



THE VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 14, No. 4

Winter Solstice

December 1997

MANIFESTATION

Justin Stone

"Reverence for All Life"

Albert Schweitzer

Albert Schweitzer was one of the most remarkable men of the century. He had four doctorates, which I have never heard of before – he was a Doctor of Theology, a Doctor of Philosophy, a Doctor of Musicology (being one of the greatest organists of Europe), and a Medical Doctor. Though these are awe-inspiring, I believe it was as a human being that he manifested his greatness.

Schweitzer's creed was "Reverence for All Life." The church would not respect this in him and let him serve the church in Africa; on a matter of Doctrine, they would not let him represent the church in Africa, so he became a Medical Doctor so as to serve in a useful manner. A point of Doctrine kept the church from making use of his talents, hard to believe.

What does "Reverence for Life" mean? If one takes the Albuquerque tramway to the top of the mountain, it will pass an area where the altitude has made growth very sparse. Then one suddenly sees a rock, and from this surface, so barren, a small plant grows, sticking its head up against all odds. The Life Force has such a great will to manifest that it does so under these unpromising circumstances. This is real Love, not idle talk about Love. What do we know of Divinity? Nothing except that it manifests before our eyes (and, sometimes, in our hearts). When this happens, there is gratitude to Life, we know Love. We do not have to depend on Doctrine or Dogma, things that others tell us. We believe because belief manifests in us as the plant grows on the rock.

Source: *New Mexico TCC News*, August 1997



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

Ed Altman is the Appointed head of 'T'ai Chi Chih.

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

VFJ HIGHLIGHTS



Mighty piney evergreens
spread needles to the sky.
Crystal jewels of rain and snow
bring moist abundance down.
Passing clouds drift crisply by,
signaling winter's hidden gift.
Cleansing forest depths,
the earth prepares for spring.

Dear Readers:

Each *VFJ* issue is made special because teachers and students take time to nourish, serve, and uplift each other by sending their contributions to share with the TCC community. This season, especially, the staff of *The Vital Force* would like to say thank you to each and every contributor. Your generosity of spirit is our reward as we compile each issue to bring you closer together in the spirit of community.

***VFJ* INNER WORKINGS**

Deadline for Spring *VFJ*: February 25

New Submissions Address:

1633 Via Amigos

San Lorenzo, CA 94580-2009

Spring Mailing: March 7th at Lois Mahaney's

Highlights of this Issue

This winter solstice issue overflows with teacher's stories, student expressions, anecdotes, spiritual experiences, and wise words from the ancients. Both Justin and Ed have written about the importance of personal practice and proper preparation for teacher accreditation (see pages 7

and 9, respectively). Of special note is a teaching story by Richard Brier on page 18, an article on TCC in the fitness world on page 16, ideas for reaching potential students on pages 22 and 23, a dateline of reference articles on page 35 and a teacher profile on page 36. Karmic Komments details changes occurring in current publications and videos (see page 37). Events Feedback features teacher trainings from CA, NM, PA, and NC and the Seijaku Accreditation as well as the Fall Meditation Retreat both held in Albuquerque, NM.

Beautiful brush paintings of pine trees and cones are interspersed with well written and heartfelt contributions from teachers and students, making this issue versatile and well-rounded.

As we move through seasonal shifts and the stillness of winter encroaches, may the solstice evergreens provide strength and steadfastness of spirit to you all as you reflect upon the events of the past year and make plans to begin anew in 1998.

Wishing you holiday blessings,

For *The Vital Force* staff,

A handwritten signature in cursive that reads "Roberta".

**Roberta Taggart
Interim Editor**

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READER'S COMMENTARY

WITH THANKS AND DEEP GRATITUDE

I would like to express my gratitude to Liz Salada who has chosen to step down from her role with *The Vital Force*. She has had a dramatic impact on improving the format and presentation of this vital link of the T'ai Chi Chih community, and has left it in very capable hands. Thanks for all your efforts, and for those of the staff and volunteers of *The Vital Force*!

Ed Altman

I was sorry to read that Liz Salada has resigned *The Vital Force* job [Publisher-Editor]. I don't think we realize how much work Liz, and you [the staff] and so many others put into informing us about all the things that are going on. I would like to take this time to thank you for the many jobs you are doing and for making things go smoothly.

Marlene Brown, Cincinnati, OH

APOLOGY FOR A GRIEVOUS ERROR

In our last issue, we erroneously reported that Ira E. 'Bud' Killmon of Owings, MD had died of Lou Gehrig's disease. Bud is 'alive and well' and living in Owings, MD with his wife, Rosemary, who does have Lou Gehrig's disease.

Bud reports that Rosemary, who was quite ill this summer, is now doing much better. Bud took the news that he had met an early demise with calmness and some humor. We appreciate his understanding.

The correct information [that Rosemary was ill with Lou Gehrig's disease] was given to us by Joanna Foltz of Davidsonville, MD at conference this summer. We apologize to all for the error!

Roberta Taggart, Interim Editor

CONFERENCE THANKS!

An excerpt from Tim Stuetz' Letter:

Dear Fellow TCC Teachers and Students,
With all my love and blessings, I want to thank each of you who sent me your love, gratitude, and support in all the beautiful cards, letters, postcards, and writings in *The Vital Force* for hosting last year's conference. It was a joy and honor to serve and be with each of you. I also want to thank those of you (and there were a lot) who stood by their inner knowing, didn't come to the conference and yet supported and inspired my hosting efforts with information, love, coordinating certain things, etc. . . .

Tim Stuetz, Anaheim, CA

Ed. Note: For full text of Tim's letter you may contact him through your TCC Teachers' Directory.

