridley.** Albuquerque, NM
 Contact: Loretta Shiver at 505/345-0976
-
- March 15-16 **In depth TCC Review as Teacher Preparation and for those interested in pursuing deeper levels of TCC.** Fargo, ND Contact: Christeen McLain 701/232-5579
-
- March 21-24 **Sejjaku/Meditation Retreat with Justin Stone and Ed Altman**
 Contact Vic & Maggie Berg, 34 Wimbledon Way, San Rafael, CA 94901--415/456-7863
 Madonna Retreat Center, Albuquerque, NM
-
- April 8-13 **TCC Teacher Training with Steve Ridley, Albuquerque, NM** \$380
 Contact Karen Scharf Morgan, 488 Pyrite Dr.NE, Rio Ranchò,NM 87124-505/891-2829
-
- April 29-
 May 4 **TCC Teacher Training with Steve Ridley, Chicago, IL** \$380
 Contact Berta Castellanos, 9219 Crawford, Evanston, IL 60203--708/877-0659
-
- April 1
 May 11 **Deadline** for VFJ Summer Solstice issue. Send your articles, poetry, seasonal news.
Mailing of VFJ at Lois Mahaney's, San Lorenzo 510/276-4718
-
- May 27 -
 June 1 **TCC Teacher Training with Steve Ridley, Anaheim,CA** \$380
 Contact Timothy Stuetz, 116 Evelyn Dr.,Anaheim CA 92805 Phone 714/535-0357
-
- July 26-28 **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.
-
- July 28-30 **Sejjaku Training** Contact Jim Lestor, 9535 Mission Gorge Road, Suite K, Santee, CA 92071 Phone: Day 619/596-2160 Eve.; 619/445-4522; FAX 619/596-2165
-
- August 8 **Deadline** for VFJ Conference issue. Send in your impressions, comment, pictures, etc.
-
- September
 8-13 **TCC Teacher Training wltH Steve Ridley, Elberon, NJ** \$380
 Sun. - Fri. Contact: Sr. Antonia Cooper, Villa Maria, 641 Somerset St., No. Plainfield, NJ 07060-4909 Phone: 908/757-3050 or 769-6498

FEATURE

THE GROWTH OF T'AI CHI CHIH

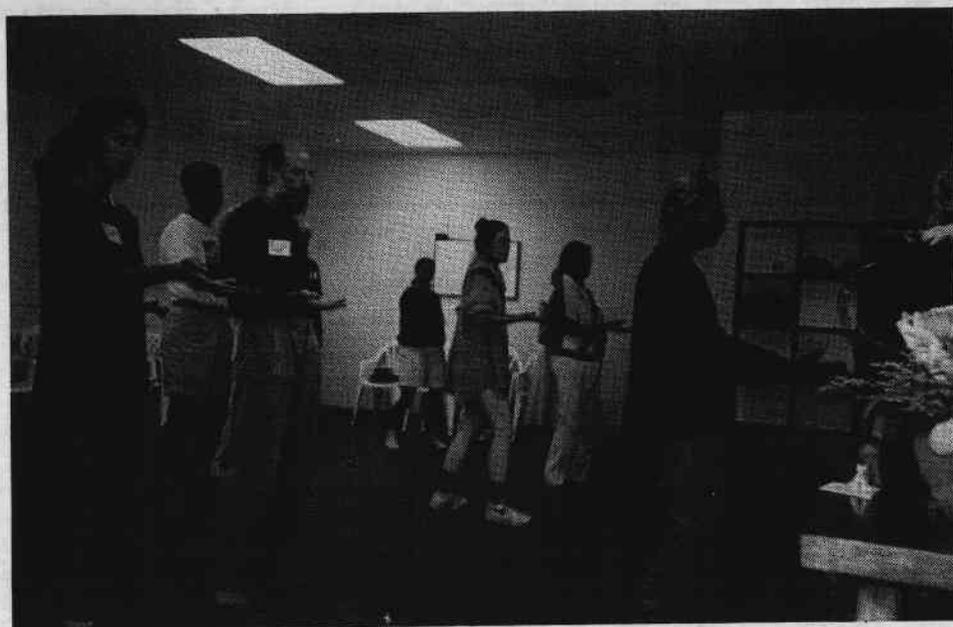
Justin Stone, Albuquerque, NM

Tai Chi Chih is spreading rapidly, not because of hype, influence, or promotion, but because of the good it does for people. From time to time I hear of new countries where TCC is being taught. When I see snapshots of TCC being taught to mixed racial groups of children in South Africa, it makes my day. And it is history-making.

