



THE VITAL FORCE

Journal of TAI CHI CHIH! Joy Through Movement

Volume 14, No. 2

Summer Solstice

June 1997



Joy, Joy, Healing thru Joy! Joy, Joy, Healing thru Joy!

Joy in the Heart! Joy in the Mind! Joy in the Soul!

Joy, Joy, Healing thru Joy! Joy, Joy, Healing thru Joy!

Justin Stone, A.S.C.A.P.

MOVING MEDITATION

Of all the meditations, it seems the ones most fitting for Westerners are the Moving Meditations. It is easier to move *joyously* than it is to sit quietly and attempt to control the mind. The latter effort demands a quiet place and considerable motivation on the part of the meditator. T'ai Chi Chih, the Moving Meditation, can be done by anyone anywhere. Moreover, it requires no space other than the one in which one stands, no special clothing, no

semi-dark sound-free location. It seems appropriate for any age at any time except directly after meals and just before going to bed. The effects are those of meditation, as well as an energizing exercise. The mind is stilled, and a joyous physical glow spreads over the body. The Chi flows, one feels good, and 100 chronic ailments seem to improve or disappear. This is a truly healing practice.

Meditation for Healing, Justin Stone, 1991

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

*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



Summer Meditation

Tawny star-streams of sunlight
dance lightly on cool, dimpled ponds
as bamboo sways gently at sunrise
caressed by the rarefied air.

The cherry blooms long since departed
yield green leaves, then ripening fruit,
as fields tossed with summer's profusion
parade in dazzling array.

Stone Scheduled to Address UN

Justin Stone was to address the United Nations on either June 12 or June 13. *VFJ* looks forward to hearing about this event at Conference, and to reporting this event in the Fall Issue.

VFJ INNER WORKINGS

Submission Deadline for Fall *VFJ*: August 1

Send submissions to: *VFJ*/Liz Satada
1477 - 155th Ave., San Leandro, CA 94578-1922
FAX information is on page 39.

This pre-conference issue is dedicated to the healing of the T'ai Chi Chih community. May joy be your reflection as you read its pages.

VFJ is a forum for spiritual work based in the desire to share knowledge with TCC teachers and others for their information, instruction, and enrichment. *VFJ* will continue to reflect the positive and uplifting expressions of teachers/students in keeping with the original intent under which this vehicle was established many years ago.

Highlights of this Issue

The 1997 Teachers' Conference will be held in Orange, CA and hosted by Timothy Stuetz. It will be a time for teachers to connect, renew, and discuss the growth and change of TCC (see pages 5 and 20). This year's conference theme is: **G**Ratitude, Ecstasy, And Transformation! Justin Stone will be facilitating a special presentation on '*jing*', so come, enhance your TCC practice, and have a **GREAT** time!

Notes to Teachers includes statements by both Justin and Steve on the evolving resolution of issues relating to TCC (pages 8 and 9). Information on the copyrighting of the TCC form and specifications for making a TCC video are on pages 10 and 37, respectively. There is also reminiscence by Lia Ridley as she reflects on love and mutual support, change and acceptance in her heartfelt article (page 9), and a memoriam to Ken Ridley (page 6).

Under Art of Teaching several articles have been written on 'seated' TCC/Seijaku (see pages 16-17, 18-19, 22 and 24). Also, teachers and students alike have written about the healing properties of their practice -- from multiple sclerosis to migraines (page 23). **Events Feedback** features the Seijaku/Meditation Retreat held in April on the West Coast, as well as Teacher Trainings held in CA and OH. **Teacher News** in this issue includes articles on TCC in Italy and Hawaii.

Important articles regarding teacher-candidate preparation have been written by both Justin Stone and Ed Altman (see pages 11,12 and 13).

We hope this pre-conference issue inspires you to deepen your TCC practice and feel a sense of connectedness with your fellow TCC teachers.

As Springtime yields to Summer and the sun warms the seed-strewn earth, may the ripening fruit of the season bring a corresponding sweetness to your practice and meditation. See you at the Conference!

The Vital Force Staff

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READERS COMMENTARY

READERS WRITE

I've recently spiral-bound my *Vital Force* copies by year. Currently I'm re-reading 1996 issues, marking paragraphs and poems to incorporate into my classes. How wonderful to share other teachers' experiences, reflect on the deeper meanings of TCC practice, with Justin, Steve, and others, experience the last Teachers' Conference vicariously. Thanks to all who make this journal possible.

Jackie Kingsbury, Zephyrhills, FL

Thanks for promptly getting *The Vital Force* to me. I have devoured the December and March issues — good nourishment as I prepare for my Teacher Training sessions at Mahwah, NJ in July.

The growth and evolution of T'ai Chi Chih is a solid and lofty goal. Thanks for your great part in this endeavor. Sincerely,

Margaret O'Connor, Wayne, NJ

I truly enjoy reading all the interesting articles presented in it. I enjoy reading about and learning from other teachers in *The Vital Force*. Thank you, keep up the good job.

Ana E. Federspiel, Cincinnati, OH

I do appreciate all you do and are for TCC and *The Vital Force*. TCC continues to be special in my life. Its is such a joy to teach it to others! Some day I hope to take the Seijaku Accreditation Course.

I'm going to Ireland to be a full-time caregiver for my father. I may be able to teach TCC in Galway while I am there. With love and chi,

Mary Griffin, O.S.F., Prospect Park, PA

What timing on the 'seated' TCC! Last week I took an herb class, and I met a man I used to work with at the Post Office taking the same class. He quit working at the Post Office about 5 years ago because his Multiple Sclerosis (MS) was getting the better of him. He's in a motorized chair now, and said that he was fed up with traditional medicine and was looking for alternatives. I mentioned TCC to him and sent him some information via e-mail.

I asked Christeen [McLain-Hoperdahl, with whom I teach weekly] if she had [any] success with MS students, and she had, and recommended group practice (to get the group energy). She told me that Joe Apt, the teacher that was at [my] certification (May 1995) had MS in remission. I called Joe and asked permission to give his phone number to the man with MS. ...

I think more discussion on 'seated' TCC would be valuable, such as what do you do with the feet? If the upper body is all that is mobile, does one and can one still concentrate on the soles of the feet? If there is no yinning and yanging of the legs, is it still effective?

Mike Wavra, Fargo, ND

Ed. Note: Bonnie McKenzie (San Jose, CA) contacted *VFJ* recently wanting to inform readers about the opportunities for teaching TCC through Adult Education Programs. She has been teaching through the Metropolitan Adult Education Program in the South Bay, and informs *VFJ* that Adult Education Programs are currently looking for qualified TCC instructors. If you would like more information, please contact Bonnie via your Teachers' Directory.

CONFERENCE CALL

REFLECTIONS OF YOU Terry Jennings, Honolulu, HI

On April 2, 1997 before I was to give a T'ai Chi Chih demonstration/presentation, I began a meditation and to my surprise a memory emerged of all the T'ai Chi Chih teachers. It was as if I was back at San Diego Conference and clearly remembered and felt all the teachers passing light to me during the candle lighting ceremony led by Sister Antonia Cooper. The teachers who taught the longest were in the center circle and they passed the light to the newer teachers who were on the exterior [circle]. At the time I didn't

realize the full impact of this experience. The love and support remembered are a treasure that I carry inside. Thank you all so much for sharing during the conference. I feel so blessed for getting to know each one of you and to Justin Stone for your gift to the world and my world, making a smaller circle within the larger circle and conversely a larger circle within. Let's hold the light for each other.

My full support goes to all who are planning the GREAT: gratitude, ecstasy and transformation conference 1997 in Orange, California. Breathe in a breath of aloha from Hawaii. I love you.

THE VALUE OF PRACTICE & TEACHERS' CONFERENCE

Corine Reeber, Port Hueneme, CA

Recently, I spent a week in Albuquerque during which time I visited the T'ai Chi Chih Center. (Every Tuesday they have a group practice at 9:30 a.m.) It was wonderful to join the group. What happened next was totally unexpected. Gently, I was made consciously aware that I was not bending my knees enough. My first reaction was, "Who me? No, it can't be! I'm the one who is constantly reminding my students to bend those knees!" We owe it to ourselves, to our students, and to T'ai Chi Chih (TCC) to root out any non-TCC movements and nuances that we have inadvertently attached to our TCC practice.

I am very grateful that this was brought to my conscious awareness. I thought of how fortunate the Albuquerque teachers are to have Justin, the originator of T'ai Chi Chih, with them. They have the opportunity to do TCC together,

working on the nuances of each movement that will bring about better results. Being at the Center was like attending a session at the TCC Teachers' Conference. There, we are surrounded by loving, conscientious teachers committed to serving the Universe by teaching TCC for the good of the world and humankind. Since we are not all so fortunate to live in Albuquerque and attend weekly practice with Justin and our dedicated peers, we must commit to do the next best thing. If possible, we must faithfully attend our yearly TCC Teachers' Conference. (This year it is in Orange, California from July 25th to 27th.) The conference provides us an opportunity to work with Justin, Ed, and one another to improve our practice. If we continue our practice with an open heart, we will continue to be worthy of the responsibility we share as teachers of TCC.

IN MEMORIAM

Art Work: Chinese Brush Painting - Virginia Shilson

KEN RIDLEY



Hope and Ken Ridley,
married 50 years

Native Californian, Ken Ridley, recently passed away. Many of us in Northern California became used to seeing Ken in his wheelchair at 'Practice in the Park' in San Mateo. We will miss him. In his honor, East Bay teachers planted a Japanese Maple in the Garden at Central Park in San Mateo. His quiet support of his son, Steve, and his wife, Hope [Ridley] from the sidelines told the world how he felt about T'ai Chi Chih.



Steve and Hope Ridley beside Japanese Maple
planted in remembrance of Ken

Ken was a student at Healds Business School, serving in the Navy in World War II. Afterward, he worked on the waterfront, as a Certified Service Contractor dealing with import/export. Family- and community-oriented, Ken participated in activities which supported these interests. Diagnosed with Muscular Dystrophy at 40, he was wheelchair bound by age 65.

He loved nature, comedy, old movies, and crossword puzzles; he wrote limericks and enjoyed reading modern authors. Memorial Services were held on April 1. Our TCC family expresses its condolences to the Ridley family and acknowledges the cycle of life (birth-death-rebirth) with the passing of Ken Ridley from this life to the next.



REMINISCENCE

ACCEPTING LIFE'S CHANGES

I would like to express my gratitude to all the T'ai Chi Chih teachers that I have had contact with in the last eleven years. I will miss your support and love you have bestowed upon me. Ours was a mutually supportive relationship, a dance, in which we allowed love to flow. I believe that we have been enriched through mutual respect and acceptance. I thank you for allowing me into your lives and opening to my various sharings through my workshops and performances.

