



# THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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Summer Solstice

June 1996

## OUR VERY NATURE

Justin Stone

Most students come to T'ai Chi Chih feeling "I am going to do a beneficial exercise." Eventually they find it is beneficial -- and joyous -- but they still think of it as exercise, and still put the "I" in there. As they proceed farther, they begin to slowly realize the Essence of T'ai Chi Chih and one day they have the experience that "no-one is doing T'ai Chi Chih; T'ai Chi Chih is doing T'ai Chi Chih." Now they have the "I" out of the way. Their practice is done without thought, concentrating on the soles of the feet. This "non-ego" state is greatly beneficial; it is what makes T'ai Chi Chih more than "exercise" and has a deeply spiritual benefit. One does not have to outguess T'ai Chi Chih, nor to understand it intellectually (having to do with the circulation and balancing of the Vital Force, and the benefits thereby realized).

At this point the practice has become meditation, and the practiser is gaining the considerable benefits while evolving spiritually. It is so easy to learn and easy to do, yet look at the extent of the rewards!

To get to the point where one realizes the Essence of T'ai Chi Chih is wonderful. As I have pointed out many times, Bliss is our very nature, and here is a simple way to realize that Bliss. The habit energies do not at all intrude on the practice of the movements, and there is no effort made (though some do make the mistake of trying hard). If one needs a goal, why not aim at realizing the Essence of T'ai Chi Chih? It is worth the no-effort effort.

Source: *New Mexico TCC News*, June 1996

When we are able to lose ourselves in T'ai Chi practice,  
devoting full attention,  
Meditation is naturally born.  
The form gives way to the formless.

- Steve Ridley  
*Perspectives ... In Motion and Stillness*

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

*This journal is dedicated to T'ai Chi Chih teachers and practitioners worldwide.  
May it serve you in "Knowing the Real".*

## REFLECTIONS . . . ALONG THE WAY

The man pulling radishes  
pointed the way  
with a radish.

Issa (1763 - 1827)



### VFJ INNER WORKINGS

**Next VFJ Submission Deadline: August 8**

Justin (Stone) makes a good point about the importance of sharing your TCC experiences and those of your students in his letter to teachers on page 6 of this issue. We encourage your news and articles for the upcoming conference issue of *VFJ* to be mailed in late-September. You can make a meaningful contribution by sharing: a note about your teaching/practice, poetry, photo, etc. *VFJ* is your medium for written expression.

### TCC Conference and Seijaku

Southern California teachers present an update on the rapidly approaching International TCC Teachers' Conference scheduled to meet in San Diego this July. Also, the Seijaku Course which follows still has openings for new teachers' accreditation in this advanced form of TCC. See details on enclosed flyer and Calendar Notes (page 20) for this TCC opportunity for renewal and inspiration.



Roberta Taggart, Lois Mahaney, Liz Salada

### VFJ Contacts

*VFJ* continues to utilize one address for all written inquiries and journal submittals, subscriptions, etc., that is: **Liz Salada**, Publisher-Editor, *VFJ*, 1477 - 155th Avenue, San Leandro, CA 94578.

Our main phone contact continues to be **Lois Mahaney** (510/276-5718). As Resource Correspondent for *VFJ*, Lois responds to changes of address/phone and active/traveling teacher status for the TCC Teachers' Directory, as well as inquiries re: *VFJ* subscriptions and expiration dates, TCC teacher referrals, and oversees distribution of TCC accreditation information.

*VFJ* production is provided by **Roberta Taggart** (408/252-5406) who is the phone contact for TCC calendar items solely.

For additional TCC contacts see page 38. We look forward to providing continued service in these ways to the TCC community of practitioners.

Sincerely in mutual accord,



Elizabeth Salada  
for *The Vital Force*

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## READERS COMMENTARY

### OPEN FORUM

In our last issue Susan Hudgens from San Jose, CA posed a question for TCC teachers, Justin, or Steve to respond to in an "OPEN FORUM" column. The question was:

**How do you handle (what do you say to?) students in class who correct other students' movements or try to tell you (the teacher) how to teach?**

We received the following feedback:

"I tell my students from the beginning that the person teaching that day is in charge, in other words, the boss, even if I'm there but someone else is teaching. ... If they are really troubled by something, see the head Teacher at the beginning or end of class. Let them know we are all individuals, not clones and when we bow to each other we do so in friendship and peace."

Marlene Brown, Cincinnati, OH

*If you have a TCC question for OPEN FORUM please submit it to: Open Forum c/o VFJ, 1477 - 155th Ave., San Leandro, CA 94578*

### READERS WRITE

Thank you for all you do to make the *VFJ* the great publication that it is. It just keeps getting better and better. I always appreciate Justin's and Steve's articles and enjoy reading those [written] by other instructors. I like the artwork too ... all of it! Fondest Regards,

Vickie Brodie, Burlingame, CA

Thanks for the latest issue of *The Vital Force* ... As always, it is informative and inspiring.

Geraldine Kline, O.P., San Antonio, TX

I got out all of my *Vital Force* Journals to search for something in particular. I ended up re-reading so much, because I kept finding things that mean more to me now. *VFJ* is quite a rich resource. ... Thanks ... to everyone who contributes to this exceptional publication.

Chris Endres, Alpine, CA

To all who are involved in the Grand Production of *The Vital Force*: What a great job you do. I am so pleased with the direction that *The Vital Force* has taken through the years ... please know that it is appreciated.

Susan Patterson, San Diego, CA

Thank you for the Memoriam for John in the March issue ... I'm looking forward to seeing everyone at the July Conf. Love, Chi and Joy,

Joy Barbour, Payson, AZ

Since I moved to the north woods of Wisconsin, I haven't made it to any TCC gatherings, so *VFJ* is my only physical link with the TCC global community. My sincere thanks to you and all who contribute to its publication. It helps me feel in touch with the latest thoughts, developments, teaching experiences, and publications. Blessings,

Barbara Seraphina Sommers, Cumberland, WI

I've really been enjoying the connections I make and the stories I can share with my classes. This issue is great -- clear, inspiring and beautiful. ...

Sending a small contribution to help keep the presses rolling. Fondly and gratefully,

Edie Budney, Upper Montclair, NJ

## NOTES TO TEACHERS

### HONORING TCC: TEACHING WITH CERTIFICATION

Timothy Stuetz, Anaheim, CA

It is my experience that the full power and blessings of T'ai Chi Chih really can't be transmitted from teacher to student until the teacher has taken the Teacher's Training Course. This Course is far more than refining movements and becoming Certified. There's a profound transfer of energy that takes place!

In the past year I've come across several people who have been teaching T'ai Chi Chih without being certified. Not only is their form "way off", but they don't carry or communicate the essence of T'ai Chi Chih. Some of these people have subsequently completed the Training Course and their practice and entire being have been transformed.

Recently, I was informed of another person who, after taking lessons from a NON-Certified Teacher, was now teaching a class themselves.

T'ai Chi Chih is very powerful when honored. Teaching without Certification is not honoring the Chi.

As Certified Teachers I feel we should constantly remind our students that there is a "process" to follow if they want to teach. This includes "not teaching under any circumstance" until one is Certified. It's kind of like the resting pose. Resting in "not teaching" until the Chi, the life force, moves us into "teaching with Certification". We can even share with them that Chi, if not stimulated properly, can cause pain and injury. Most people who have the desire to teach don't want to cause injury to others! Also, if you know of people teaching T'ai Chi Chih without being Certified, talk to them about the nature of Chi and encourage them to take the Training. If they refuse, it may be very appropriate to talk to the establishment where they are teaching.

### REPRESENTING T'AI CHI CHIH

Ralph Garn, Syracuse, NY

Many Teachers, including myself, have been approached by students or others, and asked if they'd do a T'ai Chi Chih video. Needless to say, the 'ego' gets the best of some and the market becomes flooded with ... videos passing on movements that are not done as Justin and Steve have taught them. Are these teachers aware that they're passing on mistakes, cheating any/all students of the way T'ai Chi Chih IS?

Those who attended the teacher's conference in Denver in 1995 had a chance to be with Justin as he went over and described each and every movement, doing his best to pass on rightly what he has intended. Those who monitor Steve's

teacher's training programs [or attend teacher renewals] have a chance to 'correct' or 'modify' their movements without criticism. Some of the movements being done by teachers are not Justin's or Steve's movement, but movements that can't, from this writer's viewpoint, be developed for the fullest feeling capacity. When I went to teacher's training, my teacher went with me ... took correction hungrily, and incorporated the 'rightly' done movement(s) into classes upon arriving home. Over time ... errors in movement may come about ... Returning to the source by using Justin's and Steve's video tapes is [another] good reference when one is in doubt.

## NOTES TO TEACHERS

### LETTER TO TEACHERS FROM JUSTIN STONE

I was very much interested to read the interesting letter Ray Watson shared with us in the last *Vital Force* (March Issue). His account of the benefits received by a partially-paralyzed woman, from T'ai Chi Chih (or "High C" , as she called it!), recalled to me a similar experience I had in 1975, shortly before the first Teachers' Training Course in Los Angeles. My good friend, Dick Bock (now deceased) arranged for me to give a talk at Kushi West in Los Angeles (Macrobiotics), and he and I had dinner at their headquarters beforehand. From this talk came several group Courses at their place, and I was surprised to find myself working with several partially-paralyzed people, among others. I told them to imagine the leg movements, while they did the arm movements from a wheelchair. Well, do I remember the complete surprise of several of them when they began to have sensation in the legs!