POSTAL HAZARDS

Kristina Newcomer writes: "As my previous check has never surfaced, it must be assumed that it is a victim of the postal "black hole" syndrome. I am enclosing another check for the renewal of my *VFJ* subscription. Sorry for the inconvenience." This note by Kristina reflects one of the problems we continue to have with postal delivery and bulk mailing of *VFJ*. This past issue was particularly distressing - innumerable phone calls and notes reflected the poor service. I talked with the newly appointed supervisor in Oakland and he assured us that he would look into this matter. We are contemplating a new way to get the newsletter to you more expeditiously. Until we can get things straightened out, please accept our apologies for any delay and frustration you may experience.

Lois Mahancy, *VFJ* Coordinator

READER'S COMMENTARY

READERS WRITE

Thank you [VFJ staff] for all of your work to put together such a great newsletter. We ... always enjoy reading it. Peace, Love and Joy,

Doug & Karin Harned, Sunnyvale, CA

I would like to send *The Vital Force* to Sr. Yolanda as a gift just so she can keep in touch with all of us. It would be nice to get Justin's video on a tape that plays in Europe; many speak English so there would be no change to the spoken part.

Marlene Brown, Cincinnati, OH

I am enclosing a subscription to *The Vital Force* since ours expires in September ... Thank you very much for all the work you put into making this happen. It is most appreciated.

Alice Holden, San Antonio, TX

It was wonderful to meet everyone at the recent Teachers' Conference. Thanks for a terrific experience! And many thanks for *The Vital Force*. I always start on it immediately, finish it too quickly, and then re-read, re-read, re-read, etc. It's a real joy to have [VFJ] and to share with students. May the Chi be with you,

Gordon Dixon, Los Angeles, CA

Enclosed please find my cheque for 2 years of VFJ -- Even though I have no time to contribute to the journal, I must tell you how much I enjoy reading it. Only one exception -- the new year one [December '96 VFJ] which informed us about the split up [of] Justin and Steve. You did a great job, even so. I still can't get over it. I like both people and both ways of T'ai Chi Chih.

Ursula Bridge, Victoria, BC

TO OUR READERS

While the previous comments on this page are indicative of the mail regularly received from VFJ readers, it would be unfair to give the impression that all we receive is positive feedback. To date (since the Summer Conference) many subscribers have written to cancel their subscriptions -- unhappy either with the coverage of issues and/or the politics occurring since Steve Ridley's resignation. Additionally, there are a number of subscribers who have neither written, nor renewed their subscriptions. Liz Salada worked very hard to be sure that VFJ did not become a forum for negative expression. This policy will continue. Read on for one reader's comments:

An excerpt from Ralph Garn's letter

I will stop reading or contributing to any/all causes that depress me or help 'bring me down'. This writer has gained much from the teachings and acquaintances of a wonderful movement regardless of where its name has come from or who/what brought it into being. What does any one person/group/side-taker really want?? Enough is enough!!!

Ralph Garn, Syracuse, NY



So be it!

TEACHERS' CORNER

Q&A TEACHING TIPS & TECHNIQUES

If you have a burning question about how to teach some aspect of TCC, then this column is the place for you. Each quarter, we will address a question submitted by TCC teachers or students about some aspect of teaching TCC. Answers will be printed in the next issue. Sandy McAlister of Hayward, CA poses this issue's question: *When teaching, what words or phrases do you use to convey the qualities of 'softness and continuity' to your students?*



Meditation

*Each moment has glory.
Absorb it.
Feel it, take it in.
Breathe it into permanency.
Be renewed.*

Erline Goodell
Danville, CA

VFJ POP QUIZ - WHO WROTE THESE QUOTES?

Answers on page 20.

- 1) "No body owns another body. No mind owns another mind."
- 2) "You should know by yourself what is holy and what is ordinary, what is wrong and what is right - don't be concerned with others' judgments. How many people have ever managed to find out every subtlety? People arbitrarily follow material senses, running like idiots."
- 3) "It is possible to do the hand movements ... sitting in an upright chair - we simply place the appropriate leg in a slightly outstretched position to simulate the correct stance. A definite flow of chi energy can be stimulated in this manner."

SHARED TEACHING EXPERIENCES

Carol Lesch from Milwaukee, WI writes:

Would you please ask in *The Vital Force* for teachers to share what experiences they've had with TCC and Parkinson patients. Have Parkinson patients spoken of any experienced benefits? Have TCC teachers any tips or learnings to share after teaching Parkinson patients? I've taught 2 groups of Parkinson patients. I'd be grateful [if you'd ask your readers].

Teachers are welcome to reply.

Teacher's responses to this issue's questions about teaching tips and techniques and teaching experiences will be printed in the next issue.



SPONSORING A TCC-RELATED EVENT?

The VFJ staff realizes the importance of communication between TCC teachers and students. With that view in mind, we would like to provide a voice for teachers who are planning an event and who, as requested by VFJ, do not use the Directory as a mailing list.

We would be willing to announce a TCC-related event, giving the name of the sponsoring teacher, the area in which it is being held, and including the request that a SASE (Self Addressed Stamped Envelope) be sent to the sponsor requesting further information. The announcement would be placed in the Teacher News section of VFJ and would look like this:

Host: Peter Pit **Event:** TCC Peach Festival
Area: Peach County **Location:** The Peach Pit
Dates: March 10-11, 1998 **SASE to:** Peter Pit,
1234 "Z" Ave., Peacharino, ZO 99999

NOTES TO TEACHERS

MINDFUL PRACTICE, CHI REFINEMENT, AND SELFLESSNESS

Ed Altman, San Rafael, CA

T'ai Chi Chih is a profound spiritual discipline because it not only teaches us how to move with the Chi, but it actually transforms us in the process. This is why the intent we apply to our practice and the way we use the resulting Chi are very important.