I am sorry that Steve is no longer the spiritual head and T'ai Chi Chih trainer. He has the spiritual maturity and authority which made him the successful leader he was, is. Steve displayed and lived the integrity necessary for his position. As he continued to spiritually unfold over the years the T'ai Chi Chih community became a rich and more loving family.

I know that life is a process of change and our relationship with the T'ai Chi Chih community is no exception. Change occurs on many different levels and whatever needs to happen will! This may be a simplistic way of looking at life, but my experiences bear this out. As Justin said: "My only desire is for spring to follow winter."

I now accept what is unfolding though I could not have said this at the beginning of the change. I am at peace. Yes, I will miss our yearly or by-yearly interactions but life holds many open doors and possibilities.

Justin will always remain a special friend. We have had a long lasting and close relationship. I do not see this changing. Mutual trust and love are at the core of our relationship, perhaps going back lifetimes. The ups and downs of lights and shadows do not tarnish such friendship and love.

I salute all of my dear T'ai Chi Chih friends and hold you in my heart. Even if not in each others immediate company, we remain in harmonious closeness.

In Gratitude and Love, Lia Ridley

Photo courtesy of Lia Ridley

IN REMEMBRANCE OF HAPPIER TIMES

"A pose with all of us smiling"



Steve, Justin and Lia about 18 years ago
In Albuquerque, NM

For Justin from Lia

(We first met in December 1977)

*A familiar feeling
as your warm,
wise eyes look at me.
Recognition!*

*Sweet - warm sadness ...
A voice from the past.*

*Facing my inner self,
wherever you and I are.*

*The inner child ...
A breath of fresh air!*

*A former teacher and friend.
Again.*

"We'll always be close," you say!

NOTES TO TEACHERS

*Source: NM TCC News, May 1997

"TWO TCC'S" IS OVER

The "two T'ai Chi Chih" problem is over! An agreement has been signed that says only TCC, as originated and copyrighted, will be taught and performed and illegal books and tapes will not be produced or sold. This is big news for TCC and should set many minds at rest.

-- Submitted to *VFJ* 6/97 by Justin Stone

EXCERPTS FROM: SETTING THE RECORD STRAIGHT*

Justin Stone

At last year's Teachers Conference, the question was asked about the "two T'ai Chi Chihs" in effect at that time. Any thinking person would know that, if there could be two T'ai Chi Chihs, there could be ten or twenty ways to do it, which would spell the end of this wonderful discipline. The question was a logical one as it was on almost everybody's mind.

As soon as we returned home from the Conference, I called Steve Ridley a number of times and suggested that we get together to solve the problem. His answer was that there was no problem, and he refused to meet with me. Then I wrote a letter suggesting an agenda we could consider to do away with the problem (which he had created), and this was derided. Only then, for the first time, did I reluctantly come to believe that he did not want to do away with the problem!

Some time later Steve called me to ask what he should do about the upcoming Teachers' Courses in New Jersey and San Diego. I replied, "You are the Spiritual Head of T'ai Chi Chih. Go ahead and teach them!" I did not say a word about how they should be taught or what should be taught.

After returning from these Courses, Steve wrote a card demanding that I write a letter to *The Vital Force* saying that his was the proper way to do T'ai Chi Chih - in other words, renouncing what I had brought to the world in 1974. I replied that I could not do so, and that the new way of doing some of the movements was incorrect. I also wondered what right he had to deliver such an ultimatum to the originator of T'ai Chi Chih.

A few weeks later, on a Monday morning, Steve called me and said he was stepping down as Spiritual

Head of T'ai Chi Chih - NOW! I was greatly surprised as I had repeatedly assured Steve, and his wife, Lia, that he was the head of T'ai Chi Chih as long as he wanted to be.

This announcement called for quick action. We both faxed announcements to *The Vital Force*, and I first had to ask Ed Altman if he would take on such a responsibility on such short notice (with the financial sacrifice it would mean to him for taking time off from his job in the technology field in order to teach Courses). Fortunately he said, "Yes."

I had twice before talked Steve out of resigning, telling him I thought he would be making a big mistake. He explained that he would go back to being an ordinary teacher in Denver and would give up submitting articles to *The Vital Force* and conducting Teachers' Courses and accrediting teachers (as he stated in the resignation letter he later submitted to *The Vital Force*).

If Steve had been willing to sit down with me and work out the problem of "two T'ai Chi Chihs," I believe he would still be the head of T'ai Chi Chih. I think, from his standpoint, he made a great mistake in voluntarily stepping down. Those who say, or write, that he was "forced out" are misinformed.

My thanks to Ed Altman for taking on such a difficult task, under troublesome circumstances, on such short notice. . . .

It is now up to all who are interested in TCC to band together to bring back the peaceful, joyous situation that was interrupted. If you are getting benefits from T'ai Chi Chih, then give something back to it.

NOTES TO TEACHERS



Dear Friends,
Wishing you well
in your TCC and
other endeavors.

Justin asked me to write a piece for *VFJ* explaining how I left my assignment as head of TCC on a voluntary basis. In a resignation letter which appeared in the December '96 issue, I explained why I felt the need to make the choice

I did. I'll review and elaborate a bit on those thoughts here to fulfill Justin's request.

My decision for resigning was based on Justin's expressed discontent and unhappiness about my way of conveying his TCC. He felt there were two TCC's being taught, his and mine. I didn't agree, yet expressed that "my TCC" was a slightly streamlined version of his, which gave me better results. In good conscience, I could only pass on the best TCC I knew

through 20+ years of practice. Justin could not accept this and said he would not attend the annual conference until this matter was resolved.

I communicated at length, in detail with Justin, primarily by writing, also over the phone, and in two homemade videotapes showing and talking about our slight movement differences as I perceived them and modeled the full practice, moving naturally, for his examination. None of these efforts resulted in resolution.

Recognizing our impasse and that the situation could only grow worse, I knew one of us had to make a decision. I deferred to Justin twice, offering to leave my post at his request, and he said that wasn't a good resolution. Eventually, I called a third time and resigned.

I regret not being able to welcome new teachers into the fold and to interact in ways I became so grateful for through my role, yet TCC has its certain destiny which continues to unfold, now with new leadership. Justin as "originator" is assured that his TCC will be carried forward in the manner he prefers.

I am so thankful for those special years and continue to be rewarded by new adventures of sharing 'ways' along the way.

In Love, Your Friend,
Steve Ridley

Dear Justin,

↙

*A free man is an endless gift
awakening others
to the treasure of themselves.
He gives without giving
and receives without expecting.
Abandoning hope
he is the embodiment of wholeness,
the inextinguishable flame
of eternal love.*

Loving You, Steve

NOTES TO TEACHERS

COPYRIGHT INFORMATION ON TCC

T'ai Chi Chih (TCC) is a copyrighted form. Certified teachers have permission to teach it to anyone they wish. Permission is required, however, to present it in video form. (See related article, "Teacher Made Videos" in "Karmic Komment" column on page 37.)

No permission has been or will be given by the copyright owner for anyone to write or sell written instruction in T'ai Chi Chih.

The recent completely-rewritten and rephotographed edition of Justin Stone's *T'ai Chi Chih/Joy thru Movement* is more than sufficient written instruction for anyone who has learned or who wants to learn TCC. If certain students are financially stressed and cannot afford the full price of the photo-textbook (very inexpensive for its quality, particularly in comparison with other such books), we will work out an arrangement with that person or his/her teacher.

Good Karma Publishing

KATUS EXCERPT

The following is an excerpt from a letter written by Jean Katus (Ft. Yates, ND) in response to a flyer she received from a teacher sponsoring a TCC event:

"Justin originated the movements to be done in a particular way. They were not put together, willy-nilly so any teacher could change them as he or she sees fit. To use Justin's own analogy, when an artist plays Beethoven or Mozart, he or she plays the notes those composers wrote, even though his or her personal style may use the notes slightly differently.

The same is true of T'ai Chi Chih: as teachers and students, our task is to emulate the movements as closely to what the originator intended as we can, given the slight differences all of us have in body type, ability, and personal style. In other words, we are not to change the notes."

PERSONAL MESSAGE TO TEACHERS

Jean Katus, Ft. Yates, ND

I want to step aside from my role as Good Karma Publisher to make a personal heart request. Justin Stone has most generously given us all an incredible gift that we know, from our own experience and for that of our students, continues to transform lives and to step up the global spiritual evolutionary process.

I believe all certified teachers are aware that he has never accepted even a penny in payment from teachers who may wish to give him a portion of their class income in gratitude for what he has created. (It is a requirement in some traditions that the originator receive a certain percentage of income brought in by those who

pass on that discipline.) Justin has, in fact, returned money to teachers who have "tithed" a portion of their T'ai Chi Chih income to him.

Justin's only income from T'ai Chi Chih is a very indirect one. He receives royalties on the sale of his books and tapes and a small portion of the Teacher Accreditation fee. It seems to me we can best honor him by making his books and tapes available to our students. The materials offer a terrific enhancement and a lifetime of wisdom to people who have been introduced to T'ai Chi Chih. We can all honor the originator of T'ai Chi Chih by sharing his words in this way.

REACHING THE ESSENCE OF T'AI CHI CHIH

A sincere teacher who does TCC properly and practices regularly will eventually reach a deep level, the Essence of T'ai Chi Chih. This is an ecstatic experience, almost like a Satori experience in Zen training. The teacher will be practicing one day and suddenly the realization will come that no-one is doing anything, that T'ai Chi Chih is doing T'ai Chi Chih. At that time the teacher will be filled with gratitude for what has been brought to him by the Originator. It will make him, or her, anxious to bring this level of proficiency to the student thru careful training.

It goes without saying that it is not possible to reach such a level unless TCC is performed properly and the attitude is correct. For example: one teacher I know was writing about the Chi before ever taking beginning lessons, a purely intellectual effort. I suggested that that person forget the writing of something that had never been experienced and begin lessons.

Subsequently, this person went to Teachers' Training and, incomprehensibly, was accredited without ever doing TCC properly. There is little yinning and yanging and no involvement of the knees at all. Now, it is all right for a student to just do the best he or she can, perhaps being handicapped physically, but it is obvious that a teacher must perform TCC well, and with the right attitude. This teacher, a nice person, seems to have no desire to improve and so is not at all capable of teaching nor of reaching deeper levels of TCC practice. T'ai Chi Chih is not a matter of opinion, or of political activity, but one of sincere spiritual involvement. With such a

know-it-all attitude this teacher should never have been recommended for Teachers' Training. It is not a case of being a 'nice guy', it is one of keeping TCC standards high. It is usually a strict teacher, who insists on good performance, who is looked back upon with gratitude when the aspirant becomes successful in practice and in teaching, in any discipline.