#### ABOUT JUSTIN'S GIFT Timothy Stuetz, Anaheim, CA

I'd like to share a letter I just received from Dr. Donna M. Cone who took three morning sessions of T'ai Chi Chih in connection with a Conference On Aging recently held at the Disneyland Hotel. It illustrates the power and blessings of this amazing gift Justin [Stone] has given the world. (See the following article on page seven.)

A man also came up to me after the first morning session and said he was able to move his ankle for the first time in 10 years and the pain that was constantly "locked in" the ankle was gone!

As Ray describes, this began with a feeling of pain where they had had no feeling before, and this greatly excited them. When I had finished the Courses there (they were charged a group fee, including as many students as they wanted), I unfortunately, had no further contact, and I left Los Angeles shortly thereafter, to return only for the first Teacher's Course in August. As a result I do not know (1) if they continued to practice TCC, and (2) whether they continued to receive benefits from their practice.

This type of letter, from Ray, illustrates what I feel is the greatest benefit of *Vital Force*, the sharing of teaching experiences. It's to be hoped that any other teacher who has interesting happenings to report will take the trouble to write similar letters to the *VFJ*.

*Editor's Note: Several letters follow, thanks to those who have shared their TCC Experiences.*



#### A LITTLE TCC ANECDOTE Geraldine Kline, San Antonio, TX

After only his third class in TCC, a student commented to me that after his first class, he went to his office, sat down at his desk, and completely organized all his papers. After the second session of TCC, he did the same at home. He couldn't wait to see what happened after the third class! The practice of TCC has unforeseen results!

## TCC EXPERIENCES

### BLESSINGS OF TCC

Donna M. Cone, M.D., Providence, RI  
(Student of Timothy Stuetz, Anaheim, CA)

Today was the 35th consecutive day in which I have done T'ai Chi Chih. I get up early in the morning -- quite a feat for me since I always thought of myself as a "night person". For the first time in my life I actually look forward to getting up because I can begin my day with the 33 minutes of T'ai Chi Chih.

I have lost 10 lb. since taking the three classes with you [Timothy Stuetz] in Anaheim. More importantly, I am much calmer and better able to work during a really stressful time in my career. I also notice that my balance is much better, an important plus for me as I will be 58 in August.

### THERE ARE NO COINCIDENCES

Lee Campbell, Phoenix, AZ

I stopped to talk to a woman walking with her dog past my house a few weeks ago, and just to prove that Justin is correct when he talks about the cosmic flow -- Barbara had just moved to Phoenix from Calgary, [where] she took TCC from Sharon [Melvin]. I invited her to come to my Wednesday night "Share the Form" and get back into practicing and experiencing TCC. She has come for the past three weeks, is grateful to be in the Joy of the Movement again, and is making new friends and contacts through the others who come to my studio on Wednesdays.

*Lee Campbell wishes to acknowledge fellow T'ai Chi Chih teacher, Sharon Melvin, Calgary, Canada.*

In addition to continuing T'ai Chi Chih for my own benefit, I am very interested in learning more about its use with elderly people and others who have physical limitations. (You mentioned a class of people with Parkinson's disease.)

I also would appreciate learning how I can become a certified teacher. ... The New England Gerontology Academy, of which I am the Executive Director, would be an appropriate vehicle for bringing T'ai Chi Chih to our state. Best personal regards, and my eternal thanks for showing me a new way.

### A JOYFUL DOG

Judy Jones, Redmond, WA

I lead a weekly lunchtime practice in Evergreen Hospital's courtyard with two-to-nine people gathering for T'ai Chi Chih. Our courtyard is cobblestoned and circular with a central pond and an expanse of grass connecting the courtyard with the rest of the hospital's grounds. We practice on the grass. At yesterday's sunny, breezy practice, five of us were just beginning our second Joyous Breath when a large black dog came galloping through our group headed straight for the courtyard pond. He wriggled joyously in the water, then raced out through us again, ... then joyously raced back out between us and out of sight.

We laughed as we caught the message -- a mysterious JOYful dog during JOYous Breath doing JOY through Movement.

## A STUDENT'S PRACTICE EXPERIENCE

*Light Dance Amidst Chaos*  
Mary Stebbins, Baldswinville, NY

*Lunch: I step from the confusion of the morning, from the too much to do, and not enough time, from the rushing, and the worries, out into a light snow, stand protected, and begin my lunch dance, my dance with T'ai Chi Chih.*

*It is a slow dance, a deliberate dance, at first a little awkward, unbalanced even. I feel uncertain. And then, the flow begins, first with a little tingling, then more tingling, then slowing, smoothing movement, and then the joy, the splash of light.*

### THE RUSHING STREAM AND THE FALLING TEARS

Mary Stebbins, Baldswinville, NY

I had a deeply powerful experience while camping alone on Morgan Hill on April 2nd. I had just completed my third T'ai Chi Chih class from instructor Ralph Garn. I spent the night alone in a tiny tent in a snowstorm and got up in the morning and walked out into the snowy forest. Heading toward the rising sun, approximately east, I followed old grown-over logging trails, walking quietly through the soft snow, taking whatever trails appealed to me. I discovered fresh wild turkey tracks and looked up to see the turkeys hunched and hustling into the cover of spruces heavily laden with snow. Deer stood alert and watched me pass. The storm dwindled and the sun came out warm and bright, and very quickly, the new snow on the southern slopes began to melt.

On a steep hillside, I came to a deep fast-moving stream that crashed and plummeted down over shale in small flumes and miniature waterfalls. The old trail I followed along the north bank of the stream's sharp ravine took a sudden turn to the north, flattening out into a perfect little platform in the center of the forest, right beside the rushing stream. The sun, flowing through an opening in the trees, had not only melted all

the snow on this little spot, but had dried and warmed the spot.

I decided it was a perfect place to do T'ai Chi Chih. I took off my backpack, coat and fleece, stood facing the sun, and began doing the movements I had been learning in class. I decided to do 18 sets of each movement, and I felt the need to bow after each set on each side. As I did my T'ai Chi Chih movements, I became very aware of the sun gifting me with its warmth and energy and the stream gifting me with its music and its source of water and the earth gifting me with its stability and strength and all of nature and the life around me gifting me with sustenance: air to breathe, food to eat. I continued doing the movements as my heart became fuller and fuller with a feeling of joy and connectedness until my eyes overflowed and tears streamed down my face. Energy flowed through the forest and into my being. During the entire course of T'ai Chi Chih, I continued to cry and cry, tears of pure and utter joy.

*Ralph Garn, teacher from Syracuse, NY, shared his student's story with Justin, who in turn shares it with us.*

## TEACHING EXPERIENCES



### WORKING WITH SCHIZOPHRENIC PEOPLE

Marlene Brown, Cincinnati, OH

Last September I got a call from a stranger asking me if I would be willing to lead a T'ai Chi Chih class as a volunteer three times a week for two weeks, for their program working with Schizophrenic people. The times the Clinic was open I was already busy, but I figured that I could try it for a few weeks. Little did I know how successful TCC would be for this group.

I was offered a paid three month contract after the fourth day there. This has since been extended to another six months.

My first day was a total surprise: people sitting around in a small space looking sleepy, depressed, and talking to themselves. In other words, mostly out of it.

With much encouragement, I got a few to try Rocking Motion and Bird Flaps Its Wings, then we sat down again. The circles around the platter were huge up, down, out all over the place, but they participated and were very tolerant of each other when a circle would cross their face from someone else. Soon some left to smoke, get a shot or blood test. In other words, my first day was not boring, but also not discouraging. Each day I went, there were new people; some were from the previous day. So it was not TCC as we know it, but we had a start.

On the second week they offered me a [paid position] for three months [duration]. They were impressed with the results in such a short time. They have extended my contract six more months and have opened the clinic on [another day to accomodate my schedule].

The circles have gotten smaller. We still do some sitting down when the medicine gets [to be] too much. Best of all, they stay now most of an hour. We laugh, have fun with TCC and I was even told by one of my students that I was one of his most favorite people. Some days we have good days where we do all 20 moves standing up; some days we mostly sit and still do TCC. We never expect perfection but we sure do get lots of miracles, laughs and hugs.

Thank you, Justin, for sharing T'ai Chi Chih. I know these people could never do T'ai Chi Ch'uan.



In addition to her work with schizophrenic people, Marlene Brown teaches at a Senior Center, Church and G.E. She has also done a 1 1/2 hour TCC class at an all day work shop and introduced TCC to children at a private school.

**ADMONITION**

T'ai Chi Chih teachers must do TCC well as well as teach it effectively. No matter how sincere the teacher is, if the movements are performed badly the student will suffer. Students will naturally follow the teacher's form in doing the movements. Moreover, for the teacher to give an effective presentation, he or she must perform well enough to impress the audience and influence it to want to learn and do TCC as well as the teacher does. One cannot say, "Do as I say, not as I do."

One cannot go to the Air Force Academy and say, "I wear glasses and have poor depth perception but I'm sincere and want to become a pilot." There are certain necessary qualifications for undertaking a flying career and these must be met. Everybody can get benefits from TCC practice, but to teach students one must lead by example.