According to Yogi Bhasava, who is quoted in *Return to Shiva*, we are born in direct response to our karma, the "reminiscence of the prior acts of the body". We are condemned to be reborn based on (the intent of) our past actions. These are the laws of cause and effect. Many of us work to "clear out" our karma so we will not need to be reborn again. But *who* is reborn?

The Chi determines who and what we are, and one may think of karma as a form of fixed "energy debt" which must eventually be paid. When "Jane Smith" dies, the residual karma necessitates the birth of another to cover the debt. But is it the same "Jane Smith" who is really reborn? It was the energy that created the personality traits and level of awareness that characterized "Jane Smith" in the first place. Unless that energy is transmuted by T'ai Chi Chih or another discipline, another being of similar traits will be created. The two beings who share this karma are not the same; they are simply products of it.

When we practice T'ai Chi Chih, we are really working for the benefit of others ...

T'ai Chi Chih is a profound spiritual discipline because it not only teaches us how to move with the Chi, but it actually transforms us in the process. This is why the intent we apply to our practice and the way we use the resulting Chi are very important. As mentioned above, it is the

intent, not just the action, which creates or dissolves karma. This is why Justin has instructed us to "never do T'ai Chi Chih carelessly". There is too much at stake!

When we work selflessly for the benefit of others our ego is released, and the truth of our interconnectedness becomes clear.

When the Chi is flowing freely, one feels a sense of deep gratitude, and the natural tendency is to want to share this with others. When we practice T'ai Chi Chih, we are really working for the benefit of others ... even the being who receives benefits in a future life is really an "other"! What does this say about the self? Why not use the power of the Chi to spread healing and encouragement to the world rather than focusing solely on personal gain? This is not always easy to do, but it brings great rewards because it is fundamental to the laws of energy. My Zen teacher called this "putting energy back into the system."

The phrase "All is one" is often heard, and although it is true, there are few humans who really embody this. When individuals work for their own selfish motives, they are doomed to remain unconscious and separate. Quoting words is not enough ... they must be embodied in action! When we work selflessly for the benefit of others our ego is released, and the truth of our interconnectedness becomes clear.

Necessary Emptiness

*Possibilities
can not flow
into a crowded vessel.*

*Wishing to receive
one must stand still
in the void.*

*Emptying
and release
invites*



*Cranes in a Pine Tree
The Crane --
is a symbol for longevity*

Full

*Life wells up inside
churning, creating,
maturing
until a certain moment
when it floods up,
overflows
and pours itself out
onto all its scattered parts*

*effervescence
boils over
shimmering
all around*

PROPER PREPARATION IMPORTANT TO T'AI CHI CHIH

The objective of Teachers' Training Courses is to show students how to become teachers --- it is not to teach them T'ai Chi Chih. Supposedly, candidates' teachers have taught them how to do TCC well and have screened them for their potential capability to be teachers.

From this it is obvious that the candidates coming to a Course must do proper T'ai Chi Chih; to have various candidates doing different versions of the form would invalidate the Course. Not only are the correct movements all-important, but TEH (power of Inner Sincerity) must be stressed and this cannot be done where there is confusion and disagreement.

Today there are any number of different schools of T'ai Chi Ch'uan, which originally had 108 movements. There are teachers compressing this

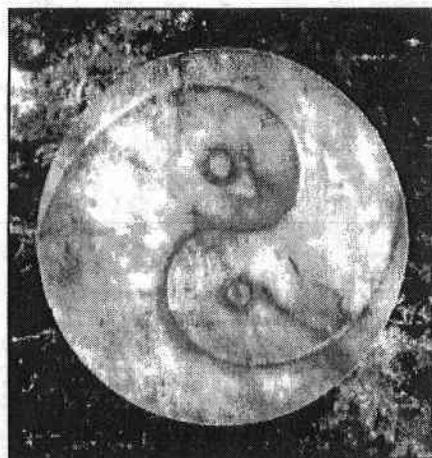
form into 37 movements, and others teaching 17 movements. This is one reason why T'ai Chi Ch'uan has made little progress in the West. Teaching it in different ways may make money, but it hardly benefits the beautiful Form and does not work for expanding its following -- there is no TEH and no uniformity.

Any thinking person will realize that those coming to Courses must be well-prepared. Politics and misplaced emotion (based on false information) have no part in preparing future teachers. Fortunately, on my June swing thru the East I was able to straighten matters out in several places, and graduates coming out of the nine Teachers' Courses since mid-March have been well-prepared to be good teachers. T'ai Chi Chih is on the upswing and will fulfill its destiny to help people.

The Way

To Confucius *tao* became the 'way' of moral rectitude -- the way we do what we do. It was Lao-tzu who interpreted Tao as the law, or truth of the universe, the oneness from which sprang the ten thousand things, each of which contains within it the law or *tao* of its own being. In Taoism, to see not only things but the *tao* of things, is to follow the *Tao*.

From: The Spirit of the Chinese Character,
Barbara Aria, 1992, p. 19



The Tao -- The Way

NEW TEACHER WRITES

MY TCC JOURNEY Dale Buchanan, Great Falls, VA

After seeing Carmen on the TV program, I knew right away that I wanted to become a T'ai Chi Chih instructor. I had been teaching various martial arts including Tae Kwon Do and T'ai Chi Chuan for 10 years, and recently started a personal fitness training business. T'ai Chi Chih was something that I initially wanted to learn so I could teach it to my clients with medical and health conditions such as arthritis, fibromyalgia, and chronic fatigue. After studying with Christina Tillitson (who recently moved back to San Diego) for almost a year, I was ready for teacher's training - so I thought. **LITTLE DID I KNOW THE MANY LESSONS I WOULD LEARN OVER THE NEXT SIX MONTHS.**

In November 1996 I signed up for the teachers training to be held in April 1997 at Melbourne, KY. I assisted Christina, practiced regularly, and committed myself to completing this final step in my journey. The week before the training I wanted to back out. I was nervous, uncomfortable, and indecisive about going to Melbourne to study with 12 ladies (I was the only man except for Ed Altman). Not only that, I was asked to stay at a Convent, sleep in a little room, and eat all my meals at specific times with the other students (as well as all of the nuns). I called another instructor, Corrine Thomas, who assured me that everything would be fine and that I would actually enjoy the training and the people. Her talk convinced me to stay with my original plans and I was on my way to Kentucky.