Much of the credit for the spread of TCC goes to Steve Ridley. TCC has no organization and does not take anything from the teachers; yet there is a selfless surge of energy that contributes to the community and the world.

Steve has taught six teachers training courses this year, which entailed considerable traveling--and not a great deal of financial reward. Now teachers have written me about how much they have gotten from Steve in the six days. And they have also passed compliments on to those who hosted the courses. Such single-minded purpose assures success.

Those who were at the summer Conference were able to sense the spirit of growth. All teachers will help, I know, and congratulations to each one.



Teachers' Training, San Diego, CA October 23-28, 1995

TRAVEL...

MOVED BY CHI

Jan Martindale, Wood Village, OR

This photograph depicts one of the wonders in my new home state: proof of some of the profound changes which Tai Chi Chih has facilitated in my life.

You see, the phrase "Joy Through Movement" has many layers of meaning for me now. It began with much needed movement in my physical body in January, 1993. As I began to be healed and revitalized, I was able to leave a job which had become toxic for me. I was accredited to teach Tai Chi Chih in August of 1993. I started journalizing daily and that process of self-discovery led me to relocating from Southern California to Portland, Oregon last year. Now as I gaze in awe at the spectacular scenic beauty of my new environment, I remember that "joy through movement" can mean much more than I first knew when I allowed the chi to start flowing more freely in me.

I also think of the wonderful trip I took this spring with my traveling companion, a Golden Retriever names Casey. We made a large circle throughout the western part of the country visiting family and friends. First I went back to Southern California where I demonstrated TCC for a women's conference. I had some free time before I needed to be in Denver for a family wedding and it occurred to me that I could include a couple tai chi experiences in my trip. I went to Sedona, Arizona where I thoroughly enjoyed doing Tai Chi Chih at Cathedral Rock. I then traveled to Albuquerque, New Mexico where I visited the Tai Chi Chih Center and participated in the open Tuesday morning session with Justin Stone and Carmen Brocklehurst. In Denver I attended two Monday evening sessions at Steve and Lia Ridley's house. Being with these wonderful teachers in their home towns

within the same month gave me great joy and I highly recommend that any other teachers who can travel through the Southwest include the experience in their itinerary.

And so my journey through life continues to unfold in ways I never dreamed possible a few years ago. The chi has literally moved me and it is indeed a joy.



Multnomah Falls
Columbia River Gorge, OR 6/22/95

TRAVEL...

WHEREVER WE GO, THERE WE ARE
Carmen Brocklehurst

As we walked onto the temple grounds at Chotoku-in in Kyoto, we saw a very diminutive woman in a large white sun hat sweeping the moss, Mrs. Ogata. Becoming aware that she had guests she looked up and saw Justin. With a voice that embraced all, she said, "Justin Stone". Her voice was music, and in that moment, her voice was "the voice filling the universe", a poem that Justin often quotes from the Lotus Sutra. All was Justin Stone and Justin Stone was all. This was to be our introduction to Kyoto, Japan (the Real Kyoto).

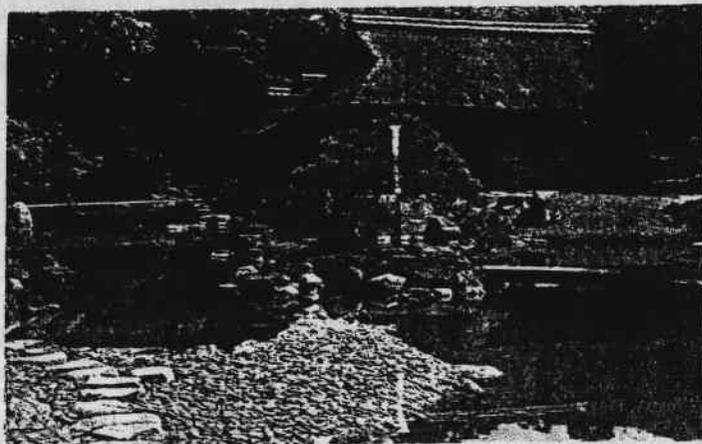
The love that is in the hearts of people of Kyoto for Justin, reaches out to embrace, not just Justin, as was beautifully shown by many dear people, but it embraces all of us who share in Tai Chi Chih. It was a true feeling of 'coming home', not to a place, or to something imagined, but to that which lives in our hearts because of our Tai Chi Chih practice. We know that stillness every time we practice and Kyoto is the embodiment of that stillness, that love. As it is said by the sages of all time, "it is not necessary to travel anywhere to find the Truth about yourself, know the Truth and you will go everywhere."