Originally, the idea was proposed to have accreditation last for a limited length of time, after which the teacher would be re-examined to make sure he or she was performing and teaching correctly. This plan was obviously not practical.

When we consider that more than 1000 teachers have been accredited worldwide, it becomes obvious that it would cost a fortune to send someone on continuous trips to check teachers. So it becomes necessary for teachers to police themselves and frankly evaluate their own performance. One way to do this is to attend the annual Teachers' Conference. There must be a sincere desire to do TCC well, which requires more than just moving the arms and the legs. There must be a flow of the body from the center, complete yinng and yanging, and the ability to excite admiration from audiences by performing TCC movements in a pleasing manner.

This may seem somewhat harsh, but the teacher does not only perform TCC for his or her own benefit. Taking the Teachers' Training Course and being accredited means dedication to helping others, and the first step consists of doing the form well. Teachers, be sure you do TCC in an outstanding manner! Be tough and frank in evaluating yourself. Help is always available.

**TEACHING TIPS PAMPHLET**

Justin Stone has written a new pamphlet called "Teaching Tips for T'ai Chi Chih Teachers". There is no charge; it is free. Teachers will receive the pamphlet at the summer Conference. Other teachers may receive their free copy by mail from Connie or Carmen, (who helped finance this venture). As teachers [and students] will find the pamphlet very useful, it is being

offered as a gift. Send \$1. [to cover the cost of envelope and postage] with your request for the teaching tips pamphlet to:

Carmen Brocklehurst	or	Connie Hyde
9500 Prospect, NE		P.O. Box 349
Albuquerque, NM		Cedar Crest, NM
87112		87008-0349

### EFFECTIVE TCC TEACHING

As we endeavor to assist students in their ability to improve the circulation of chi within each TCC movement, it is important to determine when to give general corrections and when more subtle suggestions can effectively be received. The more seasoned we are in our practice, the easier this is to sense.

### SOFTNESS & CONTINUITY

Last night, in class, students were so intent on learning the basic Pulling Taffy movement that the tension was noticeably building. To point out an important TCC principle and help them relax, I joked, "Your taffy movement is becoming more perfect but the chi is fleeing the room."

### TEACHING TCC

Students should be instructed that it is best to approach learning of TCC movements in a relaxed, meditative state of mind because 1) the patterns will be easier to learn 2) they will be easier to retain. When the mind is busy making tensions, learning TCC can be difficult.

While leading practice our T'ai Chi Ch'uan master used to ask that we let go and give our full attention to him, thereby enabling him to move us through the forms. (And, he had the development and energy to do this when we submitted properly.) He was asking us to surrender all thoughts about 'doing', in order to avoid inhibiting the learning process. So, instead of focusing on how difficult the movement sequence was or feeling self-conscious or worried about making a mistake, we endeavored to "let go and let it flow." The more relaxed we were, the easier it was to feel and assimilate the practice.

As teachers, we set the tone for each class. Putting students at ease should be a priority.

Then learning and practicing is not only more effective but also joyous and freeing.

Here are a few ideas you might try if you haven't:

- Play soothing music to greet students as they arrive.
- Talk informally with students until everyone has settled in.
- Do gentle breathing and stretching exercises to help release tensions and open the body, prior to practice.
- Form an inward facing group circle and enjoy Rocking Motion for a few minutes, taking time to ground, center, soften, and open to the collective energy exchange.
- If students become overly frustrated while attempting to learn a particular movement, pause for awhile and change the focus of the class, then the movement can be re-visited later, calmly.

## OUT OF BONDAGE

Justin Stone

*I write these articles, not because I want to, but because I am asked to do so. For this reason I probably over-simplify; there is no need to go into great depth when our real emphasis is on T'ai Chi Chih.*

We develop habit energies during our life time (called "Vashanas" in Sanskrit), and these not only motivate us in our lives but also make our Karma for the future. We believe we are perfectly free in our decisions and our movements, but, if we study ourselves closely and impartially we will find that we follow certain patterns, sometimes even asking ourselves why we made a particular mistake all over again. When we have found something enjoyable and then find that it is not permanent, we agonize over it -- sometimes feeling we cannot do without it. This often leads to actions of anger, which becomes a force greater than our willpower. These actions greatly affect our Karma, which in turn leads us around by the nose.

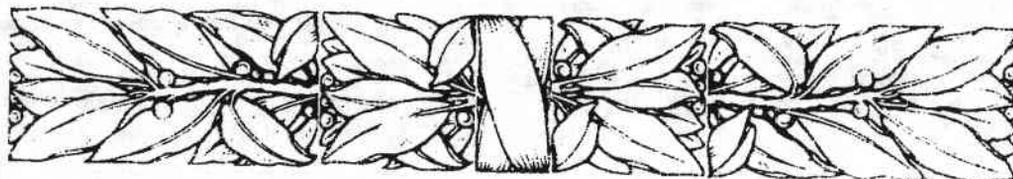
By closely studying ourselves, we may be able to determine our past, or even past lives if we believe in them. An orange tree does not grow apples. The patterns grow steadily stronger and

they lead us in a direction we may not really want to go.

For this reason, in disciplines that try to bring us to a state of freedom (as opposed to the bondage many religious organizations aim to impose) the goal is to, in one way or another, weaken these Vashanas and bring about the desired freedom. In Zen it has to do with cleaning out the eighth consciousness (the Alaya Vijnana, or Receptacle of Consciousness). In Yoga (true Yoga) the aim, according to Patanjali, called "the Father of Yoga," is to weaken or suppress the "mental modifications" (Vrittis) which lead to the making of Vashanas, and, ultimately, to go back to the way we came and undo the causes, the mental modifications which lead to the Vashanas, which become Samskaras, the tendencies that last through many lifetimes. The Buddha said,

**"All that you are, all that you have ever been, and all that you will be is the result of what you have thought"** ("thought" meaning the Vrittis that become Vashanas).

If we are not content with our lives, we might take a look in the direction of these habit patterns. If you really want to, you can change the direction in which you are heading.





## SPIRITUAL PATH

The soul dampening perspective of egoic isolation is an endless obsession, until it ends.



A perpetual state of surrender is required of one who would live Truth.



All spiritual paths represent ways of cultivating freedom in consciousness, through the dissolution of the idea of independent self-hood or ego-consciousness.

Whether one's restricted sense of separateness is broken through zen training or dissolved through devotional service (bhakti) doesn't matter. What matters is that one open toward restoration in wholeness of being. And by whatever path, this requires the continual vulnerability of not maintaining a self-image, a fixed identity, so that something superior may unfold and come to life.

In ego consciousness one is like a self-referring tempest expressing through a teapot identity, afloat unknowingly on the calm, expansive ocean of itself.

## TEACHER'S ARTICLES

### THE IMPORTANCE OF DAILY MEDITATION

Susan Patterson, San Diego, CA

Since my recent trip to the Meditation/Seijaku Retreat in Albuquerque, I realized the importance of daily meditation. It is beginning to make a big difference in my life and by "touching" that inner self daily, I am feeling more of the ONENESS with everything and everyone. Justin said that FCC is about letting go. My meditation is helping me to let go more and more. The more I let go of all the surface, or outer "shell", and retreat to the purest TRUTH within, the more I receive from Life.

Thanks to Justin's pure example and gentle nudging, while I was in Albuquerque, our weekly "business meeting" is being changed to group meditation. Now we can reach out from

that gentle place within to connect TCC and the Joy that it brings to everyone of our students and future students. WE must be prepared before we can pass on the Truth.

It would be wonderful if we here in San Diego could be blessed with Justin's or Steve's physical presence at our meditations. Those of you in Albuquerque and Denver are especially BLESSED. However, even here in San Diego, we feel the Blessings of Justin, Steve, and all of the TCC teachers around the world; for we know we meet with you (at a deeper than physical level) as we touch in our meditations. For that we are very grateful.

### A CHANGING WORLD

Carmen Brocklehurst, Albuquerque, NM

When I[read] ... the point that Justin was making about Vashanas, ... I asked myself, "Is this lifetime going to be just like all the others have been? What will change?"

It is not hard to imagine letting go of the things with which I'm not too satisfied. But what about the things I like? Change means just that, **change**. Each time I do my T'ai Chi Chih I know that my world has changed. It's like a picture on a computer screen that is made up of hundreds of small squares. Slowly, but surely the picture changes as each square is erased or added. Then I thought to myself perhaps it is because we don't really want our world (computer picture) to change that we might avoid our daily practice of T'ai Chi Chih.

As I allow myself to look forward, I see a world that is changing because of T'ai Chi Chih and the work we are doing, within ourselves (through our practice) and through the teaching (sharing what we learn from our practice). I see people that are less stressed, having happier, deeper relationships and expressing a desire for the good for all mankind.

Yes, I like to read and hear the "stuff" that Justin has to say. It helps me focus my eyes and heart on the highest we all can be. Thank you all for working to make this vision become a reality through T'ai Chi Chih.