I knew I was not thinking wisely. I was judging the entire situation, the people, and the location before actually knowing. When I arrived I was greeted with warmth and kindness by everyone. My fears and negative thoughts were starting to

diminish as the first night came to an end. It wasn't so bad after all and the people were just like me and there for the same reason.

I started out the week isolating myself from the rest of the group as I stayed in the nearby hotel and ate most of my meals alone. I was still thinking about work and personal situations back home. I knew I had to "let go" of those and be connected to the rest of the group in order to fully enjoy and experience the teachers training. By the middle of the week I had made a change. I ate with everyone, practiced with everyone and became spiritually connected with all of them. I never felt so much love come from one place before. I stopped judging, let go of my problems, and had the best experience of my life.

The 10 hour drive home was so peaceful and my mind was so empty that I had to turn the radio off (which I usually have on constantly) for the entire trip. Imagine driving alone with no sound except that which was created by your thoughts. This has never happened to me before and I knew my life was in for a big change.

After returning home I practiced every day for 2 months before my first presentation to let everything Ed and Noel taught me sink in. I started to feel the Chi guide and direct my life in a new way. For once in my life I had complete faith in my internal instincts. The T'ai Chi Chih was talking to me and I was listening. Ed says the Chi is intelligent energy and to let it guide us in every aspect of our lives. The teachers training helped me to "let go" and have the certainty that everything is happening for a reason. Needless to say, I learned a great deal more than a refinement of my movements. **I LEARNED ABOUT LIFE!**

TEACHER WRITES

Poetry: 20th Century Psalms, Justin Stone, 1988
Art: Chinese Painting Techniques,
Alison Stilwell Cameron, 1968

FIRST HAND EXPERIENCE Carmen Brocklehurst, Albuquerque, NM

Many present day students of ancient saints and wise men wish they had had the opportunity to study directly with the master. Such an opportunity is a treasure, but it is also a responsibility. The gift is meant to be passed on.

Justin has often said, "Tai Chi Chih is for everyone." It is. Because of the Tai Chi Chih TV program many more than our small community of 1500 - 2000 Tai Chi Chih teachers have had the opportunity to experience the wisdom of Justin Stone. The letters and telephone conversations that I have had with these distant students of Tai Chi Chih demonstrate that they recognize and appreciate the gift that Justin has given all of us to share.

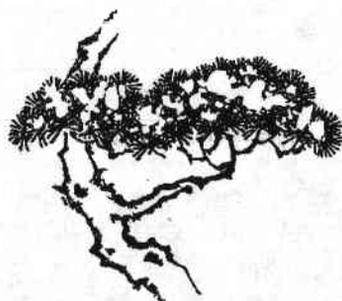
My heart overflows with joy when I have the opportunity to meet people who have seen the show. Some may never have ventured into a TCC class on their own. But because of the TV series, many have begun to practice with the guidance of an accredited teacher in their area or, if there is [no accredited teacher], with the assistance of a videotape.

Both here in New Mexico, and when I am away from home, people approach me and say, "We sure do enjoy the Tai Chi Chih program. Thank You." If this happens when I am with Justin, I introduce them to him. For some it is so overwhelming that they don't know what to say. They smile and shake his hand and quickly leave. Others respond as if they are reuniting with a long lost friend. It is an honor to play a part in bringing Tai Chi Chih to others.

Faithful Tai Chi Chih practice reunites all of us, far and near.

*Does
anyone
own the
smell of
flowers?*

*How many
'hear'
the
falling
snow?*



*Only
the
human
heart
hears
the
falling
snow.*

GETTING STARTED

Art from Chinese Painting Techniques,
Alison Stilwell Cameron, 1968, out-of-print

A GIFT OF TEA Carrie Kinsey, Concord, CA

When I start out with a new class one of the first things I give them is a handout called "Tips for a Comfy Practice." It has funny pictures and such reminders as, "wear loose comfortable clothing," "wear comfortable shoes," "avoid cold fluids afterward," and "have a nice cup of tea." The students in my Saturday morning class took my last suggestion seriously and decided that before

we leave class for the week we should all have a nice cup of tea together. I told them to work it out among themselves, and they did! Each week a different student brings a thermos of tea. When I came across this poem about gratitude for a gift of tea I thought of them, and then decided to share it with other TCC teachers through *VFJ*.

From
In Gratitude for a Gift of Fresh Tea
Lu Tong, Eighth Century Chinese Poet



*The first bowl moistens my lips and throat;
The second bowl banishes all my loneliness;
The third bowl clears my mind of words and books.
At the fourth cup, I begin to perspire —
life's troubles evaporate through my pores.
The fifth cup cleanses my entire being.
Six cups and I am in the realm of the Divine.
Seven cups—ah, but I can drink no more:
I can only feel the gentle breeze blowing through my
sleeves,
wafting me away to the Isle of Immortality!*

THE 23RD PSALM

— Paraphrased —

*The Chi is my shepherd,
I shall not want
It maketh me to lie down in the green pastures
of harmonious living,
It leadeth me beside the still waters of Being,
It restoreth my Soul daily.
Yea, though I walk through the valley of the
shadow of separation
I will fear no evil, for non-duality is with me.
Thou preparest a table before me in the presence
of the 10,000 things,
Thou annointest my head with liberating truth,
my cup runneth over.
Surely goodness and mercy shall follow me
all the days of my life
and I will dwell in the
Ocean of Chi forever!*

Richard Brier,
Tiburon, CA

THE MAN WITH THE BLUE HANDS

Rosalind L. Braga, Castro Valley, CA

In late September '97 I had the joy of presenting T'ai Chi Chih at Santa Sabina Retreat Center as one aspect of spirited practice during the 4-day retreat. Through prayer, singing, chanting, T'ai Chi Chih and silence we came into the peaceful presence of The One.