Jade is rich
Healing green
is the hue

Joy of life
it is
you
you
You!

Smile so tender
eyes so bright
that light
penetrates
into the night
and oceans
flow
deserts
grow
Jade green.

-clb



TRAVEL...

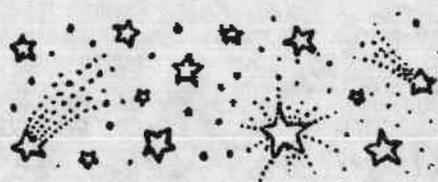
T'AI CHI CHIH IN EUROPE

Lee Campbell, Phoenix, AZ

I recently discovered that when traveling, by plane, train and bus for three weeks, it becomes impossible to do T'ai Chi Chih each and every day. But I did find the opportunity to experience T'ai Chi Chih in each country, and want to share with you my most memorable morning practice during that vacation.

Across from our hotel in Lucerne, Switzerland was a campanile and next to it was a small but lovely park with green grass and large, beautiful trees. As the bell clock chimed 6 a.m. on this

particular morning, I was standing in Cosmic Consciousness. I heard birds chirping, and felt the morning sun on my face. It seemed a morning practice full of Chi. Upon finishing, I turned to discover an Oriental doing what I can only assume was his own form of T'ai Chi, or perhaps "spontaneous Chi Kung". I stood quietly while he finished, then smiled at him, bowed, and said "Namaste". He bowed deeply in return, smiled, and then walked slowly away. I still wonder if his energy behind me is what made that morning's practice feel so wonderful?



POETRY

A SECRET

Come closer
Let me tell you a secret.
Everything that Exists
Is
Pure
Dancing
Joy...
The sun can't contain
His Mirth
As the trees shake
with laughter
in the wind.

Mark W. Jones, Denver, CO

Diamonds bright
Rainbows fall
From deep
behind
Stone gray walls
Joy
it is
that brings
us round
That Friends
might meet
and greet
and ground
--clb



TEACHER TIP

Donna J. Moore, Bainbridge Island, WA

I use check lists when preparing students for accreditation. I put two copies together with carbon paper in between. I give the originals to the students while I keep the copies in my file. When next we meet it helps me to remember what needs to be checked (refined). I use the check list each time we meet in order to be consistent with my corrections and to make sure I've checked everything before I recommend them. I don't want either of us to be embarrassed by a poor or inconsistent performance when getting reviewed by Steve.

In preparing the check sheet, I listed the movements down the side of the sheet and next to the movements were columns with headings: Enter - Hands - Feet - Exit - Other so each movement is checked in four areas. At the bottom of the sheet I left space for further comments.

HI-TECH CHI

Minimum Requirements:

Operating System...*Tai Chi Chih*
CPU-RDP (Regular Daily Practice)

Only 20M memory

Interface...*Yinning and Yanging*
Monitor if using a *practice video*

Boot-up with *Rocking Motion*

Formatting with *daily "P"* - GIGO is erased

Slow down your baud rate to 3...

9600 is just too fast

RDP manipulates CHI and helps your energies become compatible.

Repetition helps your VGA...Vitality-genesis-attitude

Saved files while downloading *Chi* during the *Resting Pose*.

Storing *Chi* in *Tan Tien* extends memory.
Utilities can help your *Circulation, respiration and digestion*.

Multimedia by JUSTIN STONE
Contact STEVE RIDLEY for Tech Support

Programmed by Vicki Brodie, Burlingame, CA

GETTING STARTED

NETWORKING AND CLASSES

Ralph Garn, Syracuse, N. Y.

To offer help to new teachers especially, it was suggested that I relate some information as to where to look for classes and for those looking for the experience of Tai Chi Chih.

First...most people have never heard the words Tai chi, so there has to be some form of 'communication' sent or given to a group leader or director of any activity...that explains just what Tai Chi Chih is and what its benefits are.

Second...a phone call to any facility where people congregate for the purpose of fellowship and enriching their lives, such as senior citizen centers, YMCAs, church groups, adult education programs, extra-curricular offerings at colleges, new age bookstores, single-parent organizations, fitness centers. So...take time to put together a 'short and sweet' flyer that piques the interest of others. What turned you on to Tai Chi Chih?

The person(s) to get to talk to about the Tai chi offering is the one who has the 'clout' and can make the decision. See if you can set a time (at their convenience) to sit down and talk about it! Usually a phone call to an organization will give you the info as to who directs programs or activities. Find out when people gather and become a part of their weekly/monthly get-together by offering to do a 'demonstration' of what Tai Chi Chih is and have flyers on hand for all who may be interested. Get phone numbers of those interested and follow through by calling them (if they don't call you), at least when you get a class scheduled.