Source: *New Mexico TCC News*, Apr. '96

## LET GO!

The idea of attaining enlightenment by trying harder has always seemed to me to be ludicrous. Realizing enlightenment is not a matter of making a breakthrough, after great effort, and finding something new, it's simply a matter of recognizing what is. Yet Zen teachers continually implore their monks or students to 'try harder'. My teacher told me to 'take this more seriously', though the objective is to banish the vashanas (habit energies), not make new ones -- in Buddhist terms, to clean out the eighth consciousness, the "Alaya Vijnana" (Receptacle of Consciousness).

Similarly, in T'ai Chi Chih, the most important thing is "softness", the "effort of no effort". This isn't accomplished by trying hard but by 'letting

go'. Trying hard implies effort, great effort, but we are not exercising in doing T'ai Chi Chih, we are swimming thru very heavy air without effort.

Enlightenment is not the product of dualistic thinking; its very nature is Unity. This is beyond the power of ordinary conceptual thinking. It means letting go of habitual patterns of thought; if necessary, stopping thinking. Patanjali, called "the Father of Yoga", gave as his first aphorism the "suppression of mental modification". This can hardly be accomplished by forming new modifications.

In conclusion, to achieve Enlightenment, to practice T'ai Chi Chih (these can be the same), LET GO!



## JUST ONE PERFECTION

So-called "Enlightenment" (different in different traditions) implies realizing Unity. Dualistic thinking or practice cannot hope to realize Unity.

Strangely enough, Mary Baker Eddy seems to have understood that. I do not believe that most followers of Christian Science understand her teaching. If there is just One Perfection, where is there room for illness or hardship? This is from an ultimate standpoint. To enter the Cosmic Rhythm and flow as this One Perfection's the aim of all true religious disciplines, but certainly not of most institutional religions.

How many are serious enough to profit by what is passed on to them? Most people instinctively divide life into two parts: first, the "reality" of everyday life, such as paying bills and wrestling with problems; then, if there is time, a brief period for spiritual practice. It would be hard for people to realize that both periods merge into one. There is no duality, no dichotomy. Right in the middle of the problems is the time to feel the Essence.

Source: *New Mexico TCC News*, May 1996

## TEACHER WRITES



### BO YIN RA

Richard J. Briar, Mill Valley, CA

He was a tiny man, with a toothless grin which could easily make New Yorkers by friendly, trusting, compassionate and loving. Now that's a miracle worth seeing! Somehow Bo Yin Ra ignited joy and laughter everywhere. He may have been only 5 feet 2 inches high, but his energy and *joie de vivre* were infectious, inexhaustible and radiant like the shining sun on a gorgeous spring day. He was part Tibetan, part Korean, part Irish, part, Italian, part Romany Gypsy, and whole human being.

He owned this tiny fortune cookie shop, in, of all places, the financial district in San Francisco. And he also sold all kinds of noodles and teas. And he had many regulars, people who visited his oasis in the midst of the endless noise and the tiresome city. It was a very small shop, cozy and informal to say the least. He had an old rug from Afghanistan on the floor, frayed but an interesting weave, looking like an otherworldly galaxy, with splashing colors like a Monet transformed into the wild cloth on which endless dreams of a people are inscribed. And he had quotations from all cultures all over the walls. People loved to read them for they gave a very different slant to the ordinary and encrusted clichés most of us live by. Many were paraphrases of well-known sayings, with a twist which made an ordinary lemon into nothing but real lemonade. And his fortune cookies were a trip. Who would expect to open a fortune cookie and read Einstein, then Jesus, then Aurobindo, then Boz Scaggs, then Timothy Leary and then a line from an old and great Moody Blues song?

Little Bo Yin Ra was a very quiet man unless someone would ask him a question, then the dance would begin. First he would smile and nod slowly. Then he'd laugh, then he'd hug the person. At first people would be offended, but Bo Yin Ra's sincerity and affection would save the day. And then he would answer cryptically not only answering the question but undermining it in such a way as to change the questioner's assumptions and broaden their perspective. And this part Tibetan, part Korean, part Irish, part Italian, part Romany Gypsy, would speak surprisingly well, thoughtfully with a slight though indistinguishable accent. He might say *"Your question is excellent, really quite extraordinary, actually perfect and endlessly fascinating. Yes, brilliant."*

Imagine the scene. With this kind of response, the question had become a distant echo and what was left was a room filled with laughter and a friendliness which was the answer to all questions, real or imagined. For the key to life is to know we are loved.

For Bo Yin Ra *knew* that all beings seek happiness only and he had found his long, long ago. He had discovered that complete gratefulness, here and now, always brought this joyous feeling to himself, and so he practiced only the art and science called radical amazement. It was very contagious. Even his noodles seemed happy and how can a noodle be happy? As Bo Yin Ra might say: "Use your noodle and you might find out." His sense of

humor was outrageous, to say the least. People would laugh and laugh in his little shop and he would smile and only say "Good. Very good. Actually excellent. No outstanding! Yes, fabulous." And people would just go bonkers because he loved them and simply shared some of the moments of his life with them totally freely. One of his favorite fortune cookies was simply the one that said: "This is it." People would ask him why he seemed to like that one especially and he would smile, laugh, look deeply into the person's eyes, and say: "Because this is it." And again they would roar with laughter. It's like a lot of things in life, you had to be there to appreciate the exquisite timing of it all. The facial expressions of Bo Yin Ra had to be seen to be believed. He was a natural born mime.

Behind it all was his love of life and total acceptance of people *exactly* as they were. He didn't try to change anyone. *He saw life as a perfect and unfolding parade of characters, situations, and changes marching toward the Eternal.* And he knew that only the Eternal knew its purposes and they were simply unknowable to the infinite mind. Therefore he was simply grateful for the day, the moment, and the situation. Only NOW was his concern and he wasn't overly concerned. So he celebrated life with constancy. And his tea was superb and very unusual. It had the soft fragrance of wildflowers in flourishing meadows and people felt very well when they would drink a cup a day regularly. He had it imported from a factory in

Italy. Some of his Romany Gypsy cousins combined rare flowers which they felt affected the human body in a special healing way. They know some of nature's secrets.

Bo Yin Ra knew great joy, he knew acceptance, he knew noodles, and this wonderful tea. He knew his fortune cookies and he knew that this is it. He traveled very, very lightly in this world and he left it a far better place. He is still smiling somewhere on the other side of time and many, many people miss him. And yet they smile when they think of him. And they become their very best selves when they feel his presence, and therefore his legacy is unending. People like him are worth far more than their weight in gold.

He was a tiny man, with a toothless grin which could easily make New Yorkers friendly, trusting, compassionate and loving. Now that's a miracle worth seeing. Somehow Bo Yin Ra ignited joy and laughter everywhere. He may have been only 5 feet 2 inches high, but his energy and *joie de vivre* were infectious, inexhaustible and radiant like the shining sun on a gorgeous spring day. He was part Tibetan, part Korean, part Irish, part Italian, part Romany Gypsy and whole human being.

From:

*Sacred Stories For Remembrance*, First Edition, October 1995, Stories and Poems, Richard J. Brier





Adhering to ritual can blind us to the Way.



Remembering the purpose,  
enjoying the process.



Great teachers are perpetual students.



Approaching a new situation  
enter calmly, empty  
seeing its true content . . .  
Then respond.



In the Great Oneness  
many events arise  
as countless ripples and Waves  
upon the ocean.

### **Centered**

T'ai Chi practice can be the foundation for balance in  
life, enabling us to know contentment and harmony, amidst  
the ever transitioning events in which we move.

### **Enlightenment**

Waking . . .  
into vanity dissolution.

**DRINKING FROM THE WELL** with M. T. Kupper

**Wholeness**

Cloud formations sometimes produce  
the appearance of individual rays of sunlight.  
When they no longer fill our view,  
one light is seen.



Witnessing  
with no witness.



**The Path**

Working, working, working  
to remove everything we never were,  
to unearth the Light we always are.



**Mindfulness**

With mind quiet and heart open,  
we see and feel so much more,  
inside out.

## CALENDAR NOTES

### UPDATE

## 1996 TCC INTERNATIONAL TEACHERS' CONFERENCE

Leslie Johnson-Leech, San Diego Conference Committee

Over 100 teachers have registered for the annual conference! If you haven't made your reservations, do it NOW! There's still space available and even though you won't get the early bird rate, we can guarantee you'll be getting your money's worth. Where else can you experience Justin and Steve, get to mingle with your T'ai Chi Chih colleagues from all over the world, and, luxuriate in "America's Finest City" all at the same time?

In addition to our group practice sessions and discussions with Steve and Justin, eleven teachers will be presenting special large and small group sessions. Thank you to all of those who responded to the workshop schedule. Some of the workshops are full and some still have space available. Those who have not responded, please fill out the workshop request forms and return them A.S.A.P.

Many volunteers have come forward for the Talent Show Saturday evening. Afterwards, we will once

again participate in St. Antonia Cooper's inspiring Candlelight Ceremony. Then, if you still have energy to burn, there will be an on-campus party with Country Western Line Dancing instruction by "yours truly."

But, **most important of all**, there will be a lot of time for the entire group to be together with Justin, so get your questions ready. And, there will be many opportunities to do T'ai Chi Chih under the watchful eyes of our two gentle and much respected leaders -- Justin and Steve.

We can personally guarantee you terrific food and cozy accommodations on the peaceful campus of the University of San Diego. Just wait till you see the view!