On Saturday afternoon the spiritual leader of this retreat (M.H.) had an unusual experience which he expressed in this way:

"During TCC practice this afternoon I became aware that my hands were stiff with Chi, so rigid that I could not bend my fingers. I looked down

and saw a spark leap from my wedding ring. Then I noticed that my hands appeared to turn blue. Yes, blue! At that precise moment I felt a healing sensation throughout my whole body and I KNEW I was healing and that I would be all right."

His excitement (and astonishment) were shared with the group right after our TCC practice. We could SEE the joy and laughed when he said,

"You're probably going to think this is just a ghost story or something, but it isn't. It really happened!"

LETTER FROM A STUDENT

Submitted by Richard Brier, Tiburon, CA

Dear Richard,

I want you to know how much I appreciate the time and effort you have dedicated to me over the past two and a half months. You were referred to me as someone who might help me learn qigong. Mission accomplished! You not only taught me Shibashi Qigong but also T'ai Chi Chih. More importantly, you shared your considerable knowledge about Chinese philosophy as it relates to T'ai Chi and you imparted your love and enthusiasm for the discipline. All of this has been so very helpful to me in my efforts to heal myself of cancer...

...Thank you Richard. Thank you so much for your contribution to my health. You are a great teacher and a good person.

Sincerely,

Kay Monroe Farrell

In January of 1995 I was diagnosed with metastatic colon cancer which gave me a 20% chance of surviving five years. Since I was only forty-nine and had been in excellent health until the diagnosis I was shocked, outraged and scared beyond words. I vowed to fight for my life with all my might using both conventional western medicine and alternative medicine. Over the next twelve months I had two surgeries which removed twelve inches of my colon, sixty percent of my liver and every other organ in my abdomen that I could possibly live without; and I went through seven months of chemotherapy. In addition I have read all I could about alternative medicine and experimented with yoga, the macrobiotic diet, guided imagery, acupuncture, Chinese herbs and mega vitamin therapy.

Many of the alternative therapies were helpful to me, but I was unable to find anything to keep me mentally at peace and in the present moment. Fear and anxiety about the cancer was taking its toll on me. In May, 1997, my worst fears were answered: another tumor was found in my lungs. I found a surgeon who was willing to remove the tumor. Six weeks later my CEA, which is a blood sample indicator in the progression of the cancer, was higher than ever before. My oncologist gave me a grim speech about my prognosis, refused to give me more chemotherapy and suggested that I "enjoy my life."

Last week my CEA was lower by 89% over the previous blood work. That is the first decrease in my CEA in one and a half years! I believe that the daily one to two hours of Qigong and T'ai Chi Chih are responsible for these remarkable physical and mental improvements.

It was shortly after my hopes were dashed by the oncologist that I found you to teach me qigong and I have been so pleased with how my mental and physical well-being has improved. Suddenly I am no longer anxious about the cancer. I have finally learned to live in the present moment; more importantly, I have learned to find total peace and joy in the present moment. Last week my CEA was lower by 59% over the previous blood work. That is the first decrease in my CEA in one and a half years! I believe that the daily one to two hours of Qigong and T'ai Chi Chih are responsible for these remarkable physical and mental improvements.

TEACHERS WRITE

SERENITY AND THE SNAKE Mary Stebbins, Baldwinsville, NY

Shortly after I returned to the museum where I work (from my T'ai Chi Chih teacher accreditation week), I had a terrible problem with my computer and spent my entire lunch hour attempting, unsuccessfully, to solve the problem. At 1:00 PM I had to do a live animal demonstration with a large boa constrictor, and the snake was very tense and restless. I spent the entire half hour of the demonstration wrestling with the snake and was tired and cross by the time the demonstration ended.

The next day, during lunch, I was still having trouble with the computer, but near the end of my lunch hour, I decided, for my own peace of mind, to stop and do T'ai Chi Chih. I only had time for a short set of five moves, but I

discovered it made quite a difference in the snake. After a few minutes, the snake settled down quite a bit, and only moved around a little. The next day, I did a full set of T'ai Chi Chih during lunch, and when I sat down to do the demonstration, the snake settled comfortably in my lap, laid his head on my hand and never moved once during the entire half hour demonstration.

Since then I have experimented a number of times, and have learned what a wonderful difference T'ai Chi Chih makes in my ability to handle the snake and other animals at the museum. They seem to immediately sense a difference in the quality of my chi and respond accordingly, which makes my job much easier.

THE VALUE OF AUDITING AN ACCREDITATION Sharon Sirkis, Columbia, MD

As a newly accredited teacher (Mahwah, NJ, 7/97), I found the presence of auditing teachers Ralph Garn and Edie Budney a delight, as well as a great help! As a result, I was inspired to audit the PA training (9/97).

Ten Reasons to Audit a TCC Accreditation

1. You'll make new friends.
2. You'll experience the joy of helping candidates with their TCC moves and presentations.
3. You'll refine your TCC moves.
4. You'll be privy to further TCC insights from Ed and Noel.
5. You'll be introduced to enlightening books written by Justin and others.
6. You'll come away with good ideas from candidates' presentations.
7. You'll laugh and laugh and laugh!
8. You'll take a personal look at yourself - if you have the courage to do so!
9. You'll bring home a fresh approach to your teaching.
10. You'll re-confirm that TCC is truly a treasure!