Got back from Florida after a prolonged (5 month) absence from Syracuse and had to start over after having 'steady' classes at a Unity church for 2 1/2 years, along with classes on the

periphery of the city. Decided to 'branch out', try something/somewhere different and called the Seven Rays Bookstore that had added a back room to be able to offer short talks/seminars on new age interests such as Tai chi. Discussed doing a class with the activities coordinator, found an open time slot (evening), advertised in a free citywide newspaper (no charge), posted my own flyer and have a full class. Note that one agrees (or not) to the establishment's terms such as their receiving a third of the money paid by students (for the use of their facility). Many are happy to be able to have new people come into and use their facility, buy books and other items.

Offered a free class in Syracuse this summer on Saturday mornings, teaching only rocking motion, and 'bird' and allowing others to follow me through the entire form. Handed out a questionnaire looking for feedback as to interest in Fall classes, what they feel is a fair price, day or evening classes, length of classes (hours each time and number of weeks) and came up with a good cross section of what was wanted.

Note: About pricing classes...Justin says a workman/woman is worthy of his/her hire and find that allowing directors, coordinators, a first offer (to you) you may find they pay more than what you would have asked! Some pay by the hour regardless of how many attend and some take a portion of what is paid by the students for 6-8-10 week classes. Some teachers charge per class, as I used to, but find there's more commitment by a student who pays for the entire offering.

Finally, **Always** be early for appointments or classes...you're taking their time too!!

GETTING STARTED

MAKING RIGHT CHOICES

Paula Weiner, Chicago IL

I became an accredited TCC teacher in April 1995, and ever since have been on a whirl wind, conscious-choice trip of joyous movement through T'ai Chi Chih.

In just the past week, I have taught 3 night classes, a private lesson Saturday and a presentation to a senior citizen's group on Sunday. I also work full-time as an Administrative Assistant in a college and a part student working for a B.F.A. degree.

The point of all this is not to brag, but to let you know that anything is possible when one makes the right choices, and thank you Justin Stone, T'ai Chi Chih has been the right choice for me. Outside of a cold once in a while, I am very healthy and my energy level has reached a new high. P.S. I turn 60 in a week.

Today, in a Chicago synagogue, I gave a TCC presentation to about 30 senior citizens, some of whom were paralyzed and others that had severe arthritis. The message became clear to me that yes, in spite of my doubts, I am a good teacher (in other words I can communicate with others). One woman said she had had a headache and it went away. Another man with tears in his eyes claimed that his shoulder felt less painful (he was

suffering from osteoporosis and from trauma due to having been assaulted). Actually, there were no complaints from anyone, and I came away with such a feeling of overwhelming gratitude for being able to share the Chi with them.

None of this would have been possible if I hadn't made the decision almost two years ago to take a TCC class in my apartment building. Hannah Hedrick was the teacher, and through her excellent teaching skills, patient loving guidance and support, a couch potato (little ole me) was turned into a vital force able to not only stand on her own two feet, but to be balanced enough to help others to stand and move along with her.

I feel totally devoid of labels like age and weight and limitations. I've escaped from these things breaking out of the self-imposed cell in which I've been living. I feel like a little kid in school opening my eyes for the first time and experiencing what life is really about.

Thank you Justin Stone, Steve Ridley, Hannah Hedrick, Linda Prosche, Carmen Brocklehurst (I have been watching you on PBS), and I look forward to meeting all my fellow TCC teachers in Denver at the TCC Conference. A grateful, dedicated new member of the TCC family.

TV TCC REFERRALS

Stan Ousley, Santa Fe, NM

As a recently certified T'ai Chi Chih teacher, it took a few months to "take the plunge" and offer classes. My first class was in June at the Brooks Divinity School in Denver, and six of the eight students lived in areas lacking TCC teachers. But they had watched Carmen Brocklehurst's PBS

program and wanted regular instruction. Of the seven students in my Santa Fe class, six had first learned about TCC through the TV program! As a new teacher, I realize how much Corrin has helped us all with the television series. She has truly "shared the chi"--thanks, Carmen.

GETTING STARTED

TCC, TIME FOR ONESELF

Eugene L. Box, Deming, NM

After accreditation at Alameda this past June, I set out for Deming, New Mexico with hugs, inspirations, and a full stomach. My thoughts were about conducting the TCC classes at the Deming Senior Center. Over one year of planning and preparation have gone into bringing this to fruition. Now it is to happen.