Seijaku training will follow the Conference. Please be sure to register right away, if interested, by contacting Jim Lestor; Day 619/596-2160; Eve. 445-4522; FAX 619/596-2165.



Conference Committee processes registration confirmations

# 1996 T'AI CHI CHIH EVENTS CALENDAR

1996 TCC International Teachers' Conference Dates to Remember	
July 25 (Thurs. Eve.)	Justin Stone speaks on: <u>The Purposes of Spiritual Training</u> . 7:00 p.m.
July 26 - 28	1996 T'ai Chi Chih International Teachers' Conference, San Diego, CA
July 28 - 30	Seijaku Training (Following Teachers' Conference), San Diego, CA

## TCC ACCREDITATION COURSES\*

Sept. 8 - 13	TCC Teacher Training Location: Elberon, NJ Contact: Sr. Antonia Cooper, Villa Maria, 641 Somerset St., N. Plainfield, NJ 07060-4909 Ph. 908/757-3050 or 908/769-6498	\$380
Sept. 30 thru Oct. 5	TCC Teacher Training Location: San Diego, CA Contract: Susan Patterson, 733 S Lincoln Ave., El Cajon, CA 92020 Ph. 612/872-8624	\$380
Oct. 21 - 26	TCC Teacher Training Location: St. Paul, MN Contact: Rita Foster, 2216 Portland Ave., S. #4 Minneapolis, MN 55404-3718 Ph. 612/872-8624	\$380
Mid- Mar.	TCC Teacher Training Location: S.F. Bay Area (TBA) Contact: Sandy McAlister, 24835 Second St., Hayward, CA 94541 Ph. 510/582-2238	tba

## TCC EVENTS\*

Oct. 12	Exploring Meditative Ways Location: Denver, CO Contact: Steve Bradley, 1031 Xenophon St., Golden, CO 80401 Ph. h: 303/237-6645; w: 232-0252	\$150
Nov. 23 - 25	Exploring Meditative Ways Location: San Diego, CA Contact: Susan Patterson, 733 S. Lincoln Ave., El Cajon, CA 92020 Ph. 619/441-1165	tba
Mid- Mar.	TCC Teacher Renewal Location: S.F. Bay Area (TBA) Contact: Roberta Taggart, 10145 Parkwood Dr., #3 Cupertino, CA 95014-1562 Ph. 408/252-5406	tba

\*Accreditations, Renewals and Exploring Meditative Ways Workshops are facilitated by Steve Ridley, 1921 Jasmine St., Denver, CO 80220, Ph. 303/322-7717.

<b>PUBLICATION DEADLINE:</b>	<b>Aug. 8:</b> Submissions for Post-Conference Issue (Address below)
<b>MAILING DATE:</b>	<b>Sept. 21:</b> VFJ Mailing, Lois Mahaney's, San Lorenzo; 510/276-57180

*Editor's Note:* If you are planning an event in your area that you feel would interest other TCC teachers, please let us know so that it can be included in the Calendar. Be sure to include date(s), any deadlines and the phone/FAX number(s) address of the person to contact. Send your articles, comments, pictures, etc. to: VFJ, 1477 - 155th Avenue, San Leandro, CA 94578.

## CONTEMPLATIONS by Steve Ridley

### THOUGHTS FOR NEW TEACHERS

(Shared at recent Teacher Accreditation in Albuquerque, NM)

Teaching T'ai Chi Chih to others is a deep responsibility and a joyful journey.  
Teach by listening. Teach with love and detachment, in the spirit of pure service. Give all, expect nothing.  
Continue to develop your form through progressive stages of: movement fluidity and ego release.  
Surrendering mind and body into the flow of each pattern and beyond form is TCC practice at its best.

### TCC PRACTICE

We practice T'ai Chi Chih each new day, not to attain anything, but to release the accumulated 'debris' which (appear to) inhibit our awareness, joy and creative ability to express. TCC practice helps clean us out.

\*

Build each movement from the ground up. Without rootedness or firm grounding, the movements are imbalanced and minimally effective.

Rootedness is an *emphasis* in TCC practice and can be achieved even by those who choose to perform the movements from a seated position.



Steve Ridley leads group in Standing Pose at Exploring Meditative Ways Workshop held May 11-12, 1996 at Mt. Alverno Conference Center in Redwood City, CA

## EVENTS FEEDBACK



Steve Ridley (middle of photo) with participants at Teacher Accreditation Course in Albuquerque, NM

### TEACHER TRAINING

Carmen Brocklehurst, Albuquerque, NM

It is always a bit amazing to be with Justin [Stone] and watch what a seemingly ordinary person he appears to be. He talks about the basketball game, the latest news and the weather. People that watch him say, sometimes to themselves, sometimes outloud, "Hmmm, he is just like me." Then as they live the rest of the day, or the rest of their lives, they notice that because they were with him something about themselves is different. What is it that happens? Perhaps it is that we have the opportunity to be with someone who is really LIVING, not just walking through life pretending or "trying" to live, and something inside us tells us that what we experienced with Justin is possible for us also because, after all, he is just like us.

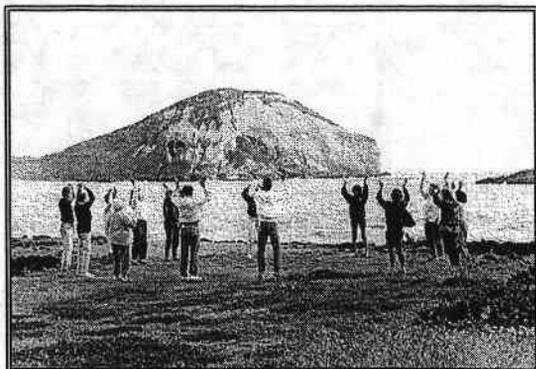
In early April 14 new T'ai Chi Chih teachers were accredited in Albuquerque, and as I watched the

candidates go through the week, I began to see that the strength which comes from doing T'ai Chi Chih makes it possible for us to say "YES!!" to life. Each candidate could have, on graduation day, moved the boulder that stood on the mountain since the ice age, just as the sage in Justin's story does. In reality, that is what we all can do: go out in life and live it, knowing that ALL is possible. That which comes from our practice is not just CHI, but the inspiration for Chi, Prajna (wisdom). Can you think of anything else you would rather be doing.

I thank and congratulate the 14 graduates, ... Steve [Ridley] and Karen [Scharf Morgan] for making Teachers' Training possible. ... And, of course, Justin for being joyous enough to LIVE life and bring forth T'ai Chi Chih.

*Source: New Mexico TCC News, May, '96*

## GETTING STARTED



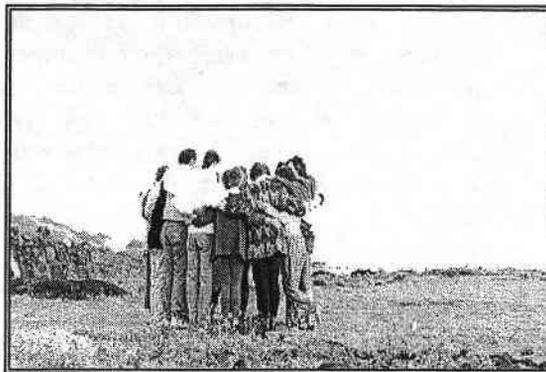
### ALOHA, T'AI CHI CHIH FLOWS IN HAWAII

Terry Jennings Honolulu, HI

As a newly accredited teacher (San Diego, Oct. '95) in Honolulu Hawaii, I just completed three classes of T'ai Chi Chih on the island of Oahu. The three classes combined for a sunrise practice on March 24, 1996 at Makapuu Beach across from sea life park. (see photos).

Looking forward to meeting the T'ai Chi Chih family this summer at the San Diego Teachers Conference and reacquainting with my accreditation class. See you there. ALOHA. Some of the comments from my students about the eight week class:

"I found a style of T'ai Chi that suits me." "It feels good to do this! The movements seem to flow - I could feel the energy right away." "I feel more at peace in times of stress." "Learning T'ai Chi Chih slowed me down, yet kept me alert." "I feel a warm glow, right in the middle of the day that wasn't there before." "Immediate and easy form of T'ai Chi is now always there for me."



## EVENTS FEEDBACK

### EXPLORING MEDITATIVE WAYS

Loretta Shiver, Albuquerque, NM

#### Meditation

Meditation practice moves us from being captive of the mind, to unbounded awareness.

There is nothing like embracing silence, to clear ourselves of restless thought involvement. In stillness, at rest and quietly attentive, the motive force which drives our largely unconscious involvement with random thought activity, is neutralized to a degree. Then our mind becomes capable of processing perspectives which are more refined and complete.

- Steve Ridley



Meditative Ways Workshop, held on March 9, 1996

Steve Ridley visited Albuquerque on March 19th and shared his *Exploring Meditative Ways* workshop with 30 lucky people. The weather could not have been more beautiful so we were able to do our T'ai Chi Chih practice outdoors in

the park. Steve has many fans in Albuquerque and we all agreed it was the very best workshop we had experienced and look forward to another one next year. TCC practice was done very slowly and carefully, drawing attention to our movements, reminding us of every detail for a deep and meaningful experience.

Meditation techniques were shared and explored gently, Steve's voice guiding us to stillness. And in between, Steve was talking to us, sharing his wisdom, with just the right words, spoken so carefully. It was a most wonderful day.