T'AI CHI CHIH IN THE FITNESS WORLD

Dale Buchanan, Great Falls, VA

Have you ever been to the gym and seen the people reading a magazine while riding the recumbent bike or watching TV while on the Stairmaster? I have often asked myself "What are these people actually doing here?" Are they really paying attention to what is happening inside the body? Do they even care? Are they aware of their heart rate, what muscles are being worked, if they are doing enough exercise, or if they are doing too much?

My conclusion is that these people are actually numbing themselves from the exercise. They are being mindless--disconnecting from themselves just to get through the workout. Their bodies stay the same year after year because mentally they're not even at the gym. They're still home sitting on the couch.

T'ai Chi Chih is the exact opposite of these methods. T'ai Chi Chih is true "mindfulness" in motion and it is the easiest way I have found to really connect the mind and body. Not only are you fully aware and sensitive to what is happening while practicing T'ai Chi Chih, but you're also centered, balanced, focused, and able to concentrate better without any effort at all. After practicing T'ai Chi Chih for a short period of time the benefits begin to translate into other areas of your life.

How does T'ai Chi Chih fit into a fitness program? Imagine doing a set of curls and actually feeling the weight through the *entire* range of motion. Imagine being on the treadmill and feeling *exactly* what is happening to your

body. How much sweat is dripping down your back? Are you working up to your potential? Which muscles are actually being worked? T'ai Chi Chih puts you in tune with your body and sharpens your natural instincts, allowing you to sense when you are over training, haven't eaten enough, need to work harder, or need to take a few days off from the gym.

The circulation of the Chi helps supply real energy to your body. This is different from drinking a cup of coffee or loading up on sugar to increase performance. This "internal power" is always ready on command, unlike a quick burst of energy from a drink or sports bar.

Adding the softness of T'ai Chi Chih to any fitness program will provide a balance. It compliments the "harder" aerobics and weightlifting exercises that are popular in most health clubs. As for my personal testimonial--my workouts are more efficient and my recovery time has been cut in half. That means more time to practice T'ai Chi Chih!



MY CYCLIC EXPERIENCE OF T'AI CHI CHIH

Adria Neumann, O.P., Dubuque, IA

Tree-rooted Childhood: Connecting with the bubbling spring beneath my feet puts me in touch with my spontaneous, joyous child-self, free to discover, explore and express the life-energy source within me.



FALL

Maturing Power of Seniorhood: Stability in the midst of crises, calm when surrounded by chaos, peace in coping with pressures, clear-thinking in times of confusion are a few of the precious, ongoing benefits that I believe will be life-long for me as long as I remain faithful to my T'ai Chi Chih practice, either physically or mentally.



SPRING



SUMMER

Fruitbearing Adulthood: Not only are the benefits of T'ai Chi Chih practice cumulative for me, that are also additive--giving birth to wisdom, creativity, inner strength, peace and more of whatever personal resources are needed for me to experience a productive, fulfilling life.



WINTER

Flowering Maidenhood: The refreshing, renewing, life-giving release of energy within me, that comes with the yin-yang movements, awakens and sustains a youthful, vibrant spirit within me.

A TEACHING STORY

THE PRACTICE OF PRACTICE

Richard Brier, Tiburon, CA

It was very still in the early morning when he went to the park.

He was as regular as the sun, he considered a day without practice a waste of time.

His only company was the birds, the gorgeous sky, and the great mountain. He was as regular as the sun, he considered a day without practice a waste of time. For when he practiced he became an ancient sage, a new-born baby, he became as exalted and as humble as the grass. He became a beginning student of the Great Way, he became a lover pursuing his beloved with relentless yearning, he fused with the unfolding moment. And he had practiced this way since he was very young. As a boy he would walk as straight a line as he could. It was a game he played with himself, one step in front of the other, straight and true. And when he played sports, he only cared about the flow of the game. When he shot a basketball, there was the perfect release from the fingertips and the ball going to the sky for a short visit to heaven before descending through the net with the great sound of *swish*. He had always been delighted by those Zen moments, perfect, effortless and complete.

And when he had been a Ping-Pong champion at age 16 at the Boys Club of America in Brooklyn, New York he had loved the flows of the rallies and hitting the ball just right, just to the intended place with just enough power to spin to win the point. And all of this was why he practiced in the park each morning. What he practiced was modern T'ai Chi which was called "instant

energy." The movements were a simple and a sacred ritual. He moved beautifully and had the grace and power of a torrential river moving in slow motion. Watching him was magical because you could see this energy in him, an almost visible aura released from the confines of the flesh. When people watched him they felt harmonious and released from their burdens. He taught many people. Few practiced alone. It was strange, for they loved to do it with him. They almost all said they were too busy to practice. And that was just the point. Practice is not another thing to do on an endless list.

He knew that only practice nourishes the deep self at the center of endless activity.

He thought of it as freedom, a quiet space to breathe, a place to delicately touch the essence of life. He knew that only practice nourishes the deep self at the center of endless activity. So he practiced for the whole world. And he practiced for joy, for love, and for communion. He practiced so that he would remember to remember. The doom of man is that he forgets his own infinite being. For him and all who know its secret, practice is everything and can be done anywhere, either externally in the form or internally in mind-heart. And besides, it was great fun to know that it is all the play of consciousness, the cosmic dance of creation.

When he went to the park it was very still, early in the morning. His only company was the birds, the brilliant sky, and the great mountain. He was as regular as the sun, he considered a day without practice a waste of time.

FROM THE SAINTS AND SAGES . .

Art from Chinese Painting Techniques,
Alison Stilwell Cameron, 1968, out-of-print

Flowing change between
the static and the dynamic ...

*Taoist philosopher and metaphysician
of the Sung dynasty, Chow Teng-yi*

(1017-73) writes in

A Diagram of Tai-chi:

Wu-chi, then Tai-chi.