In mid August, a chance conversation at Western New Mexico University led to a contract to teach TCC for their Elderhostel programs in April and May of next year. Later in September arrangements fell into place to teach TCC through the Continuing Education Program at the WNMU Mimbres Center in Deming.....We are at the fourth class and I plan to use the video for a twenty minute review of movements learned to date. This introduces students to the video and permits individual instruction. The teaching guide is excellent for review and reminders on the day of class.

At the Senior Center, TCC meets for thirty minutes as a drop in, no fee class. Attendance varies but TCC is taking root and I am optimistic regarding progress. The senior citizens have a combination of physical limitations, health concerns, and a desire for love and communication. A smile, peaceful music, and TCC bring them to little delights and discoveries. Some are unable to stand for long. They sit or lean against a table and follow the movements.

(As a teacher I need information regarding instruction beyond beginning TCC, as well as teaching the seated variation.)

In the Spring there will be TCC in the Park. Talks to community groups regarding TCC and

classes will improve enrollments.

Student questions are related to movements for the most part. Religion and martial arts have not been mentioned. The response that TCC enhances all other activities seems to satisfy. Students accept the movements pretty much for what they are, that is TCC.

The primary need of the Thursday and Saturday class members who are professional people, seems to be stress reduction. They respond to peaceful music and the softness and continuity of the practice. Each class has two men in addition to myself.

TCC support materials are offered by display of cassettes, texts and videos with a sign-up (order) sheet available. Two visits to Sandy McAlister's TCC classes in Alameda, CA helped me to feel comfortable at the very outset of classes here. Printed handouts are duplicated by WMNU at my request.

'Time for oneself', is a suggestion which seems to reach all students. When life is pressing and there just isn't enough time in the day, the easiest thing to give up is 'Time for oneself.' The students nod in agreement to this. They have perhaps experienced this in their lives. The students accept that allowing 'Time for oneself' to practice TCC each day is an act of love. Ten or fifteen minutes of TCC acknowledges one's being and all creation. This acknowledgement puts down rich soil in which to root oneself. The students understand and accept this.

Fellow TCC teachers, knowing you as like-minded individuals in the flow toward balance and harmony gives me great joy.

EVENTS FEEDBACK

EXPLORING MEDITATIVE WAYS

Loretta Shiver, Albuquerque, NM

The first weekend in June saw twenty-two people come together at Asilomar retreat center near Monterey, CA for an exceptional experience in meditation and T'ai Chi Chih practice with Steve Ridley. The pace was relaxed and provided a much needed rest and renewal for participants. For those who practice and meditate regularly, an opportunity to work with Steve is invaluable. For beginners, the retreat opened up a whole new world. Steve seems to have the ability to intuitively *know* what is needed in the group and structures the time to fill those needs. A wonderful balance of sitting meditation and TCC practice was the result this weekend.

The retreat was scheduled to immediately precede a teacher's training course in Alameda and several teacher candidates were also at the retreat. I can't think of a better way to begin a relationship with the TCC family than to spend a weekend in peaceful retreat with a group of loving people. I enjoyed getting to know new people and offering support and encouragement for the week ahead.

It has always been my experience that any time spent working and practicing with Steve has resulted in a deeper understanding, more powerful

movements and a feeling of stronger connection. This retreat was no exception. I returned to Albuquerque fresh and new and eager to teach.

Teaching has always been my greatest joy, before I am anything else I am a teacher. So when I began my class, it was as always, with excitement. I was not prepared for the overwhelming enthusiasm of my students. They were on fire! I have never had a class learn so fast, so well, and be so demanding of me. They asked questions I've never answered before and wanted more, more, more. I feel as though I have become clearer, a better receptacle for the Chi and so a better teacher. I feel very grateful and know that my participation in Steve's meditation retreat along with continued practice are responsible for what feels like a leap in my development.

I would like to encourage every person to think twice when an opportunity for growth presents itself and to check *The Vital Force* calendar carefully and plan to give yourself the opportunity once in a while. It is too easy to neglect ourselves - give yourself a treat. Make the time; your students deserve it.

This poem expressed my inner feelings after taking Steve's Exploring Meditative Ways class at Asilomar in Pacific Grove, CA, June 1995

*Eucalyptus trees and glaciers,
All under a T'AI CHI sky.
Turtle on a mountain top
Visions a goddess under the sea.
Radiant Love and light penetrate all,
With person and time a frame of mind.
Reaching out with my chi and Love,*

*Who's receptors are open to receive?
Time to open, process and let go, again;
Then shift and break thru to where I've
already been.
Surrendering to a fragile balance,
I walk lightly on the earth
And feel it's presence even stronger.*

EVENTS FEEDBACK

NEW TEACHER NEWS

Greetings from Oregon. Wow, what a wonderful and connected trip to California. Thanks so much to all those who participated in the teachers' training and meditation weekend (June '95). I have completed my first weekend TCC class and the experience was a wondrous blessing.