Several of the participants were teacher candidates for the April Teacher Accreditation course held in Albuquerque. How wonderful for them! To have had the opportunity to come together with Steve in such an informal way and get to know him before the teacher training was such a gift. Just think how relaxed they were and how much more they learned, having already spent a day working with him.

For myself, any time spent working with Steve speeds growth and perception. He always says something I haven't heard before, shows me something I haven't seen before. He opens my eyes and deepens my understanding. I am very grateful for the opportunity hosting workshops gives me. On that note, I would like to invite and encourage all teachers to plan on visiting and participating in Teacher Accreditation courses. It is a tremendous learning experience for all involved and a very loving and supportive way to welcome our new teachers. Joy to all.

### JUSTIN'S ONE-MAN ART SHOW

Roberta Taggart, Cupertino, CA

One of the sidelights, but definitely a highlight, of attending the Seijaku/Meditation Retreat in Albuquerque last March was the opportunity for many retreat participants to attend Justin's one-man art show held at the Nina Bean Gallery on the evening of Sunday, March 24, following the retreat. It was a special occasion which provided a festive conclusion to the four-day retreat. There was food, drink, and merriment as the art works were viewed, and the ambiance enjoyed.

Present at the Reception was Justin's friend, Mie Shu Ou. He is the artist, you will remember, who has so generously given his permission to anyone within the TCC community to use his "three birds" art as part of our T'ai Chi Chih activities. *The Vital Force* has used the "three birds" as part of its logo for many years now. These birds are Mie Shu's creation, shared with love, and we thank him for this gift.



#### Tea with Mie Shu Ou

On Monday of the week following the Seijaku/Meditation Retreat, TCC Teacher Pat Huseby (from Danville, CA) arranged for teachers Barbara Riley (from Orinda, CA), Sandy McAlister (from Hayward, CA), Connie Hyde (from Albuquerque, NM) and me to have tea at Mie Shu's studio. He talked for two hours non-stop. We were delighted by him as he served tea in paper cups and warmed us with his infectious laughter, while feeding our souls with wise words as he shared his work and world from the heart.



One of Justin Stone's featured paintings



Mie Shu Ou in his studio

## EVENTS FEEDBACK

### NEW MEXICO T'AI CHI CHIH CENTER MOVES

Connie Hyde, Albuquerque, NM

The T'ai Chi Chih Association is pleased to announce that we have relocated the T'ai Chi Chih Center as of April 27, 1996. The new site is in the Northeast area of Albuquerque about two miles from our previous location.

To update newer members of the T'ai Chi Chih Family, the first-ever T'ai Chi Chih Center was established in Albuquerque in September 1994, following the formation of the T'ai Chi Chih Association and its Board of Directors. Our 600 square foot site on Juan Tabo Avenue was a studio with a small separate office. For the first 16 months, we had access to a large room adjoining our studio in which we held large classes, lectures, practice sessions and special events. Time revealed that we needed a larger site to call home, so that we could hold two concurrent classes and schedule events, at will, for larger groups.

The new site on Eubank Avenue consists of two large rooms totaling 1780 square feet. We can hold two classes concurrently and are looking forward to scheduling Lectures, Teacher Training Sessions, Review Sessions and many other events which live in the imagination, for now.

On April 27, about 40 teachers and members of the Association dedicated the new Center with group T'ai Chi Chih practice at 9:30 a.m.

Over the past 18 months, we have felt the energy of T'ai Chi Chih practitioners from all over the country blessing our endeavors here in Albuquerque. Support has come in the form of

notes, phone calls, cards, donations, photos, you-name-it. Often out-of-state teachers join us for weekly Tuesday morning Teachers Practice at 9:30 a.m. when their travel plans find them in Albuquerque. COME JOIN US at the T'ai Chi Chih Center [when you are] in Albuquerque!

The T'ai Chi Chih Association  
3107 Eubank, NE, Suite 19  
Scottsdale Center  
Albuquerque, NM 87111



#### WEB SITE FOR T'AI CHI CHIH

The TCC Center in Albuquerque, NM has established a home site for a World Wide Web connection. The Web Page features a picture of Justin Stone and a brief description of T'ai Chi Chih's benefits. This Web Page is permanent.

Address:

[HTTP://www.Indirect.Com/www/duke1](http://www.Indirect.Com/www/duke1)

Accessibility on the Internet is through the Trumpet News Reader. Postings are kept under the following three headings:

abq.misc    abq.rec    nm.misc

Anyone in the world can address T'ai Chi Chih postings at these locations. The Trumpet News Reader will be off and on as posting occurs. Leona and Marion Dees of Albuquerque, NM are responsible for the establishment and maintenance of the Web Site and postings.

## POETRY

Now I am transformed. I am no longer a woman of flesh and bones, carrying the worries and troubles of the day. I am a light dancer, a dancing light being, splashing light over and over again on my face and my neck and my body. I pull in handfuls, armfuls of shining light, and it washes over me, nine times, eighteen times, and again. I dance through light, the light that washes over me and through me and cleanses me and heals me, I am light within light, serenity within serenity, joy within joy.

-- Mary Stebbins, TCC Student  
Baldswinville, NY

### Spring Meditation

The blue appears only gradually,  
Pulling mare's tails out of the gray.  
You are the golden light of the sun,  
and I am the sky.

-- Sky Woman

This was a gathering of old souls  
It feels like we were meant  
to come to this place  
at this time  
and gather together.

We may have helped to heal our mother.  
We may have helped to heal each other  
Or -- none of the above  
Feels good enough  
just to have been  
a part of it all.

This was a gathering of old souls.

-- Janie Dick  
Albuq. NM

### Views of Nature

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

-- Virginia Shilson,  
Poetic Views, 1994



Beverly McFarland, Virginia  
Shilson at afternoon practice during  
Seijaku/Meditation Retreat March 21-24

## EVENTS FEEDBACK

### SEIJAKU/MEDITATION RETREAT: HOLDING FAST, AND LETTING GO

#### Effortless With Continuity . . .

That was the feel of the Seijaku Meditation Retreat. Vic Berg, who coordinated the four day event, never seemed hassled and was always willing to hear a concern: a loving flow of selfless service. With able assistance from Carmen Brocklehurst and a dozen attendees, rides were arranged to and from the airport. All details of accommodating 42 people faded for participants so that we could fully partake of the experience. Ed Altman opened new awareness of Serenity in the Midst of Activity, Seijaku. His ceaseless refute to "be really soft" and "not to anticipate the resistance" encouraged us to give all to each moment. Group gratefulness was a result of Justin's presence during meditation. Meditation was wonderful. Astounding to me was the sense that we all made up the whole and were made up of the whole. Thank you to each participant and to Justin.

— Connie Hyde  
Albuquerque, NM

#### Joy

The joy of seeing old friends and creating new ones warms my heart. To truly touch another's heart is a great honor. So many times we allow our limitations to drive our lives when just being who we are and expressing what we feel, with care, opens up the walls around the heart and allows humans to be joyful . . .

— Rae Miller  
Albuquerque, NM

#### Profound Combination

I have one word to describe the Seijaku/Meditation Retreat in Albuquerque in March .... *profound* !!! ... The combination of Justin's Meditations and Ed's Seijaku training were perfect. ... I also feel it was the power of Seijaku and Meditation together. I would like to see more retreats just like this one.

— Susan Patterson  
San Diego, CA



Susan Patterson (TCC teacher from San Diego, CA) pictured at left with Seijaku Instructor, Ed Altman.

## TEACHER NEWS/FROM ABROAD

### THE AFRICA FUND -- REALIZED

Sister Francis Kay, Little Falls, MN writes: Our goal -- to raise sufficient funds for Sister Marie-Ann Main to come from South Africa, for her T'ai Chi Chih Teacher Accreditation, seems adequate. I have contacted travel agencies, and their estimates on the air flight fares, show that we can now cover the expenses.

There is a difference of understanding about T'ai Chi Chih between Sister Marie-Ann's Regional and her Higher leaders in Community. To date, Higher authority is in favor of the fine opportunity given to Sister Marie-Ann to be accredited. The Regional find the whole area of T'ai Chi Chih movement questionable. I have

communicated with the leaders. Also, in my communications with Sister Marie-Ann (who continually presents her request to her leaders) I find her resolute, prayerful spirit alive and waiting on the God of Surprises. Whatever the time, she is ready.

And to you, dear Justin, Steve and family of T'ai Chi Chih, my gratitude to each and every one of you, who have given your finances and your loving support to further our worthy cause. I look forward to the time when my message will state that all is well, and the accreditation is realized. Blessings!

### SWITZERLAND

Sr. Yolanda G. Tancinco, Solothun writes:

You are a wonderful memory. I feel the connection through the movements I've learned with much appreciation.

I pray (and hopefully will do it in a way by trying) to be a Living T'ai Chi here in my own world, with old and new sisters assigned to me.

Slowly and gradually, I'm translating the TCC text to the language communicated here in my mother community, Solothun, Switzerland. I wish, and someday, would gladly invite [you] to come [here]. [Send] them [the T'ai Chi Chih community], my greetings and kind regards. I am, Sr. Yolanda.