I want to urge teachers not to be shoddy or careless in their practice. The reward in reaching TCC Essence is potentially great and needs only TEH, inner sincerity, and regular practice to succeed. Do not be misled by those who want to become popular, and therefore, lower their standards. There is too much at stake.



*Nothing happens
without cause.
In each moment
we must speak or act
in such away
that the effect
will be desirable.
The potential must be
the seed of the
fruitful.
So we take care!*

*Abandon Hope, p. 49
Justin Stone, 1991*

NOTES TO TEACHERS

PREPARING STUDENTS FOR TEACHER ACCREDITATION

Ed Altman, San Rafael, CA

Preparing students to attend a Teacher Training course is one of the most important tasks we perform as accredited T'ai Chi Chih instructors. The degree of preparation candidates receive directly affects their ability to gain the most from the course while enjoying the accreditation process. Candidates who take the time to allow their personal practice to mature tend to struggle much less, and are able to sink into the essence of T'ai Chi Chih more easily. Here is a suggested approach to properly prepare candidates for their Teacher Training course.

Learning From an Accredited Teacher

During the first T'ai Chi Chih class explain to new students how important it is to learn from an accredited instructor. Firmly state that they may not show anyone how to do the movements they are learning because they are not accredited. Indicate that if students have friends or family members who are interested in learning the movements they may join the class next week. This is also a good way to boost course enrollment!

The Value of Personal Practice

Throughout the course remind students of the value of their personal practice. Discuss the cumulative effects of T'ai Chi Chih practice, and give some personal examples to illustrate how your practice has matured throughout the years. It is important to discuss the maturation process early rather than bringing it up when students approach you about becoming accredited.

Becoming an Accredited Teacher

In the final session of the beginning course describe other T'ai Chi Chih courses they may

attend, and mention that some may be interested in becoming accredited instructors at some point in the future.

Explain that the accreditation process is not to be taken lightly, and will require diligent practice over an extended period of time. Remind students that only accredited instructors can teach T'ai Chi Chih, and that all students must be referred by their instructor before attending a Teacher Training course.

When students express interest in becoming accredited explain how the process works, and provide them with a schedule of upcoming Teacher Training courses from *The Vital Force* calendar. Review the 'T'ai Chi Chih Teacher Candidate Preparation Guidelines' and 'T'ai Chi Chih Teacher Candidate Referral' form* with them, and give an honest appraisal of the areas they will need to work on in their daily practice during the coming months. Emphasize that they must know *how* to move as well as have the proper attitude.

Refining TCC Movements

Candidates should also be encouraged to repeat the T'ai Chi Chih course, or attend a T'ai Chi Chih course offered by another accredited instructor in the area. Repeating a course allows students to refine their T'ai Chi Chih movements, provides the opportunity to observe how they are taught, and may involve leading some of the practice sessions in class.

Having candidates lead the movements gives them confidence, and allows the instructor to spend more time with the other (see next page)

NOTES TO TEACHERS

students, during practice sessions. If necessary, make gentle corrections to candidates while they are leading the group, and emphasize to the class how important it is to have an open attitude of respect and sincerity when working to become accredited. This reaffirms the commitment of candidates while conveying the importance of the preparation process to newer students.

Teacher-Candidate Preparation

Some teachers get together and offer a Teacher Preparation course for candidates in the area. These courses can be very valuable in preparing candidates. They usually include an overview of the Teacher Training course, close review and refinement of the TCC movements, a brief explanation of the mandatory presentation, and some discussion of the philosophy of TCC.

Auditing Teacher Training

Finally, audit the Teacher Training course yourself to renew your own practice and assist

Ed. Note: *VFJ* grants permission for referring teachers to copy this article for distribution to their teacher candidates. In addition, candidates may contact *VFJ* directly for subscription information: *The Vital Force, 1477 - 155th Avenue, San Leandro, CA 94578-1922.*



PREPARING STUDENTS ... cont'd

wherever possible. Even doing the movements well in silence is a valuable contribution. Auditing teachers make candidates feel more comfortable, and contribute to the success of the entire accreditation process.

It is extremely important that all Teacher Training course attendees be properly prepared. Candidates who are well prepared, and have the proper attitude will gain the most from the experience. Teachers who prepare candidates thoroughly are best serving the needs of the student and the entire TCC community.

If you would like a copy of the 'T'ai Chi Chih Teacher Candidate Preparation Guidelines' and 'Tai Chi Chih Teacher Candidate Referral' form please send a self-addressed, stamped envelope to:

Ed Altman,
850 Penny Royal Lane,
San Rafael, CA 94903-2330.

Webs of Love

I ponder . . . What is the language of love?

Words, embraces, kisses, laughter?

Perhaps

*I envision . . . Invisible webs
Gently entwining the heart of the loved.*

*I believe . . . We feel love
as webs pulsate their message
Softly one to another*

*I pray you feel these glistening webs
as they pulsate my message to you . . . on this day.*

Dottie Kappler,
Student of Pat Huseby, Danville, CA

TEACHERS WRITE

'STIRRING THE POT' AND 'SCRAPING DOWN THE SIDES'

Noel Altman, Fairfax, CA

I would like to reply to a theme that I have heard arising in different T'ai Chi Chih settings . . . — at the Seijaku/Meditation Retreat in March, 1996, in *The New Mexico T'ai Chi Chih News*, and at the 1996 Teachers' Conference in San Diego: That Justin Stone is just an ordinary guy, an aging old guy and that some part of him is full of likes and dislikes, quirks, habits, etc.

(He has to eat on time, and it has to be a good-sized meal, not too light. He watches football and basketball games on TV and tells you to call back if you happen to phone during the broadcast. He won't do T'ai Chi Chih outside on the grass. He likes his one old hat and doesn't want a new one, thank you. He does T'ai Chi Chih at 7:00 a.m. every morning and when you stay at his house, you'll know because he wakes you up in a time with a loud voice "bellowing" down the hall. Very often he goes to Luby's Cafeteria for his meals. His favorite breakfast is blueberry pancakes.)

I've been studying Justin for a long time. And I used to wonder myself about all these seemingly "oh so human" characteristics. But, after a while of observing him, I finally began to see the incredible craftsmanship of his art. He's working on all of us! He's "scraping down the sides" and "stirring the pot"! I don't believe there really is a Justin Stone left. Maybe I'm blowing his cover, but I find it so hilarious to watch him with others and myself.

One time, before I was completely convinced, he really got me! This was at Seijaku Training in San Diego in February, 1995. It was the last

day, and after the morning's practice, I approached Justin to ask him a question. Now, I don't remember what the question was, but obviously, it wasn't supposed to be asked. He was talking to Jim Lester in a perfectly cheerful "Justin" manner, enjoying himself. Then, as I approached and began to speak, suddenly Justin's whole face changed to worry as he reached inside his coat pocket.

"Where is my plane ticket?" he called out to Susan Patterson, who was hosting the training.

Susan came right over, "I gave it to you this morning. I saw you put it in your inside coat pocket."

"I don't have it," said Justin, in a pained voice.

Suddenly, Justin had become an upset, feeble old man, unable to be consoled or assisted. He wouldn't let anyone look in his coat pocket for him. He just kept saying he didn't have the ticket. Susan stayed calm and said if it didn't show up, she'd take care of getting him another one. She left for lunch. I, on the other hand, fell into a dutiful granddaughter/nurse role and tried to help him, becoming off-balanced in the process.

At one point in this whole episode, I ended up alone with Justin just outside the door to his room. He had evidently lost the key to his room, too, so Ed, my husband, went to get a spare. In a kind of condescending, talking-to-an-old-feeble-person tone of voice, I asked, "Are you SURE you don't have the ticket in your coat?" (cont'd)

TEACHERS WRITE

Justin held his upset, feeble, worried expression, saying nothing, then a little smile cracked through, for just a moment, and on only one side of his face. He quickly regained his feeble expression, saying "Well ... yeah. That's why we're here. (To search the room)."

At the same time as I saw that smile, and maybe even slightly before, I realized how ridiculous I sounded. I realized what an idiot I was --- how did I ever wind up in this mess? This is Justin Stone! I woke up out of the altered state he had so deftly gotten me to slip into. I told Justin I was going to my room and got out of there as quickly as I could.

Ed was in our room. I described the scenario. "Yeah, yeah. But you didn't know?" he asked, and laughed even harder. By this time, I could laugh --- once I realized that I had not really offended Justin --- that he was in charge of the whole situation. Laughing at yourself is a great way to let go. It's pretty hard to keep taking yourself seriously when you've just made a complete ass of yourself!

"Where was it?" we asked.

In his coat pocket. (Of course).

Later, in reviewing what had happened, I realized that Justin had even tried to give me a clue, as Susan walked away calmly to lunch, he said, "I never worry about Susan --- I know what she's made of."

What I have observed is, in teaching, Justin tried different tacts with people, until one works. Sometimes he changes completely into something else. Usually, humor is involved. Tons of his teaching happens at the dinner table.

'STIRRING THE POT' cont'd

Justin's entire life is his teaching. It's not just when he leads T'ai Chi Chih, Seijaku, or Meditation. Or when he tells spiritual stories.

I truly believe that he has no quirks or desires, but he pretends he does, because somebody (or everybody) around him is in need of seeing the lessons he's imparting.

When I hear people exclaim, "Justin's such an ordinary guy" or "He's so human," I have to laugh inside. I'm not laughing at the person who said it. I'm laughing at the whole thing. I'm laughing at the perfection of his teaching. I'm laughing at myself. I'm laughing with Justin, (who I am sure is always laughing --- he's always joyous), and I'm laughing in anticipation of all of us laughing when we've all gotten the joke!



Justin Stone in his old hat. And he doesn't want a new one. Thank You!

SEATED/SITTING T'AI CHI CHIH

INTENTIONALITY, INTEGRITY, ESSENCE MANIFESTED

Christeen McLain-Horpelahl, Fargo, ND

In 1985 when Tai Chi Chih (TCC) was being offered at Villa Maria Nursing Home in Fargo, North Dakota, many of the residents were unable to stand securely. It seemed only natural to have them sit, placing the foot forward that would correspond to either the left or right sided movement. Some would keep their feet stationary (focusing on grounding, rootedness), some would put one foot forward, some would do the standard foot-lifting first one foot's toes, then the other foot's heel--movements sitting down. My daughter Kathryn (then 3 years old, now 15 years, certified three years ago) came with me to these classes for three years. She would assist the elders with forming the circles, they loved the interaction with a child who could barely articulate clearly while she'd exclaim "Can't you feel the 'nergy'?" Alzheimer's patients would cease their restless pacing and frequent mismatching topics in conversations while practicing. Parkinson patients would not quiver nor shake with the movement, amazing themselves that the uncontrollable body responses from their nervous systems misfiring had quieted.