Blessing to to All-- with heartfelt appreciation--
Mark H. Covell , Astoria, OR

Started my first class in Galt, CA on August 7. Goal for the class in prison is to start January 1996.

Marianae Merritt, Galt, CA

In New Zealand I had 90 students register for classes the first school term. As always a few dropped out. I never meet another Tai Chi Chih teacher until conference!! Thanks for your kindness and acceptance of Glenn and Craig in the Alameda, CA course (newly certified teachers from New Zealand). Glenn called me after the June Accreditation. He was so excited and thrilled. He said they loved all of you!

Theda Gillespie, Napier, New Zealand



Graduates of the Danville, CA teacher training course, Sept. 11-16 expressing their real selves. Sandy McAlister, Hosting teacher.



Some of the new teachers (Denise, Glenn, Craig, Eugene and Ilse) from June '95 training in Alameda, CA Liz Salada, Hosting teacher.

EVENTS FEEDBACK

SAN DIEGO TRAINING COMMENTS

My mentor suggested not doing "connected form" until I'd been doing TCC for two or three years. However, my "fast" ended at the San Diego teacher training. There we all connected: moving, balancing and affirming with laughter, tears, and joy. Many thanks to Steve, Susan, Vi, Leslie, Kathy and all who made this week a unique and memorable experience of Chi.

Jerl Kline, OP, Rochester, MN

To Justin Stone, Steve Ridley, Susan Patterson, my fellow instructors-in-training (exceptional, each and every one), and all teachers in attendance at the Teachers Training Course in Kearny Mesa, CA, October 23-28, 1995: A profound and extraordinary experience—thank you one and all. All the best. Cheers,

Lise Kimball, Dana Point, CA

With love and thanks to Steve Ridley, Susan Patterson and all my fellow TCC trainees at San Diego:

T'ai Chi Chih brings me stillness,

So I can hear YOU whisper

T'ai Chi Chih brings me restfulness,

So YOU can work

T'ai Chi Chih brings me openness,

So YOU can touch others...

Melody Rudolph, Santee, CA

I think I will be riding a "wave of energy" from the training. What a great week--Steve, Susan, all the participants and other teachers--so many things to ponder for a long time. A truly unique experience in my life. Liz and Lois, thank you for your generosity and thoughtfulness in welcoming us into the T'ai Chi Chih family. I am just beginning to understand how truly 'vibrant' the group is. May you know joy and peace.

Judy Dunlevy, Eagan, MN

To the Accreditation Class: Thank you for sharing so much, in either your words or just in your energy.

To Justin: Thank you for giving us this most wondrous art. One of the other students said it best, I think "T'ai Chi Chih is a bridge from the outside to the inside." And, thank you for giving us Steve.

To Steve: How does one say Thank you for who you are and thank you for what you give to this world! You are greatly loved.

With a heart filled---

Elana Cohen, Long Beach, CA



San Diego
Teachers' Course
October 1995

EVENTS FEEDBACK

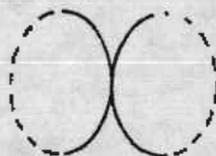
**REFLECTIONS ON TEACHER ACCREDITATION
SAN DIEGO, CA OCTOBER '95
Terry Jennings, Honolulu, HI**

Symbol received during meditation:

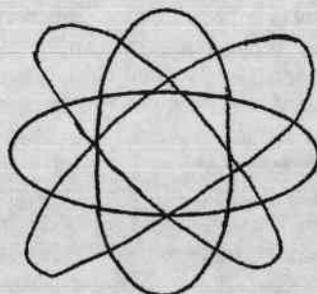


What is this symbol? It seems incomplete? Two semi-circles back to back?

See the point where the semi-circles touch? That is us from so many different backgrounds yet we are touching through the medium of Tai Chi Chih. Upon this realization, the circles spontaneously become two whole circles (deep feeling).



Then the circles proceeded to evolve into a moving mandala of circles within circles. Thank you Justin, Steve, Susan, teachers past, present and future for the gift of touching through Tai Chi Chih.