### BELGIUM

Anna Martens, c/o Philippe Janssen, Gemzenstraat, 28, B2., Wilryk, Belgium:

Congratulations to Anna Martens and her husband, Philippe Janssen, who are expecting a child around July 10th. Great Happiness to your family!

## TEACHER NEWS

### TEXAS

**Geraldine Kline, O. P.,** San Antonio, TX writes:

I finally have my permanent address in San Antonio. Just an additional note to say that I've done three TCC demonstrations so far and have several more scheduled, and two classes set up already. People seem very receptive to TCC here, and I'm looking forward to my classes.

### NEW MEXICO

**Eugene Box, Deming, NM** writes: Spring TCC class the Library [was] warmly received... [A] space [was] created for fall TCC class [and] enrollment steps [moved toward completion.

### OREGON

**Elizabeth Tyler, Lake Oswego, OR** writes:

We started up another outdoor community practice at the Rose Garden in Portland in March. We meet once a month for a lovely outdoor practice in the park. I'm doing weekend wellness retreats teaching TCC and meditation ... TCC continues to transform my life and my work. I got asked to do a cable TV show for seniors talking about and teaching TCC.

**Seijaku/Meditation Retreat.** A practice session lead by Carmen Brocklehurst during the Seijaku/Meditation held last March is featured in the photograph below.

(Photo Courtesy of Pat Huseby)



**Carmen Brocklehurst, Albuquerque, NM** leads retreat participants in practice session

## TEACHER NEWS

### CALIFORNIA

#### San Francisco Bay Area News

Vickie Brodie, Burlingame, CA writes: When you hear the comment not to turn down anyone who wants to take T'ai Chi Chih, take heed. After several months of being too busy to teach regular classes, an opportunity to teach on a non-regular basis presented itself. Two flight attendants who have extremely irregular schedules wanted to take TCC. We started in January and by the end of April we completed Class #5. I drive 10 miles to one of their homes. We plan when our next one or two classes will be when we meet. They are not always on the same day nor at the same time which works out well for all of us, I must say these two students are really motivated. They practice for about two weeks between classes and are really trying hard to learn each movement. They are a joy to work with and know; [it is] one of the things I like best about giving private lessons.

#### T'ai Chi Chih at Three Bay Area Hospitals

The Health Education Department of Kaiser Permanente in the bay area cities of Fremont, Oakland, and Santa Clara is now sponsoring therapeutic T'ai Chi Chih classes as part of its wellness pilot program.

Fremont classes are taught by accredited TCC instructor Susan Hudgens from San Jose. Two Saturday morning classes (eight-week sessions) are offered for summer and fall. TCC teacher Sandy McAlister from Hayward, CA is currently teaching T'ai Chi Chih at Kaiser Permanente in Oakland. TCC teacher Roberta Taggart from Cupertino, CA is scheduled to teach an eight-week session beginning on July 11 at Kaiser Permanente in Santa Clara.

#### Southern California News

Here in San Diego, we have a group of teachers who meet on Monday night to work on expanding T'ai Chi Chih throughout an Diego. Since January, we have sent out press releases, Public Service Announcements, and articles to 10 different radio stations, along with 28 different magazines and newspapers. This week we received a call from a Health and Fitness writer who has a column in San Diego's largest newspaper, and he will do an article in the Sunday paper, in the Currents Section. WE ARE EXCITED!!!

For those of you who are trying to get media coverage in your local papers, our advice is to be patient, persistent, and focused. Then, you will have the perfect door open for you.

The San Diego Teachers meet on the first Saturday of every month at 4:00 p.m. for movements, pot luck, and a meeting. ... [There are] weekly practice sessions in Balboa Park every Saturday and Sunday at 9:00 a.m. ... We teachers invite you to visit us in San Diego anytime ...

## TCC IN PRINT

### HAPPY PEOPLE

A group of Sun Lakers has completed a six-week course of T'ai Chi Chih, a class of discipline and exercise that stimulates internal energy (Chi) for healing and tranquility. **Lee Campbell**, a certified instructor of T'ai Chi Chih in Phoenix, AZ offers psychological, intellectual and spiritual well-being, growth and development in the class. She will return to Sun Lakes for another class in October.

Excerpted: *The Sun Lakers*, Vol. 13, No. 4, Sun Lakes Country Club, AZ Apr. 15, 1996



### LEARNING T'AI CHI AT THE COFFEEHOUSE

A series of four T'ai Chi Chih classes has been offered in recent weeks at the Rice Lake Coffeehouse. T'ai Chi Chih or "joy through movement" is a series of 20 simple and gentle movements easily learned by anyone regardless of age or physical condition. Practice of these movements is designed to help reduce stress while enhancing stamina, vitality, inner peace and well-being. **Barbara Sommers**, is a certified TCC instructor who has been conducting classes since 1991 -- until 1994 in the Chicago area and since moving to Northwest Wisconsin in the Rice Lake, Comstock, Turtle Lake, Balsam Lake, Frederic and Eau Claire areas.

Excerpted: *Rice Lake (WIS.) Chronotype*  
Feb. 21, 1996, Out on the Town

### STRESS REVERSAL

... T'ai Chi [Chih] instructor, **Barbara Sommers**, 48, of Cumberland, has been teaching a newer, more Americanized form, called T'ai Chi Chih.

The simpler form Sommers teaches at classes in Rice Lake and Comstock seems to attract people who are interested in healthier lifestyles and those who may have chronic pain. "It's a more accessible, user-friendly form," Sommers said, noting the form was developed 20 years ago, while its roots go back thousands of years.

Sommers has experience working with seniors, as well as those suffering with migraines, chronic fatigue, muscle and back pain. "Others want to learn how to slow down and have a stress-free time in their day. The major thing is feeling comfortable with slowing down." ... "The biggest impediment is the amount of time people are willing to practice on their own to create a positive habit in their lives," Sommers said.

She doesn't have a rigid prescription for the amount of time to spend on it, but she likes to do the moving meditation in the morning.

"I like to do it before the doingness of the day begins," she said. "Others like to practice after the kids are in bed."

Excerpted: *Leader-Telegram*, Viewpoint Section--  
West-Central Wisconsin, Dec. 31, 1995

*Editor's Note: Please submit your recently published TCC news articles for reproduction in this column by sending them to: The Vital Force, 1477 - 155th Avenue, San Leandro, CA 94578*

## CULTIVATING HEART

The practice of viewing life from the level of the heart chakra allows us to love more, be kinder, be a true source of nourishment for others, compassionately act without effort, de-personalize others' projections upon us, increase our courage and know contentment in the present.

To assist the blossoming of this stage of soul-unfoldment, whatever you are experiencing situationally or within your own mental-emotional condition (fear, expectation,

disappointment, joy, etc.), regardless of what it is, gently breathe into the heart chakra continuously, while opening to the experience as best you can, letting go in love.

Another practice which helps loosen stagnant creative energy in the heart chakra to stimulate a more dynamic flow of love, is the repeated, sustained chanting of the expansive syllable "ah" while placing feeling awareness within the mid-chest. This practice may spontaneously phase into meditation.



To progressively manifest Love  
is the way of evolution.

Surrendered in Love  
I am complete.

### Relationships and Growth

No Vital, mutually nourishing relationship can remain a fixed quantity, but demands constant renewal, if personal evolution is to be fostered.

Relationships which are lovingly constructive and growth promoting need to be invested in, and those which take us in another direction should be left behind.

### Love Flow

Once you succeed in reopening your Heart Chakra in this life cycle, allow no one or no thing to cause its closure again.

Sometimes this means fighting to keep it open and flowing love even when in an ordinary sense, your heart is breaking.

## THOUGHTS SHARED

-- from Steve Ridley, Denver, CO

I felt VFJ readers would appreciate this poem by Kabir, 15th Century mystic, which presents an enlightened view of our yin-yang universe:

Between the conscious and the unconscious,  
the mind has put up a swing.

All earth creatures, even supernovas,  
sway between these two trees,  
and it never winds down.

Angels, animals, humans, insects by the  
million, also the wheeling sun and moon;  
ages go by, and it goes on.

Everything is swinging: heaven, earth, water,  
fire, and the secret one slowly growing a  
body.

Kabir saw that for fifteen seconds, and it  
made him a servant for life.

KABIR (1440 - 1518)

Also:

You ask why I make my home in the  
mountain forest,

and I smile, and am silent,  
and even my soul remains quiet:

it lives in the other world  
which no one owns.

The peach trees blossom.  
The water flows.

Li Po (701 - 762)

-- from Mark Jones, Denver, CO

In the swimming sea of consciousness, there  
are many condensed expressions of pure  
consciousness, and these are going about  
activities of which the purpose might be  
considered to be merely the celebration of the  
pure "beingness" of All Things."



-- from Lee Campbell, Phoenix, AZ

Their once was a man who came upon an old  
friend who had achieved immortality. When  
the immortal found that his friend was  
suffering hardship, he pointed to a brick by  
the roadside, turned it into gold and offered it  
to him. The friend was not satisfied and so  
the immortal pointed to a large statue of a  
stone lion and turned it into a solid gold lion.  
This he offered to his friend, who still seemed  
it was not enough.

"How can I satisfy you?" asked the immortal.

The man hesitated and then said, "I would just  
like your finger!"