The staff was consistent with feedback on increased appetites of participants, sleeping pattern adjustments, moods and dispositions mellowing and the overall sense of peace that followed these twice weekly sessions. The sessions were held between 4 and 5 pm, a time noted by the staff as "disruptive"--close to supper time, sundown, and irritation. They could not believe the calmness that would overcome the entire area when we would practice at this time.

One of my TCC students, Gail Braaten, (who was also doing a practicum with me to advance her nursing degree) did research for her preceptorship relating the results of a 12 week study with blood pressure regulating, appetite increasing, moods leveling out, and rapid healing with two who had broken their hips. Self-reports evidenced increased energy, electric hands, relaxation, tingling fingers, no soreness or stiffness, finally feeling 'good' sensations in my body, better sleeping on days that TCC was practiced. That study was done in the spring quarter of 1987 and if anyone is interested in reading Gail's research, let me know. I have a copy. In fact, I believe we still have a copy on video monitoring the progress. It was later shown on the local news to educate on wellness with seniors.

I've practiced sitting TCC for years to alleviate the anxiety of flying in an airplane and to decrease tiredness while I drive around the state teaching! What totally convinced me of the power of the 'chi' while sitting, was when I experienced a debilitating knee injury from soccer. Dr. Lundeen advised surgery. I said, "I'll do TCC instead". He laughed and said, "I'll see you back here!". He did. Three years later. This time with the same type of injury to the OTHER knee! He advised the same treatment--surgery. I showed him my totally healed knee from TCC. He was surprised! I let him know I wanted to be sure that the healing was complete on the first injury (which he confirmed). I chose to use TCC with the second injury. It worked! Two knee challenges enough, I quit my soccer team!

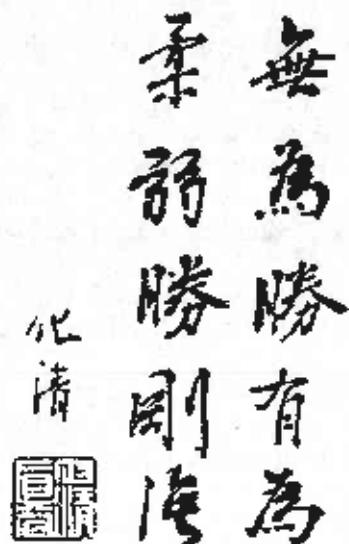
(see next page)

SEATED/SITTING T'AI CHI CHIH

INTENTIONALITY, ... cont'd

One of my first students, Doris Wright,--who was referred to the course by her physician as a last option before back surgery--could not stand for the first class. She was so frustrated with herself for not being able to stand that she had to be encouraged by her physician to return. Each class she felt better and better. Her physician continued to encourage her. By the 8th lesson she was standing and doing all the movements. She avoided back surgery. Delightedly she reported finally being able to do her own grocery shopping and housework! In addition she gained the 30 pounds she had lost with back distress and loss of appetite and energy. She continues to do T'ai Chi Chih regularly. (The physician, Dr. Fred Everett, is the father of Megan Everett, now a Certified Tai Chi Chih instructor. This was before Megan's certification, and prefaced by his brief introduction to Tai Chi Chih.)

Over the years when I have gone to the hospital to consult, I have noted that sitting Tai Chi Chih is extremely beneficial for alleviating the anxiety and physical discomfort patients express. On the psychiatric unit we have practiced sitting Tai Chi Chih and to the amazement of the participants their back pain dissipates, they feel the energy surging through the meridians and are amazed at how their feelings and mood changes positively. Patients have even practiced the movements flat on their back. They maintain the focus point on the soles of their feet with the intentionality of emptying the mind. It works. The stories I have been blessed to hear from numerous students would fill books! Sitting to do T'ai Chi Chih is totally natural when there is some obstruction to standing! Go with the flow of it. The essence! Have faith in what WE as instructors have evidenced in our own bodies and lives.



*The one who does nothing
can win over the one
who rushes around
to do all things,*

*The one who is gentle
can win over the one who is strong.*

Calligraphy and verse submitted by
Virginia Cepeda, Dublin, CA

Taken from
the adapted version of:
Essential Principles for Practicing T'ai Chi Ch'uan,
by W. S. Wu (1812-1880)

SEATED/SITTING T'AI CHI CHIH

A 'SEATED' MODEL FOR SEMI-INDEPENDENT SENIORS

Roberta Taggart, Cupertino, CA

Justin Stone first taught 'seated' T'ai Chi Chih (TCC) in 1975. The opportunity for teaching this modified version of TCC is increasing as the demand for 'seated' as well as regular TCC expands, providing a venue in the medical and rehabilitation sectors as well as retirement communities, residence inns, and care facilities.

For the last seven months I have taught 'seated' T'ai Chi Chih to semi-independent seniors at the Cupertino-Sunnyvale Senior Day Care Services on a volunteer basis. I teach an hour-long class Monday through Thursday - two days at the Cupertino Center and two days at the Sunnyvale Center.

Recently, I wrote Justin Stone about the class format I developed for teaching 'seated' TCC to the frail elderly. I wanted to make sure I was on the right track. He wrote back, encouraging me to share the development of my class format with other teachers through VFJ.

The staff at both Senior Day Centers have provided guidance in understanding the limitations of these semi-independent seniors, making sure that both their shortened attention span and their physical capabilities are honored. This means that the class hour is broken into segments for these frail elderly students (average class size is 15 or more).

Class Format

First. Read for 3-5 minutes to get them settled down. The criteria: something short that is either uplifting, informative, newsworthy, or spiritually

inspiring. Sources often used are: Stone's photo-text or books, poetry, articles in VFJ, Richard Brier's *Sacred Stories for Remembrance*. Also medical journals, newspaper and magazine articles, and studies addressing the validity of T'ai Chi. For variety and enrichment, I occasionally show segments from the video of "Interviews with Justin Stone and Carmen - T'ai Chi Chih Joy Thru Movement" from the PBS series. Then students can identify with who Justin Stone and Carmen Brocklehurst are when I refer to them.

Second. Preparing Semi-Independent Seniors for Movement: Chinese massages presented by Stone in Seijaku and a few rotation warm-ups for loosening up the lower torso gently prepare this senior population for movement. The staff at the Centers -- who conduct the regular exercise programs -- say that the warm-ups are an important preparation in readying these seniors to do TCC moves. They are different enough from the TCC form to serve as their own segment (which helps in dealing with the shortened attention span), yet they provide an important transition into the TCC form.

Third, the TCC form. Most days they get through all the movements (usually 6 rotations on each side - we don't always do all of the taffies) and have worked up to about 20-25 minutes of continuous movement. It was hard at first to get them to move for more than 5 minutes. They were not used to moving their arms in a soft, patterned way, nor were they used to moving from the hips (tan t'ien). (next page)

SEATED/SITTING T'AI CHI CHI KUNG

The build up of practice time and the learning has taken place over several months. Being able to work with them twice a week has been key in implementing the program. (Sometimes, I work the form backward, starting with movement #19 – to check their attention span and to provide variety.) Students will not become bored if the program is conducted in segments, allowing variability in the class format if interest and attention lag. For instance, standing up in the middle of the circle to lead the movement, rotating slowly inspires them to try just a little harder to keep going, as they become tired!

Teaching tip: Verbal cueing is very important in order to keep the pattern going, to keep the hips, wrists, and feet moving. Many students in this population group need additional "hands on" help to learn the movement patterns. (There is a wide range of conditions among the frail elderly, e.g., (strokes, terminal illnesses, Alzheimer's, heavily medicated students who fall asleep, and much more are all part of the population base being taught.) Ask for staff assistance, if the class is especially large, for those who need prompting or help to get a movement going. In my class, students are always seated in a circle for the entire hour. Instructing from the center in a straight-backed chair with no arms, students are verbally cued after each movement to relax their abdomens and return their focus to the soles of their feet.

Fourth: Concluding with Visualization Meditation. After each practice session, the hour is concluded with visualization/meditation. Students are asked to close their eyes and place their attention at the 'soles of their feet' – the 'Bubbling Spring'. They are then instructed to create a 'bubbling spring' of energy at the

SEMI-INDEPENDENT SENIORS cont'd

'soles of their feet' with their imagination and take it up into their body and out the top of the head, bringing it back down and out through the "soles of their feet." After this, they are asked to visualize a waterfall and to allow it to flow over them as well as through them; then let the boundaries dissolve for just a few moments and become the waterfall. These two visualizations last about ten minutes, providing a nice way for students to sit and absorb chi while releasing any remaining tension from the body!

Fifth, an addition which I use for variety is "Healing With Joy". After having read the chapter on chanting from *Heightened Awareness* to students, we have started singing "Healing With Joy" occasionally, when accompaniment is available. One of the staff plays the guitar and sings, and we all join in. End Notes: I also use music during certain portions of this hour-long program. Students seem to be able to relax more (be softer) when there is ambient music during practice time.

This program was developed to satisfy a specific teaching situation. It incorporates ideas learned from attending Teacher's Conferences, Meditation/Seijaku Retreats and reading Justin Stone's books. In developing this class format, it became clear that there is a need for appropriate and sanctioned teaching aids (including video instruction) for 'seated' TCC to provide teachers with specific guidelines for teaching 'seated' TCC. I believe that in the medical and rehabilitation settings especially, 'seated' TCC may well be able to function as the bridge to regular TCC.

Please write to Justin of your interest in and desire to contribute ideas about 'seated' TCC.

CALENDAR NOTES

INVITATION TO UNITE IN SPIRIT

Flore's Encourage Conference Participation



Don and Tori Fiore with Justin Stone
at 1996 Teachers' Conference

Dear Fellow Teachers:

This letter is to encourage you to participate in uniting Our Spirit at the convention this year. The Chi flows through each of us differently. As Teachers of T'ai Chi Chih, we encourage people to allow the Life Force to flow through them easily and effortlessly. And in moments when only the Chi is present, there is no criticism of uniqueness, or how movements are done, or who said what; there is only the flow of Life, the eternal dance of balance and harmony. Let us become One in that dance. We look forward to seeing and "dancing" with all of you at the convention. In Peace,

Don and Tori Fiore, Phoenix, AZ



1997 T'AI CHI CHIH TEACHERS' CONFERENCE AND RETREAT Timothy Stuetz, Anaheim, CA

Late Registration for Conference

There is still space available if you wish to attend the 1997 TCC Teachers' Conference and Retreat. A gentle reminder that Seijaku Accreditation precedes the Conference this year (July 23rd - 25th); and the Meditation Intensive (July 28th) is afterward.