TCC IN PRINT

Amy Hackenberg, Evanston, IL: article appeared in *The Glenbrook South Oracle*, the newspaper at the high school where she teaches. (Staff Reporter, Mary Hong)

In contrast to the hilariously dubbed Samurai Sunday movies, the truth of the martial and meditative arts is quite profound, and their history long-lived. Why didn't these mind and body disciplines become as obsolete as, for example, the practice of binding girls' feet? Looking beyond the obvious factors, the reasons for training in the arts are often as simple as the feeling of increased awareness and energy.

T'ai Chi Chih (tie chee chuh), a 20-year old art that has been growing rapidly in the United States, is one of these popular practices. But far from being a new concept, T'ai Chi Chih, which literally means "knowledge of the way of energy," has much of the same foundation as the most ancient of all martial arts, T'ai Chi Ch'uan. In purpose and practice, however, T'ai Chi Chih differs in many aspects. Composed of twenty circular, cyclical movements, the intriguing purpose of these arts is to circulate and balance the Taoist concepts of Yin and Yang, two opposite forces.

The opportunity to learn the movements of this art has come to Glenbrook South through a faculty member from the math department, Amy Hackenberg. T'ai Chi Chih grew to be a central part of her life during her early career. She explained, "I was in my second year of teaching math in California. I always felt so much anxiety on Sundays, being a teacher....And it was January--the worst month, because it falls right in the middle of the year. I read about a class in the Los Angeles Times. It interested me, so I tried it"... As she persisted through year after year of classes, the personal benefits of T'ai Chi Chih became evident, and was even encouraged to teach the classes...

Now, a certified instructor of T'ai Chi Chih, she says, "I've come to believe it's the most valuable thing I teach."...:Though she had been teaching night classes primarily for adults, she realized she hadn't offered classes for teenagers and thus decided to start offering them freely at Glenbrook South.

Hackenberg's class tries to provide Glenbrook South students and faculty with the ability to better cope with daily stress and pressure. Thus T'ai Chi Chih is a new and exciting after-school prospect for those looking to move and feel better about themselves.

The classes meet on Wednesday at 3:15 p.m. in the makeup room below the stage. Newcomers or people already involved in other activities may come whenever they have available free time. Hackenberg explained, "It takes practice and doing, not words. You can't read about it in a book and say, 'There. I know T'ai Chi Chih.' An open mind is also necessary to understanding it. Delving deeper into the meaning of T'ai Chi Chih, it emerges as mainly a body exercise that concentrates on how to move softly and fluidly. As Hackenberg elaborated, "People think softness is weakness. But it's not. In China, there's a saying that softness is the greatest strength." In this way T'ai Chi Chih differs from the strength-minded martial arts. Also, T'ai Chi Chih does not involve opponents, as in the duality, one-on-one sense of movement in karate and similar martial arts. The purpose of T'ai Chi Chih is not self-defense, and the benefits of the movements are improved muscle tone, more awareness of the body, increased energy and alertness, and even a feeling of peace.

TUC IN PRINT

Excerpts from an article in the Albuquerque Journal. Titled "Balancing the Self", it was featured in the Trends section, Sept. 27, 1994.

"Justin Stone is dancing with his destiny. It is a dance of moving meditation called T'ai Chi Chih, and 78-year-old Stone is fulfilling his destiny by spreading the system throughout the world.....

"Developed by Stone in Albuquerque about 20 years ago, T'ai Chi Chih is now taught by 800 certified teachers worldwide, and practiced by hundred of thousands of people.

"To the novice observer, T'ai Chi Chih would appear to be a slow, controlled dance built around a series of repetitive movements. But the heart of T'ai Chi Chih is the ancient Asian belief that health is based on internal energy, and a person must learn to balance the yin and the yang, the internal energy forces..."Once an equilibrium is achieved via the regular practice of T'ai Chi Chih, good health flows in the form of stress reduction, renewed vigor and endurance, increased strength and sexual energy, improved balance, lower blood pressure and weight loss.....

"In 1971, while visiting a painter friend in New Mexico, Stone wandered into an Albuquerque bookstore. The owner asked him what he did, and Stone answered with the first thing that came into his head. "I teach T'ai Chi Ch'uan," he said.

"The owner and other customers in the store at the time immediately expressed interest, and quickly organized classes for Stone to teach. Soon, Stone found himself in the Honors Department at the University of New Mexico, teaching courses on comparative meditation, the background of Zen and Oriental philosophy. Stone had begun incorporating into his T'ai Chi Ch'uan classes three additional hand movements taught to him by a Chinese friend.....He added leg movements to the two easier ones and used them as preparatory or introductory movements.