As a support to T'ai Chi Chih teachers, Good Karma exists to provide books and tapes that teachers like to use in classes (or for their own personal reference as well). If you yourself are not familiar with all our titles, we suggest you acquaint yourself with the ones you do not yet know about. Justin Stone, Steve Ridley and others have written and taped some very valuable material that students are often interested in. If teachers have these materials available at their classes, they find that the pieces generally "sell" themselves.

Of particular interest to instructors is the Justin Stone video. It includes an instructional section of about 60 minutes, as well as a 30-minute practice segment. It's a great way for students to get to know the originator a bit. Mr. Stone's instruction is extremely clear, concise and easy to follow. The video is a terrific addition after students have taken a course, and it offers a "practice partner" if they can't always get to the practice session you may hold.

*Note: The price of Justin Stone's TCC instructional practice video has gone down to \$32.95 retail. (Savings are due to less packaging.)*

As you know from the Good Karma catalog, accredited instructors receive a 40% discount on the purchase of 3 or more items in any combination of titles. By ordering items at the discounted price and selling them to your students at the retail price, you can enhance your T'ai Chi Chih income a bit.

If you are interested in becoming an accredited instructor, the following instructional and informational materials are recommended:

1. TAI CHI CHIH Joy thru Movement. Photo text by Justin Stone.
2. TAI CHI CHIH: Joy thru Movement. Video (VHS)
3. JUSTIN STONE SPEAKS ON TAI CHI CHIH. Audio cassette.
4. PERSPECTIVES IN MOTION AND STILLNESS: Inspired Commentary on T'ai Chi & Meditation by Steve Ridley. Book with photos.



Jean Katus, Publisher, with Justin Stone and photographer, Kim Grant

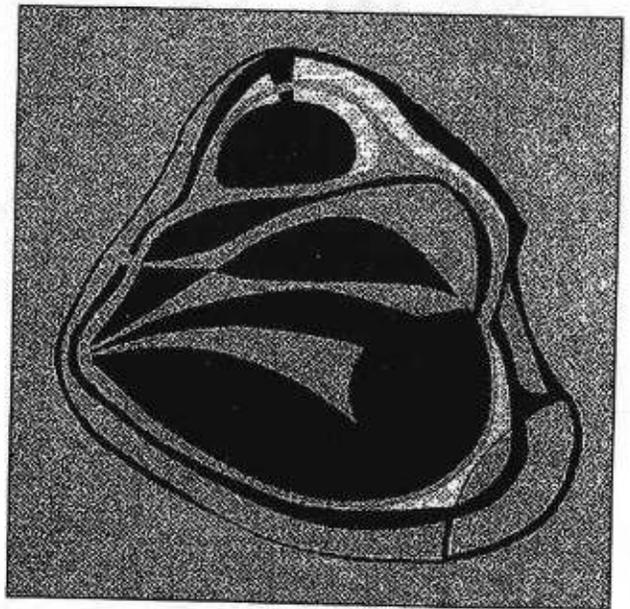
#### Notes on Ordering

For book and tape orders please print and/or type your name and address *legibly* on the order form. Phone (701/854-7459), fax (701/854-2004), or write if you need a catalog and/or order form. Please allow at least two weeks from order date for delivery of your book and/or tape order.

## INSPIRATIONAL MATERIAL

Serene eyes sensitively  
scannature's responses to  
Benevolent direction  
Comforted by the intricate  
Way continually at play  
Nature thrives, survives,  
endures willingly,  
open to Nourishment  
Purposefully each life-particle  
resonates its contribution  
Spherical dancing drama -  
perpetually sanctioned cycles  
bearing seasons of  
life-giving dreams  
Within the sacred continuum  
all must seek.

- Steve Ridley  
*Spiritual Notes*



*Meditator Resting in Wholeness*  
Pencil Drawing by Steve Ridley

The quote is reminiscent of the thought shared by Swami Chetananda in the last issue of *VFJ*.

"In essence we are ever Whole, Complete and Content. We do not lack in any sense, for we are the perpetual Being that sustains all expressions of Itself. Operating through an individually conditioned mind-body, we take on the concept and sensation of being separate from the totality of life's multidimensional processes. We maintain an individual personality, exhibiting uniqueness, while harboring personal likes and dislikes, as we interact with others. The dilemma is that by identifying exclusively as an individualized

expression, we forsake our Essential Fullness. Awakening, we recognize that we are the Eternal Being operating through individualized mind-body functioning, in order to express creatively and uniquely in time and space. We have entered into a grand drama in which we are but playing a part; a relative viewpoint of one perpetual Being. We are the oceanic Being, expressing as individualized wavelets. In this understanding we recognize the true Unity of all beings.

- Steve Ridley  
*Perspectives ... In Motion and Stillness*

## CONTACTS FOR TCC

**Justin Stone: Originator of T'ai Chi Chih.**  
12440 Chelwood Trail, NE, Albuq., NM 87112  
Conductor of Seijaku (Advanced TCC) Courses:  
Meditation Retreats and Lectures.

**Jean Katus: Publisher, Good Karma Publishing,**  
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7459); FAX 701/854-2004. Distributor of TCC  
instructional materials and others related to spiritual  
practice.

**Lois Mahaney: TCC Resource Correspondent for**  
*The Vital Force* and *Teacher Directory*. Phone  
contact for database updates, teacher referrals, and  
*VFJ* information: (510/276-5718).

**Steve Ridley: Spiritual Head of T'ai Chi Chih.**  
1921 Jasmine Street, Denver, CO 80220 (303/322-  
7717). Conductor of TCC Teacher Accreditation  
Courses, TCC Renewal and Meditation workshops.  
Contact for his creative works and material.

**Roberta Taggart: Production.** Phone contact for  
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**Liz Salada: Publishing-Editor for *The Vital Force***  
**and *Teacher Directory*.** Mail contact for journal  
subscriptions and written submittals for publication.  
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### MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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### TEACHER DIRECTORY REFERRALS

Copies of the current T'ai Chi Chih Teachers' Directory are available to be used for referral purposes and communications among accredited T'ai Chi Chih instructors. (It is not to be used 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 the Directory.

Each quarterly issue of *VFJ* 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. The T'ai Chi Chih Teachers' Directory is a wonderful referral tool to support the wide-spread teaching of T'ai Chi Chih, "Joy Through Movement!"



## JOURNAL OPERATIONS

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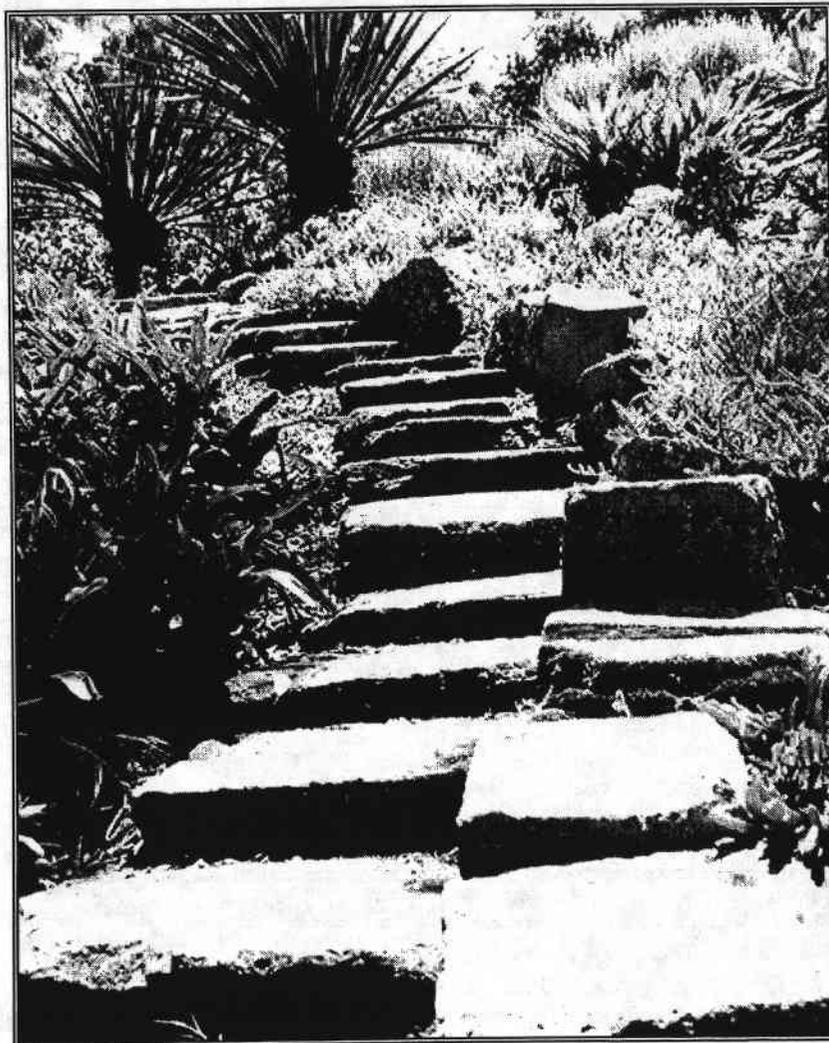
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**LIVING**

**All Paths  
eventually resolve  
in wholeness-being**

-- Steve Ridley



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June 1996  
Summer Solstice Issue  
T'ai Chi Chih!  
Joy Thru Movement