This year's theme is **GRatitude, Ecstasy, And Transformation.** This year's conference, beginning on Friday afternoon, July 25th and ending on Sunday afternoon, July 27th, is a few hours longer so we can enjoy more free time.

Following the conference, on Monday, July 28, I'll lead a one-day intensive where you can

immerse yourself deep in meditation, allowing the experience of the previous 5 days to sink deep within. Through silence, contemplations, chanting, chimes and Tibetan bowls, Kundalini breathing exercise, T'ai Chi Chih and several other "treats", you will easily dive into the rich, ever expanding, ecstatic experience of your inner Self.

If you have any questions, please call me at (714) 535-0357.

Again, with great love and great respect, I invite you to come share your love and immerse yourself in **Gratitude, Ecstasy, and Transformation** at the 1997 T'ai Chi Chih Teachers' Conference and Retreat.

1997 T'AI CHI CHIH EVENTS CALENDAR

TCC ACCREDITATION COURSES

July 7 thru 12, 1997	TCC Teacher Training Location: Mahwah, NJ Contact: Sr. Antonia Cooper Villa Maria, 641 Somerset St., No. Plainfield, NJ 07060-4909 Ph. 908/757-3050 (w) <u>Deadline:</u> June 20 Teacher Training Fee: \$380.00
Sep. 2 thru 6, 1997	TCC Teacher Training Location: Hanover, PA Contact: Jeanie Lemaire 7082 Winter Rose Path, Columbia, MD 21045-5131 Ph. 410/312-9911 (h) Teacher Training Fee: \$ 380.00
Sep. 22 thru 27, 1997	TCC Teacher Training Location: Raleigh, NC Contact: Marjorie Pellitier 1513 Ferncliff Circle Raleigh, NC 27609 Ph. 919/872-5719 Teacher Training Fee: \$ 380.00
Oct. 13 thru 18, 1997	TCC Teacher Training Location: Denver, CO Contact: Margaret Manzanares 1315A Bear Mountain Dr. Boulder, CO 80303-6235 Ph. 303/494-5800 Teacher Training Fee: \$ 380.00

TCC EVENTS

July 23-25, 25-27, 28, 1997	<u>Teachers' Conference and Retreat</u> Seijaku with Ed Altman Conference featuring Justin Stone Meditation Intensive with Tim Stuetz Location: Chapman College, Orange, CA Contact: Transformations /Tim Stuetz 116 Evelyn Drive, Anaheim, CA 92805-3418 Ph. 714/535-0357
Oct. 1997	<u>Meditation Retreat</u> Location: Albuquerque, NM Contact: Noel Altman 850 Penny Royal Lane, San Rafael, CA 94903-2330 Ph. 415/472-1207 (full-waiting list only)

Submitting Articles to VFJ

We welcome your articles sharing teaching experiences, anecdotal stories, poetry and perceptions, TCC in the media, research information, and documentation of TCC as a restorative vehicle.

We believe there is great opportunity to explore and validate the ways in which TCC can enhance health — physical, mental, emotional and spiritual. Please send your contributions to the address below.

Thanks! VFJ Staff

Fall VFJ Submission Deadline: August 1

Send to: VFJ/Liz Salada,

1477 - 155th Avenue,

San Leandro, CA 94578-1922

Fall Mailing: September 13 at Lois Mahaney's in San Lorenzo, CA

Note: If you are hosting a TCC teacher training, retreat, or other TCC event in your area with Ed Altman and/or Justin Stone, please let us know so that it can be included in this Events Calendar. Be sure to include date(s), deadlines, deposit, fees, phone/FAX number(s), and address of the person to contact.

ART OF TEACHING

FROM 'SEATED' TO STANDING T'AI CHI CHIH

Virginia Cepeda, Dublin, CA

I can't begin to tell you how my heart sings every time I prepare to teach T'ai Chi Chih class. When I teach - I am also taught from the expressions and enthusiasm my students relay to me. To choose one class as a favorite is impossible for they are all dear and very special to me, but one does have the essence of T'ai Chi Chih that the other have not quite discovered yet - my physically challenged group. I have been with these gifted friends for over two years now. At the onset of our journey, I pictured my physically challenged class as lovely trees.

As the leaves were taught to move by the wind, they became much stronger and turned a lovely color but, as with everything in life, some were not as strong. These few let go, floated to the ground and became part of continuing life. I moved with the remaining students always filled with awe and joy as I watched their weekly progress.

Each week, when I asked, they assured me that they "had practiced daily" in their small rooms, holding on to their kitchen sink or the back of a chair they would do their favorite movements. By March 25, 1997, 14 of my 16 students STOOD UP and performed their TCC unaided!!

On this day, I presented each one of them a Beginner's Basic Course (completed) T'ai Chi Chih Certificate.

I would like to give my sincere thanks to the originator of TCC, Master Justin Stone for giving me the tools to teach and to my dear, gentle, friend, Steve Ridley, my Accreditation Teacher, for giving me the courage, strength and his example to follow. Also, thanks to all those who have touched my life through TCC giving me the opportunity to continue touching the lives of others.



JUMPING ROPE AND GLIDING

Ann E. Federspiel, Cincinnati, OH

I have been practicing T'ai Chi Chih for four years now, and it has been my pleasure to be able to teach it for two years. In my classes I try to find easier ways for my students to do the movements and to remember them.

Wrist Circle Concept - Loose Wrists

Jumping Rope: I have found, in doing "Bird Flaps Its Wings," they seem to understand the wrist circle concept faster if I have them make believe they are holding a rope and are jumping with it as they did as children. Then, I have them open and soften their hands, and I get a perfect wrist circle for this movement.

Weight Shifting - Yinning and Yanging

Gliding: To get a more even yin-yang flow I tell them to pretend that their torsos are on a rod that is on a glider and their legs are the only things bending so as they move back and forth in the yin-yang movement they do not lean forward or backward, but stay in the up-right position.

I hope these hints will be helpful to others as they have been to the few teachers in my area.



TEACHER/STUDENT EXPERIENCES

SEIJAKU AND MIGRAINE HEADACHES

John Rogers, Tijeras, NM

It always starts the same way - a tiny, almost imperceptible pinhole of light in my field of vision. This small aberration in my vision warns me of an impending migraine headache. I have had episodes of migraine headaches since I was a teenager. As I grew older the episodes became more intense, and recently, more frequent.

I am fortunate that I work in a health sciences center and have access to a medical library with the most recent published studies on migraines and reviews of the prevailing medications for the treatment of the headache. Unfortunately almost all the medications for the treatment of migraines address the headache and not the onset of the migraine known as the "aura", which in my case causes temporary partial blindness; blindness to the point that I cannot drive; blindness that has sometimes lasted hours. For me the "aura" blindness is far more uncomfortable and debilitating than the subsequent headache. I can get medication for the headache, but nothing works for nullifying the "aura." Well, almost nothing.

The study and practice of Seijaku have not come easily to me. But I have still maintained a periodic practice of Seijaku within my primary practice of T'ai Chi Chih. Several months ago I attended a Seijaku review session led by Justin. For the first time I finally began to understand Seijaku and its subtleties. During the months prior to the review I began having migraine headaches, with greater visual disruption, almost on a weekly basis. A new medication, designed to prevent migraines gave me undesirable side effects. The migraine episodes grew worse.

Then one evening, shortly after the review with Justin, I could see the subtle onset of the "aura" once again. I was desperate. I immediately went to my meditation room and started to slowly and deliberately practice Seijaku. Within 20 minutes, the "aura" was gone. The subsequent headache never arrived. I have not had a migraine headache since. My practice now is primarily Seijaku. At last I possess the means to defeat the "auras" and migraines that plagued me for over thirty years. I am finally free. [Since Feb. '97]

HOW T'AI CHI CHIH HAS HELPED MY MULTIPLE SCLEROSIS

Janet Clarkson, R.N. Mt. View, CA

I was a 42 year old female in the prime of my life. My children had graduated from college, I had a good career, and I was finally now able to all the things I was not able to do while raising my family. But all of a sudden my world came crashing down on me.

Periodically I would lose my balance; whenever I exercised or become overheated my legs would turn to "jello", my vision would blur and hands would tingle. What was happening to me? These symptoms would come and go. Having been athletic all of my life none of this made sense. After numerous tests and Drs. visits, I finally had the answer to my problem. I had a disease called Multiple Sclerosis. In some ways I was relieved to know I was not going crazy.

I then decided I needed ways to help me accept this disease. I had to find something that would not overheat me or exhaust me. I hoped I could find something that would give me a sense of inner peace and tranquillity. I was lucky enough to find a T'ai Chi Chih class at Kaiser Permanente, Santa Clara, CA taught by Roberta Taggart.

T'ai Chi Chih has helped me tremendously with my balance, and the spasms and pain in my legs and arms have subsided considerably. I practice daily and at the conclusion of the practice feel the "chi" flowing through my body. I also feel a calming inner peace within. Thank you, Roberta, for introducing me to T'ai Chi Chih and sharing the "chi" with me.

ART OF TEACHING: 'SEATED'

SEIJAKU FOR PHYSICALLY CHALLENGED AND FIBROMYALGIA STUDENTS

Pat Huseby, Danville, CA

Recently I started teaching sitting Seijaku at Diablo Lodge, a retirement community in Danville, CA, which also offers assisted living. I have been teaching T'ai Chi Chih (TCC) classes there for two years. The residents have enjoyed it so much they now have two TCC classes, the second class taught by Virginia Lee Cepeda, Dublin, CA (see page 22). Sitting Seijaku has been a great success; the residents enjoy the class, feel so good afterwards, and understand the principle of 'Holding Fast and Letting Go'.

Some beneficial guidelines I've found in teaching 'seated' Seijaku:

- 1) Sitting to the edge of the chair to allow rocking in the hip joints. This can be easily done in a wheelchair.
- 2) Leg movements are very important. If students are confused, feet can remain parallel, starting from a flat foot and progressing to heel up, then returning flat foot and progressing to toe up, and returning to a flat foot. There have been good results with students that have edema in the lower extremities.
- 3) Sound! Toning Sounds of Seijaku and Healing Sounds are a favorite of the form. Watch the smiles come into play. (I do let them know if

they think they are having a heart attack not to stand up and sound HO. Call 911!)