"One student in Stone's class was a local book publisher who asked him to write a book on T'ai Chi Chih. "There were only two movements to it, so there wasn't much to write about, but I told him I'd consider it. Movements started coming to me, along with their titles. After about three weeks I went to the publisher and said, "I can write that book for you now."

....."That the art is spreading rapidly is because of its relative ease to learn and because the physical, mental and spiritual effects from the practice of T'ai Chi Chih can be felt quickly." Stone also talks about "TEH," a Chinese word that means "inner sincerity." "It is that sincerity that initially draws people to T'ai Chi Chih, and which drives many of them, age 12 to 85, to become teachers and further spread the art. I believe T'ai Chi Chih has a destiny," Stone said."





KARMIC KOMMENTS

from GOOD KARMA PUBLISHING
Jean Katus, Publisher

New Music Tape

Justin Stone's new music tape, "Soft Sounds of Jazz," is now available through Good Karma for \$10.95. See related article on p. 37.

New Teacher Distributor

Welcome to Sandy McAlister, the new teacher distributor for northern California. Liz Salada is on leave temporarily from her duties as teacher distributor due to increased family responsibilities. Thanks to Liz for all the assistance she's given Good Karma over the years!

Contest

We've decided to hold a contest based on readings from books or voice tapes that Good Karma publishes. We'll ask a question from one of the selections. The first person writing to Good Karma (no phone or fax responses please!) with the correct answer will receive a free book or cassette tape of his/her choice as a prize and that answer will be printed in the next "Karmic Komments" column. Those sending in answers should indicate whether or not they want their name mentioned with the winning answer.

The question for this time is taken from *Zen Meditation/A Broad View* by Justin Stone. In your own words, how would you describe what is meant by the term "states of mind" as used in the Satipathana meditation?

To further interest in our contest, we would like to invite readers to submit a question from any of the materials we publish. As with the first part of the contest, we will award the person whose question is selected a free book or cassette tape of his/her choice. When submitting a question, please cite the source and page number (or if the source is a voice tape, the section of the tape), the question, the answer you expect, and whether or not you would want your name printed in the column if your question is chosen.

Price List Information

The price list/order form enclosed in this issue of *The Vital Force* (and all future price lists) now contains more information that will assist users. Near the top of the form, in bold print, is an effective date, in this case 9/95. That means that all prices listed are current as of that date, which may change as prices change. The prices listed in the form, as previously mentioned, override some of the prices listed in the catalog itself.

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For credit card users (Visa and MasterCard only), we need to know when a new expiration date goes into effect. Sometimes, too, the credit card companies issue a new number. Please be sure we know that information if we have your number on file.

INSPIRATIONAL MATERIAL

MUSIC SOFT AND GENTLE

"Soft Sounds of Jazz" puts jazz into a more mellow context. Using assorted muted sounds, Justin Stone plays standard tunes and originals in a rather haunting manner on Side A. Swinging piano sounds on Side B complete the cassette tape.

Using his wide range of orchestral experience from back in the days (long ago) when he was a music arranger, Justin explores quite new possibilities in sound. The listener may find that "Soft Sounds of Jazz" actually may have soothing tendencies.



POETRY

In the ringing silence,
resting.

in the ringing silence,
playing.

in the ringing silence--
Being.

- Beverly McFarland

Seijaku in Denver

Who is it that discerns,
measuring change,
robed in being

- Connie Hyde

Nature Meditation

In stillness
listening, the river song
realizations arise.

- Steve Ridley

FROM DARKNESS WITH NO DARK
NO TASTE
NO COLOR
NO SMELL
NO FEELING
NO SOUND
No IT

FROM HERE TO WHERE

- Ann Oni Mousse

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, Directory orders: 1633 Via Amigos, San Lorenzo, CA 94580 (510/276-5718)

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

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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CO, Denver	Judith Hughes	303/973-3955
CO, Denver	Margaret Manzanares	303/499-6900

TEACHER DIRECTORY REFERRALS

Teachers may see page 2 for more information and/or requesting a copy.

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.:

AZ, Ft. Mojave	Roxanne (Post) Smith	520/768-2838
CA, Camarillo	Pam Towne	805/987-3607
CA, Hayward	Sandy McAlister	510/582-2238
CO (Denver Area)	Merry Lynn Noble	303/980-6861
New Mexico (Albuquerque area)	Connie Hyde	505/28-1040
NY, Syracuse	Ralph Garu	315/478-0843
OR, Beaverton	Joan Torrance	503/579-8451

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Winter

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H E L P!



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December 1995
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