Tai-chi moves, generates yang.

Stillness generates yin.

Yin to the extremity, moves again.

One move,

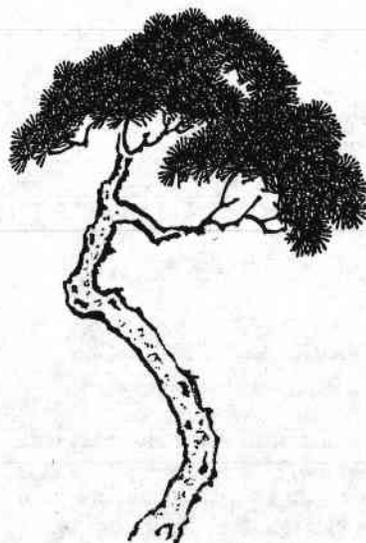
one stillness,

supplemented at their root.

Differentiates yin,

differentiates yang,

two poles established.



Theory of Tai-chi and
yin and yang

Wang Tsung-yu,
in his

Tai-chi Chuan Treatise,
wrote:

Tai-chi comes from Wu-chi,
it is the mother
of yin and yang,

In motion yin and yang
differentiate;
in stillness,
they integrate.

CALENDAR NOTES

ENTERING THE COSMIC RHYTHM AT THE 13th ANNUAL T'AI CHI CHIH TEACHERS' CONFERENCE

The New Mexico teachers are pleased to announce we are hosting the 13th annual T'ai Chi Chih Teachers' Conference in Albuquerque July 17, 18 and 19, 1998. Included with this issue you will find your registration form. Printed on that form is the Conference Mission Statement. I hope you will take a moment to read it.

Justin has kindly agreed to lead us in deep meditation. His 35 years of study and practice, much of it in the Orient and with great teachers, has prepared him for this. We believe it will greatly deepen your experience at the conference. There are other surprises waiting for you and we will, of course, have abundant time to spend refining and deepening our T'ai Chi Chih.

We welcome your ideas and suggestions. This is your conference! Thanks to those who have already called or written with recommendations. In keeping with the practice of last year's conference, scholarships will be available based

on donations from conference attendees. Thanks for your support.

This is an important time in the young life of T'ai Chi Chih. I personally have had much pain and sadness with all of the changes of the last year. However, through continued practice, and a willingness for honest introspection, I have emerged with greater clarity and dedication to T'ai Chi Chih than I had previously thought possible.

The 13th Annual T'ai Chi Chih Teachers' Conference is our time to come together, nurture and sustain one another, witnessing the mystery and miracle that is T'ai Chi Chih. It is destined for greatness! We look forward to our blessed reunion with you in July.

Holding all in light and love,

Rhonda St. Martin
1998 Conference Coordinator

ENTER THE COSMIC RHYTHM

CONFERENCE DATES

JULY 17, 18, and 19, 1998

See flyer enclosed with this mailing.

Reserve these dates now!



VFJ Pop Quiz Answers:

1. Paul Reps, *Let Good Fortune Jump on You*, 1990, Good Karma Publishing, p. 28-29.
2. Zen Master Fenyang, *Zen Essence (The Science of Freedom)*, Shambala, 1995, p.26-27.
3. Justin Stone, *T'ai Chi Chih! Joy Thru Movement*, Good Karma Publishing, 1996, p. 97

1998 T'AI CHI CHIH EVENTS CALENDAR

TCC ACCREDITATIONS

Apr. 20 thru 25, 1998 TCC Teacher Training
Location: Indianapolis, IN
Contact: Sr. Patty Campbell, O.S.P.
 17442 St. Mary's Road
 Batesville, IN 47006
Ph: 812/933-0870 (h)
 812/934-2475 (w)
Teacher Training Fee: \$ 450.00

Deadline: April 6, 1998

June 1 thru 6, 1998 TCC Teacher Training
Location: St. Paul, MN
Contact: Rita Foster
 2005 - 2nd Avenue, S.
 Minneapolis, MN 55404-2602
Ph: 612/872-8624
Teacher Training Fee: \$ 450.00

June 22 thru 27, 1998 TCC Teacher Training
Location: Albuquerque, NM
Contact: Beverly McFarland
 P. O. Box 104,
 Cedar Crest, NM 87008-0104
Ph: 505/281-3515 (h)
Teacher Training Fee: \$ 450.00

July 27 thru 31, 1998 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)
Teacher Training Fee: \$450.00

SEIJAKU CERT. & OTHER TCC EVENTS

May 29 thru 31, 1998 Seijaku Accreditation Course
 with Ed Altman
Location: Moye Spiritual Life Ctr.
 Melbourne, KY
Contact: Marlene Brown
 653 Cranford Drive
 Cincinnati, OH 94540
Ph: 513/742-1866
Accreditation Fee: \$ 300.00
Auditing Teachers: \$ 20.00



Submitting Events Calendar Information

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 dates, deadlines, deposit, fees, phone/Fax number(s), and address of person to contact.

Event Hosts Submitting Articles

Hosts for TCC events, please send in your write-ups to *VFJ* as soon as possible after your event occurs. You may include photos (if taken) and names of individuals (if known), poetry, students/auditing teachers remarks, and art work may also be submitted.