- 4) Moving from the Tan T'ien. For those who cannot move in that area, put the thought there, think of moving from that spot; we all know the power of thought.
- 5) Be mindful of each student. Repeat to stay relaxed, breathe naturally and enjoy.

One 93 year old student who has been in class since the beginning said she really liked "Holding Fast and Letting Go, and isn't it important to know when to let go!" I think she has caught the essence.

I have also had good results teaching a Fibromyalgia class Seijaku. Fibromyalgia is a painful condition of the muscles and connective tissue, along with extreme fatigue. I, personally, have spent days unable to get out of bed or even leave the house due to this condition. After the recent Seijaku retreat, I noticed how well I felt and the T'EN unit, heating pad, medications, herbs and special pillows never did get unpacked!! Note: Seijaku practice and meditation are a wonderful gift for healing. If the Fibromyalgia student is in a flare up, one Seijaku movement out of three is enough.



**PAT HUSEBY'S
'SEATED' CLASS**

Pat Huseby (second row, far right) poses with 20 of her TCC/Seljaku students at Diablo Lodge in Danville, CA. Eight out of a class of twenty are ages 92 to 97.

Toning and Healing Sounds are part of Pat Huseby's program that also includes Seljaku for her physically challenged class of seniors.

SUGGESTIONS FOR MEDITATORS

The years I spent with the Yogis in the Himalayas were filled with meditation. Most Yogis do no work and little exercise, eating once a day about 10:30 a.m. Generally, they seemed like happy people, faithfully following a Sadhana (disciplined routine) given to them by a Guru.

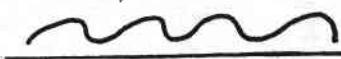
When I meditated with Zen monks and students in Japan, I noticed that they were a rather tortured lot, greatly concerned with birth-and-death and the need to achieve 'enlightenment'. For both groups, however, the need to gain a one-pointed mind (ekagrata) and do away with habit-energies (vashanas) was all important, along these lines, I want to make several suggestions for meditators.

Those who meditate with me and study with me, I tell to try to catch the 'moment before thought'. I draw a picture of the waves on the ocean, pointing out that there is space between the waves and that one can go between the waves and sink to the smooth surface of the ocean. I also point out that, in Indian classical music, there is a steady drone beneath the improvisations of the soloists. This persistent drone represents the Reality behind all phenomenal changes, just as the screen is permanent and unchanging behind the moving picture shown on the screen.

By catching the moment before thought (which many meditators say seems empty), they can sink, briefly, into the Turiya state, the forth state of consciousness behind the waking, sleeping and dreaming stages. In this moment is the 'unchanging', and it is a state of Peace.

Hints to Meditators: To begin, I suggest they take a sound, like the Zen "MU", and repeat it mentally three times, then begin to repeat it mentally three times, but stop, just as you get to the third [sound]. Before you say the third word "MU", note the empty space.

It will show you how to enter this space, which my students do for long periods of time at our meditation retreats and monthly meetings. You can use any method you want, but catch the empty space, the spot between the waves, before the third sound (thought). Those who now practice this (a very few I have taught it to) tell me they find a great emptiness there. Try to perceive what is there prior to thought. There is space, however small, between thoughts. Thus, it resembles waves of the ocean; there is space between the waves, like this:



If you can rest between thoughts, you can penetrate to the 'ocean' itself, the reality known as the 'fourth state of consciousness' (the TURIYA STATE).

At any time during the day one can detach him- or herself from the tensions of the moment and enter this peace. Soon it will become easy. The mind, having become one-pointed, now becomes no-pointed. Why not try it? If you become familiar with this method, at any time of the day you are upset, angry, etc. you will be able to sink into this space and find peace. If you feel like letting me know what success you have doing this, I will be glad to hear. And this method will still the mind before you begin your meditation technique.

EVENTS FEEDBACK

Photos courtesy of Pat Huseby

SEIJAKU/MEDITATION RETREAT: A PICTORIAL REVIEW

Retreat Facilitators: Ed Altman and Justin Stone

The Seijaku/Meditation Retreat held at Santa Sabina Center in San Rafael, CA on April 25-28, 1997 was a gathering of 23 participants. Below are pictures from that Retreat. Many of the newly accredited TCC teachers from the April Teacher Training conducted by Ed Altman came to meet Justin on Saturday evening when he gave a talk which was open to Bay Area TCC teachers.



Justin Stone and Ed Altman, Retreat Facilitators pose for a photo together during Retreat session



Justin Stone chats with Sister Harriett, our Retreat coordinator, in the Museum Room



Connie Hyde, Noel Altman, John and Jenny Armitage, and Ed Altman dish up at mealtime



The grounds were quiet, beautiful, serene – the perfect place for a Seijaku/Meditation Retreat

EVENTS FEEDBACK

Photos courtesy of Pat Huseby

SEIJAQU/MEDITATION RETREAT: A PICTORIAL REVIEW (cont'd)

Retreat Host: Noel Altman, San Rafael, CA



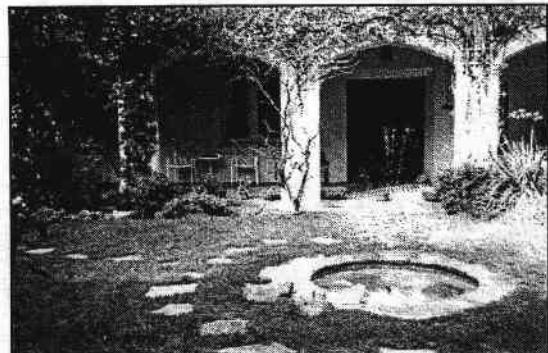
Seated at front table: Justin Stone, Jean Katus (Good Karma), Vic and Maggie Berg, and Virginia Cepeda



Noel Altman, who organized the 4-day Retreat, poses with Bay Area teacher, Linda Braga, and Jean Katus of Good Karma Publishing



Barbara Riley, Justin Stone, Sandy McAlister, Wendy Helms, and Carmen Brocklehurst on Saturday evening



The inner courtyard at Santa Sabina Center

Vital Force Journal



Lois Mahaney, Resource Correspondent for VFJ, with newly accredited Eddie Roberts, and Sandy McAlister on Saturday evening

EVENTS FEEDBACK

TEACHER TRAINING: MARCH 24 - 27, 1997 IN BERKELEY, CA Host: Sandy McAlister, Hayward, CA

Blessings of love, laughter, joy, friendship, work, cooperation, and appreciation abounded during the teacher training week in March in Berkeley, CA. I am grateful for the opportunity to host a training for it ensures that I will be there every session, enriching my experience as a student and a teacher of T'ai Chi Chih.

This was Ed Altman's first time as instructor of a Teacher Training, and it was fun to watch his "effort of no effort". He did a fine job! As with all TCC trainings I've attended, every session was rich with expressed knowledge, shared experiences, and AH-haaa's! A thank you to all who enriched my life that week.

Comments From Auditing TCC Teachers

"... Ed did a superb job of conveying the ideals and principles of T'ai Chi Chih by his presence and through words. He was calm, focused, and well-organized. He spoke from a wise place of centeredness – and everyone noticed that. Noel was a great help and added a lot to the flow of things. Sandy [McAlister: host teacher], of course, made it all seem effortless."

Linda Braga,
Castro Valley, CA

"Congratulations to Ed and Noel Altman for a very good teacher training recently in Berkeley, CA. I found Ed to be well focused, on purpose, relaxed and friendly. The students enjoyed the training and well organized information. The T'ai Chi Chih teachers also enjoyed the students and Ed's training procedures. Ed and Noel make a good solid teaching team – so to both – well done!"

Pat Huseby,
Danville, CA

NEWLY ACCREDITED T'AI CHI CHIH TEACHERS



Front: John Steinmetz, Annelle Henson,
Wendy Helms Center: Laurie Thomas,
Dianne Krueger, Judy Hughes, Nancy
Reed, Carrie Kinsey Back: Eddie
Roberts, Hal Henson, Ed Altman,
Summer Simonton, Pat Bourne, Cheryl
Hall, Robert Janov, Shirley Hall

The Growth of Certainty

*From nurturing,
struggle,
constant joyful practice
Emerges
this
Bold
Red
Flower*

Carrie Kinsey,
Concord, CA

EVENTS FEEDBACK

TEACHER TRAINING: APRIL 14-29, 1997 IN MELBOURNE, KY

Host: Marlene Brown, Cincinnati, OH

In my English there are not enough words to describe the wonderful week I spent doing TCC with the most positive group of people. I feel very privileged to have been able to sponsor this accreditation class.

Ed has so much knowledge and Noel is truly an asset for all of us to share. I can only say that Ed did a super job, he is very dedicated to sharing TCC in its pure form. I know I have gained a lot of new insight and feel the whole week was a most positive and wonderful experience for all of us. So much for some people's fears that Ed is "too young." I know many older folks, including me, can learn just as much from the younger generation as they hopefully can from us.

Ed and Noel have been a delight to have and to share the TCC so freely with us always encouraging and positive. Ed and Noel also have renewed my interest in Seijaku again, and I would be very happy to sponsor an accreditation class next year.

The memories of sharing with an open heart and mind by all will stay with me for a long time to come. We came together as a group of strangers and left as TCC family members. It was a great joy for me to watch all this unfold as the week progressed. I would like to thank all the sponsoring teachers for sending such well prepared students. I was very grateful to be able to sponsor this past week.

NEWLY ACCREDITED T'AI CHI CHIH TEACHERS

"It was a wonderful class. I was lucky to be able to attend so soon after my own accreditation last September in New Jersey."

Laura Anderson,
Auditing Teacher,
Fairfield, OH



Front: Marlene Brown. Back Row: Aida Wilkes, Dale Buchanan, Joan Brunsman, Phoenix Meridith A. Wilson, Susan J. Evans, Debra Bohman, Ed and Noel Altmaa. Center Row: Ruth Schobert, Jan Herpel, Catherine Brieussel, Charlotte McIntosh, Maryetta Young, and Jewel Yates.

T'AI CHI CHIH IN ITALY
Cristina Minelli, West Chester, OH

I have been living in the US for 14 years now, and last winter for the first time I had the opportunity to spend a few months back home in Mantova, Italy. I had been waiting for this opportunity for a long time, and there I was, a T'ai Chi Chih pioneer, ready to sprinkle my enthusiasm over new and old acquaintances.



Cristina Minelli with pioneer group of T'ai Chi Chih students in Mantova, Italy in February, 1997

The American myth is still alive and well in [Europe], and at first I think that most people were just curious about this new discipline coming from the country that so aggressively dictates fashion and music to the willing or unwilling population.

I was lucky enough to know Beatrice, the popular owner of a sport center in the historic part of town, and through her I was able to advertise myself to the point of gathering 14 people. It was a start beyond my expectation: from that point on, the same old T'ai Chi Chih story unfolded: cohesiveness, tribal ancestral

group shared energy, contagious enthusiasms, harmony . . .



Some more of the pioneer group learning TCC in Italy

Rosanna, one of my students, offered free publicity in the local newspaper, is already working on an article about T'ai Chi Chih than will be published during the summer, when I will go back to conduct other T'ai Chi Chih courses.

The local School of Contemporary Culture, that has been featuring T'ai Chi Ch'uan for almost ten years, also demonstrated some interest, and offered to organize a class for next year.

It was especially sweet for me to return to my own town and establish new relationship through this discipline that has give me the ability to pause and look at life from a more natural and accepting prospective.

Thank you Justin for simplifying the teaching of the orient for us. Without your genius all this would not have been accessible to me.

T'AI CHI CHIH IN HAWAIIAN PARADISE

Elizabeth Boyd Tyler, Lake Oswego, OR

Nineteen of us spent five magical days practicing T'ai Chi Chih and opening our hearts to the healing of mind/body/spirit on the big island of Hawaii, Feb. 2-7, 1997. Our group bonded quickly as we listened and shared from our hearts and joined our spirits in our T'ai Chi dance of life. I came away from this retreat feeling a renewed appreciation and profound respect for our T'ai Chi Chih practice. My work as a therapist has been deepened in the most beautiful way as I allow the magic of T'ai Chi Chih to lead and transform our healing processes in ways the mind cannot begin to touch.



Participants at Wellness Retreat, Feb. '97

I will be forever grateful to Justin, Steve, and to all of our wonderful T'ai Chi Chih teachers for



Early birds doing TCC at sunrise on The Pointe

sharing this most profound and precious gift. I think it's especially important during these times of transition that we all join together in the life-giving, forgiving spirit of T'ai Chi Chih to maintain a solid foundation on which to keep these teachings flowing and reaching out into the world in greater and greater numbers. I honor the unique gifts everyone has to share and I consider everyone my teacher.

My T'ai Chi Chih practice itself is one of my greatest teachers and in that spirit I unite with all other teachers and will continue to teach, and then teach some more! Each of us has much to share. I will not be able to attend the conference this year because of a memorial service for my mother, but I will be with you in spirit.

Love and light to you all!

Comments of Retreat Participants:

"The setting was great for doing T'ai Chi' pure, natural beauty, quiet, yet brimming with life - exactly the way I experienced T'ai Chi Chih ... I loved it."

Laurie Brill, therapist, NC

"The Wellness Retreat to me was a true vacation. I live in Hawaii and felt like I had come home to peace, wellness and extraordinary beauty ... "

Terry Jennings, therapist & TCC Teacher, HI

TEACHER NEWS

ABROAD: CANADA

I am out here in British Columbia again for the winter. ... the local Recreation Director put [an add] in the paper for my TCC class:

T'ai Chi Chih - with Gord Wade - Gord joins us for a second session of this highly popular form of relaxation. Rid yourself of life's stresses and anxieties and join Gord to learn how to handle day-to-day living with more positive and serene thought processes as you are taught gentle moves.

Incidentally, I taught TCC here last year. It is a winter location for a lot of Canadian snowbirds, and a haven for retired seniors. My class was of young ladies who wanted a early morning class. All the best,

Gord Wade, Edson AB

BELGIUM



Willem [the baby] is doing very well. Philippe and I and Willem are sitting in a big mess - we're moving to another place ... big work, but for TCC it's really good. I will start teaching in July. I will write you more

information when the big mess is cleaned up. Bye, big hug and big kiss! Love,

Anna Martens-Janssens, Antwerpen, Belgium

STATESIDE: ARIZONA

I continue to do TCC throughout my life. It's the Life Force Energy vibrating through me -- Prana. I have taught many classes through the years. Now because of my travels, I teach

private classes with clients who come into Sedona ... for something they can do for before they leave ... I give them the names and phone numbers from the Teachers Directory in their home area. To me TCC is even more important than food. It's so centering and so very sacred. I become more aware of all of God's creations. It is very humbling.

Sharon Davis, Sedona, AZ

CALIFORNIA

Eugene Box from Seal Beach, CA visited the S. F. Bay Area in March and joined *VFJ* staff and volunteers who gathered on March 17 for the *VFJ* mailing. He was also able to visit local 'seated' TCC classes and experience teaching the 'seated' form.

Lois Mahaney, San Lorenzo, CA, (Resource Correspondent for *VFJ*), celebrated her 80th birthday in May. Best wishes and many Blessings, Lois!

Virginia Cepeda, Dublin, CA submitted a picture of two of her students performing "Around the Platter". The woman on the right is 94 years young!



Louise Perry, left, and Frances, Ray, right

TEACHER NEWS

FLORIDA

I continue to teach 4-6 groups of TCC a year. Enthusiasm continues to build here in the Zephyrhills, FL area, especially among the "snowbirds" who live in Florida for part of the year. A number of my students are interested in teacher accreditation, so I'll be working with them towards this goal. What do you think about coming with your teacher candidates for a Teacher Accreditation Course in west central Florida (Tampa-Clearwater-St. Pete and Orlando nearby)? . . . Dreams do happen!

Jackie Kingsbury, Zephyrhills, FL

MINNESOTA

We had a city wide teacher gathering (in March) Good turn out, but too short. But better than nothing, and we decided to get together 4 times a year. Next we meet in June at Paula Arnold's home. I'll be helping her as Paula was first my sponsor and now my dearest friend.

I work full time and teach 3 classes a week - one with 25 people - I know too many, but I have help. I hope to teach more classes per week when I can. . . . We will have a teacher in Austin soon. At 68 my health continues to improve. Hurrah! God Bless and thanks much,

Mary Louise Hunt Smith, Bloomington, MN

NEW MEXICO

T'ai Chi Chih Teachers Association and TCC Center News: Recently moved from CA to NM, The Bergs, Vic, Maggie, and young daughter, Chelsey, who made an appearance with her parents at the Seijaku/Meditation Retreat in late April (San Rafael, CA). Happy relocation! Their new address is on the 'Update Sheet' accompanying this issue of *VFJ*.

Beginning new basic TCC classes: John Jacoby, Susan Stubler, Beverly McFarland, Connie Hyde, and Suni McHenry. Beverly McFarland will soon begin teaching a TCC class on site for Blue Cross/Blue Shield, and another for Fibromyalgia students. John Rogers, who secured a TCC booth at the UNM Medical School-sponsored health Fair held April 2, was joined by many local TCC teachers as well as other groups who promote nontraditional health care. And, on May 10, Jaya Troy arranged a TCC demonstration at the Festival of the Angels at Balloon Fiesta Park.

Robert Montes de Oca and John Rogers join Guy Kent, Jan Arrott and Karen Scharf-Morgan forming the 1997-98 Board of Directors for the NM TCC Association. Stepping down are Connie Hyde and Rhonda St. Martin.

There has been an interest expressed by several teachers to have the 1998 Teachers Conference in NM. Rhonda St. Martin will be coordinating this event. Several local teachers have also volunteered their time for this effort.

Source: NM TCC News

OHIO

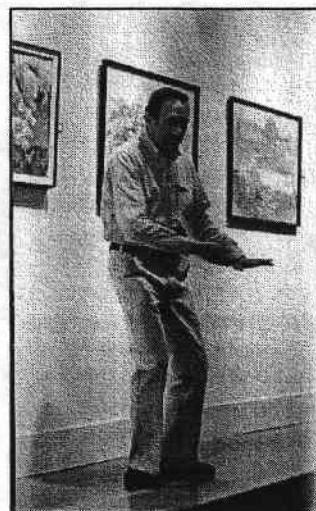
I am teaching one class at Dunham Recreation Center (part of the Cincinnati Recreation Department) and another class at New Thought Unity Church. It has been so much fun to watch people latch onto and enjoy so thoroughly the movements of TCC. I am still teaching private lessons for a person that has arthritis. There has not been any marked improvement but it has just been a few months and we are progressing very slowly.

Patricia Herbig, Cincinnati, OH

STONE FEATURED IN NEW MEXICO MAGAZINE

From: New Mexico Magazine, Land of Enchantment, May 1997, Volume 75, Number 5. *Asi Es Nuevo Mexico* Section. Entitled, *Albuquerque man taps energy from gentle T'ai Chi Chih moves*, by Janice J. Arrott

Synopsis: This article by New Mexico T'ai Chi Chih teacher Jan Arrott, is a descriptive narrative about the life and times of Justin Stone and the origin of T'ai Chi Chih.



series on National Public Television, produced locally by KNME-TV, Stone, a modern jazz pianist, composed and performed the background music.

For many years, Stone counseled investors on Wall Street and in California. "Yet," he says, "my interest was always in the Orient." Early on, he started practicing T'ai Chi Ch'uan, a Chinese martial art form. In 1963, he realized his dream to study in Japan, China and India.

When he ran out of money, he returned to California, working as a stockbroker from 7 a.m. to 2 p.m. and a practicing yogi from 2 p.m. to midnight.

He came to New Mexico in 1974. "I don't know what drew me here," he says, "perhaps there was something mystical about Taos, and I had a friend there."

On a visit to Albuquerque, Stone wandered into the Living Batch Bookstore. "What do you do?" the owner asked.

"I teach T'ai Chi Chuan," Stone blurted out.

Two students overhearing his remark, stepped forward. "It's about time you got here," they said, "we've been waiting three years for you."

Stone was soon teaching T'ai Chi Chuan and Comparative Meditation through the honors program at University of New Mexico. One of his students, a publisher, encouraged him to write a book on some arm-up movements Stone had developed. Within a week, additional movements came to him along with their names. The book was published and T'ai Chi Chih was born. There are now more than 1,000 accredited teachers, worldwide, more than 100 in New Mexico.

A deeply spiritual man, Stone has chosen not to realize financial gain from T'ai Chi Chih. Today, at 80, he practices, teaches meditation and T'ai Chi Chih. Lectures, writes, composes and paints (modern art). His paintings are shown at Nina Bean Gallery in Albuquerque.

"Because of T'ai Chi Chih, my bones and my teeth are strong," Stone says. "Chi is stored in the bones. I don't tell everyone they should meditate," he adds, "but there is no one who wouldn't benefit from practicing T'ai Chi Chih."

TCC IN PRINT

CHURCH OFFERS TCC TO INTEGRATE MIND BODY AND SPIRIT

From: **The Healing Word**, February, 1997. Entitled, *Why Is T'ai Chi Offered at St. Luke's?* by Pastor Scott Dunfae, St. Luke's Lutheran Church, Walnut Creek, CA.

Synopsis: This article, written by the minister at St. Luke's Lutheran Church in Walnut Creek, explains why T'ai Chi Chih is the perfect vehicle for members of today's modern healing community - the church -- to integrate body, mind and spirit. Text is reprinted in full by permission.

Why Is TCC Offered at St. Luke's?

T'ai Chi Chih is one of a number of disciplines that have their origin in China. Some Christians are suspicious of anything "eastern". Christ has been so mixed with Western Culture that we have forgotten -- or maybe never realized -- that Christianity is an Eastern Religion in its origin and roots. This has been the struggle of the church in almost every age -- to distinguish between what is essential to the Gospel and what are cultural values and influences.

We don't have any problem eating Chinese food, appreciating Chinese art or buying Chinese goods. Perhaps it's time to examine Chinese medicine, health care and methods of promoting well-being. That's what T'ai Chi Chih is all about. It is *NOT* a martial art (that's called T'ai Chi Ch'uan). It is *NOT* even exercise in the technical sense but consists of 20 simple, repetitive, non-strenuous movements which involve no physical contact, but rather emphasize a soft flowing continuity of motion. It's often been called a form of 'Moving Meditation'.

The practice of T'ai Chi Chih promotes feelings of physical and emotional well-being, relaxation, inner peace and serenity. Spiritual people will of course understand God as the source of our well-being. Practicing T'ai Chi Chih can help persons of faith become more aware of their bodies and of their Creator. "I praise you, O Lord, for I am fearfully and wonderfully made." (Psalm 139:14).

The purpose of T'ai Chi Chih is to circulate and balance the body's energy. This in turn has been documented to improve circulation, breathing, flexibility and coordination; helps to regulate blood pressure, reduce stress and tension. Great improvement in chronic ailments, such as arthritis, have been observed. Many Western Doctors are now encouraging patients to learn T'ai Chi Chih.

In a healing community that seeks to integrate body, mind, and spirit, it's natural to offer classes in T'ai Chi Chih. Classes at St. Luke's are led by members of our own community -- Pat Huseby and Barbara Dinehart, our Parish Nurse -- who are both certified T'ai Chi Chih instructors. Participants range in age from teens to seniors in their 80's. Watch bulletin boards and check your Sunday morning bulletin for announcements about classes. As we conclude this Epiphany season when Christians remember the journey of the "Wise Men from the East" (Matthew 2:1), who followed the star to the Christ child, let us seek and share the truth and wholeness of Christ the Healer in all the ways God would make manifest.



TCC IN PRINT

ELDERHOSTELS PROVIDE TEACHING OPPORTUNITY

From: DEMING HEADLIGHT, Entitled, *T'ai Chi Chih art part of recent Elderhostel*, by Lynn Lind

Synopsis: This article features Cedar Crest, NM TCC teacher Beverly McFarland, who replaced Gene Box (now living in Seal Beach, CA) at the Elderhostel Program in Deming, NM. The article describes how McFarland came to practice and ultimately teach TCC.



TCC Instructor, Beverly McFarland, demonstrates TCC movements during Elderhostel at Descanso del Sur in Deming, NM

"He believed there should be a way that people could have just the essence of it so they could experience the benefits right away - in a matter of weeks," McFarland said.

"The movements that became T'ai Chi Chih started coming to Stone, and he found they worked quite

well. Stone had amazing results," said McFarland, who studies the art with Stone. McFarland is now an accredited T'ai Chi Chih instructor, who has been teaching it for about three years, and studying it for six years. She said she came to T'ai Chi Chih through a series of dreams.

"I was doing these movements, but 10 feet up in the air under ancient trees," McFarland said. "They were totally joyful, serene dreams and I woke up feeling enlivened."

The dreams continued about one every six weeks until she had the dream two nights in a row. That's when she began looking for something to give her an explanation.

"I found a flyer here on the mountain where I live," she said. "I found out that T'ai Chi Chih means 'joy through movement.' That was the essence of my dream."

As an instructor, McFarland said she's worked with students who have lowered their cholesterol and their blood pressure by doing nothing different except T'ai Chi Chih. The exercise is also credited with increasing bone density and being easy and relaxing to do, making it attractive to senior citizens.

One of the first things T'ai Chi Chih does is restore balance. McFarland said she once taught the 19 movements in one posture to a blind woman. "I taught with my eyes closed so I would know how to describe it to her," McFarland said. "At first I was very insecure, but as I progressed, my balance was restored. So I have experienced that first hand."



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

Teacher-Made Videos

There is now a specified policy in place for certified teachers who are considering making their own videos for student practice. Teachers must request this information before making a videotape. Good Karma's stance is that since the Justin Stone video consists of both an instruction section and a practice section, there is really no need for other videos. We recommend letting your students practice with the originator, the direct source.

Order Form vs. Catalog

The teacher price list/order form insertion in your *Vital Force* is a shortened version of the catalog. Any teacher who does not have a complete catalog and wants one can simply request it. We also provide catalogs and/or student price lists for you to hand out to students and other interested persons. In addition to having materials available at your classes, you may want at least one copy of the catalog on hand for students to peruse for materials that you, as a teacher, may not stock all the time.

You'll notice that this issue's price list/order form is in color. We decided to spruce things up a bit for summer. Further, we are offering a special for teachers who attend the conference. The first 18 teachers who bring a completed order form from this *VFJ* issue to the Good Karma table at the conference will receive a free gift.

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.

T'ai Chi Chih for Prisoners

Good Karma has recently received quite a number of book and tape request from individual prisoners in various states and from one contemplative fellowship program at a prison. It is very gratifying for us to know that people in this situation are interested in T'ai Chi Chih and meditation. What a boon to an enforced situation!

Credit Card Expiration Date

For those who routinely use Visa or MasterCard to pay for Good Karma purchases, you need to let us know when a new expiration date has been assigned to you. The same applies if your credit card number has changed.

Thank You

Good Karma gets a lot of positive feedback from teachers, students, and people who are interested in T'ai Chi Chih. We want you to know that your comments are greatly appreciated. We also thank those who have made donations to the company and to those who have referred others to us. A special thank you to Pat Huseby, who has contacted a number of bookstores to ask that they stock our materials.

See you at the conference. Particularly for newly accredited teachers, please come to the Good Karma table and introduce yourself!

TCC CONTACTS

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.

Ed Altman: Appointed Head/T'ai Chi Chih Teacher Trainer. 840 Penny Royal Lane, San Rafael, CA 94903-2330. (415/472-1207) Conductor of Seijaku and TCC Accreditation Courses.

Jean Katus: Publisher, Good Karma Publishing, Inc. P.O. Box 511, Ft. Yates, ND 58538; (701/854-7459); fax (701/854-2004.) Distributor of TCC instructional materials and other materials related to spiritual practice.

Liz Salada: Publishing-Editor, for *The Vital Force* and TCC Teacher Directory. mail contact for *VFJ* written submittals for publication and journal subscriptions. (See adjacent page for details.) *VFJ*, 1477-155th Ave., San Leandro, CA 94578-1922.

Lois Mahaney: TCC Resource Correspondent for *The Vital Force* and TCC Teachers' Directory. Contact for database updates, subscription inquiries, teacher referrals, and *VFJ* information: Use above address or phone (510/276-5718).

Roberta Taggart: *VFJ* Production. Phone contact for *VFJ* calendar items only: (408/252-5406); e-mail: taggart1@earthlink.net

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

Published by Good Karma Publishing, Inc., Box 511, Ft. Yates, ND 58538

BC Canada, Victoria	Guadalupe Buchwald	604/385-6748
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NM, Albuquerque	Carmen Brocklehurst	505/299-0562

TEACHER DIRECTORY REFERRALS

The T'ai Chi Chih Teachers' Directory is 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. Each January, teachers will receive a copy as part of their subscription (new rates reflect this.) Updates to the TCC Teachers' Directory will be published quarterly with each issue of *VFJ* and will include

updated 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 Lois Mahaney (see above). This T'ai Chi Chih Teachers' Directory is a wonderful referral tool to support the wide-spread teaching of T'ai Chi Chih, "Joy Thru Movement!"

THE VITAL FORCE

JOURNAL OPERATIONS

The Vital Force, Journal of T'ai Chi Chih, is published quarterly by *The Vital Force*, 1477 - 155th Avenue, San Leandro, CA 94578-1922. Yearly subscriptions: \$30.00 for teachers (includes a copy with their listing in the annual TCC Teachers' Directory). \$25.00 for new students/interested persons (not including a teachers' directory). Please add an additional \$5.00 for out of U.S. or first-class delivery. For extra copies of *THE VITAL FORCE*, please send \$5.00 for each copy desired. Some back issues are available.

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SUBMITTING INFORMATION: Deadlines are now by the 1st of the preceding month of issue (i.e., February, May, August, and November), unless indicated otherwise. Lengthy articles should be typed and double-spaced to be considered for print. FAX service is available if you are in need of fast delivery of your *VFJ* submittal. Our FAX is 510/276-5541. You will also be responsible for covering our expense for receiving your FAX. Cost: \$2.00 for the first page, \$1. each additional page plus 25 cents for cover letter which should be addressed to *VFJ/Liz Salada* and include this phone number 510/278-3263 to inform us when your communication arrives. Thank you.



Summer

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A MESSAGE FOR A HUMBLE SERVANT

*God is Love. Be that Love.
Be the observer. Judge not.
Judging is participating in the illusion,
rather than observing it.*

*Become a clear and open vessel,
and greatness will flow through naturally;
but do not put claim on it,
That is the world's way, and limits the potential.*

*Those who get greater, know more burden ... more pain.
A humble vessel just allows greatness to flow through,
and then it is humble and open again
for what comes next.*

*Your purpose is not in healing,
but in praising and blessing and encouraging.
Your purpose is not in bragging,
but in expounding and teaching and being.
Your purpose is not in criticizing,
but in blessing and encouraging and being still.*

*Those who fear you - fear themselves.
They fear what they do not want to see about themselves,
and project it on to you,
so they will not have to take responsibility.*

*You are a humble servant.
Be still, open, allow.
Any schemes are of the human mind.
The Divine Mind just allows, and watches what happens.*

*Be still, and in your stillness
your power will increase.
Others may resent your stillness
and even fear it.*

*Allow that to be.
That is their lesson - not your's.
Be still now.
Embrace the ALL.*

Tori Fiore, Phoenix, AZ