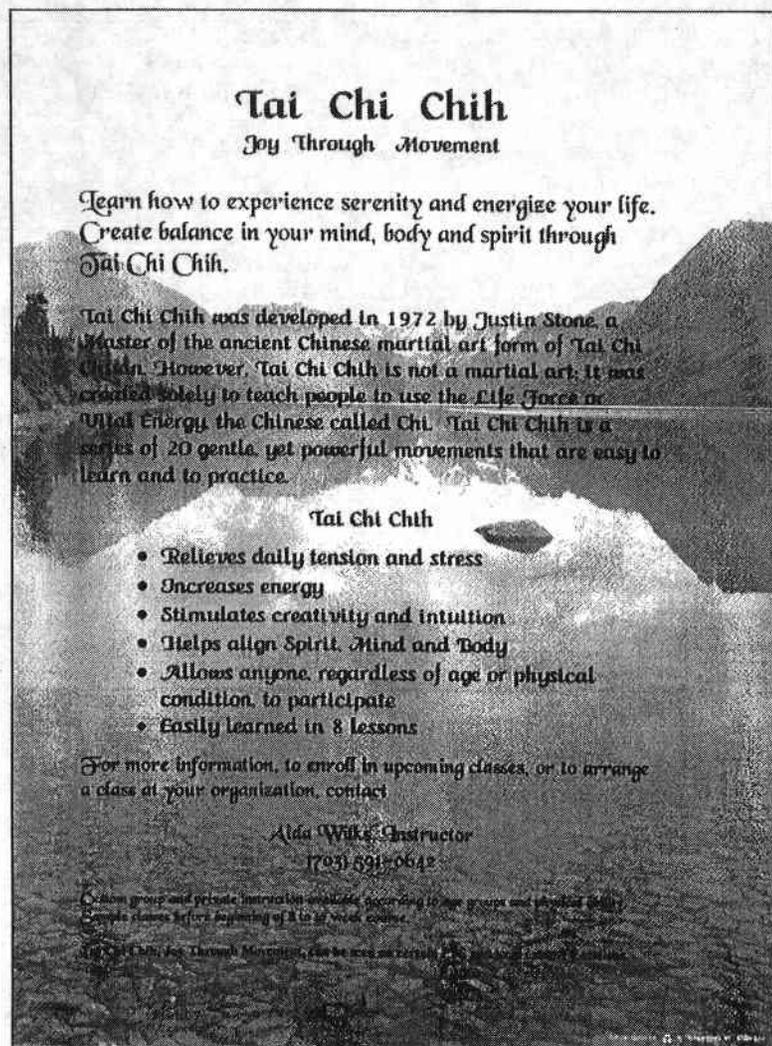
Thanks! *VFJ* Staff

SPRING *VFJ* SUBMISSION DEADLINE: FEBRUARY 25th
SUBMISSIONS INFORMATION ON PAGE 36
SPRING MAILING: MARCH 7th AT LOIS MAHANEY'S IN SAN LORENZO, CA

REACHING POTENTIAL STUDENTS

SAMPLE FLYER

SAMPLE BOOKMARK



Tai Chi Chih

Joy Through Movement

Learn how to experience serenity and energize your life. Create balance in your mind, body and spirit through Tai Chi Chih.

Tai Chi Chih was developed in 1972 by Justin Stone, a Master of the ancient Chinese martial art form of Tai Chi Chuan. However, Tai Chi Chih is not a martial art. It was created solely to teach people to use the Life Force or Vital Energy, the Chinese called Chi. Tai Chi Chih is a series of 20 gentle, yet powerful movements that are easy to learn and to practice.

Tai Chi Chih

- Relieves daily tension and stress
- Increases energy
- Stimulates creativity and intuition
- Helps align Spirit, Mind and Body
- Allows anyone, regardless of age or physical condition, to participate
- Easily learned in 8 lessons

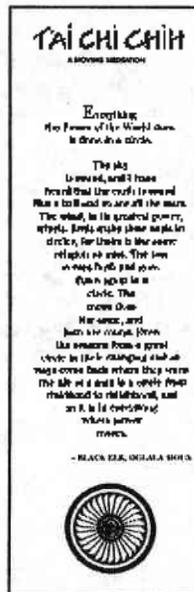
For more information, to enroll in upcoming classes, or to arrange a class at your organization, contact

Aida Wilks, Instructor
1703-591-0642

Custom group and private instruction available according to age groups and physical ability.
Sample classes before beginning of 8 to 12 week course.

Tai Chi Chih, Joy Through Movement, can be used as either a

The bookmark series by Linda Braga of Castro Valley, CA are very popular among teachers. She has three such series - each containing poetry of a different nature, including one set of Native American sayings. Below, is perhaps her most popular bookmark with an inscription by Black Elk (Ogalala Sioux) which begins, "Everything the Power of the World does is done in a circle."



TAI CHI CHIH

A MOVING MEDITATION

Everything
the Power of the World does
is done in a circle.

The sky
is round, and I know
that all that lives and moves
has a circular motion.
The wind, in its greatest power,
spiral. Every study shows people in
circles, for circles is the center
of light and love. The sun
always runs in a circle.
Even light is in
circles. The
moon does
her work, and
just as the stars, I know
like someone from a great
center in the beginning and as
they come back returns they were
the life and a soul is a circle from
the heart to the forehead, and
as it is in everything
which moves
travels.

- BLACK ELK, OGALALA SIOUX



This flyer was sent to us by Aida Wilks from Fairfax, VA. Printed on picturesque 8 1/2 X 11" paper, it describes the benefits of TCC and its origins along with information on types of instruction available and a phone number to call. This flyer is simply designed, yet eye catching because of the beauty of the paper.

REACHING POTENTIAL STUDENTS



*Serenity
in the midst of Activity*

Tai Chi Chih

80 health, mind/body, relaxation exercises which reduce stress and bring harmony to your life. Guaranteed state of tranquil peace for 10 min.

A walking meditation you can practice anywhere, anytime.

Stress your mind/body patterns which develop balance, strength & coordination. This practical skills program is needed. Ready to do it now or play when you have free time.

For people of all ages and physical abilities.

Therapeutic all kinds of injury - skeletal, sprains, neck and oral physical. Top and bottom your lower strength.

Call teacher for class registration to be added to the mailing list or for general information call **921-9164**.

FALL CLASSES:

Tara Shaw 454-6626
In a room of the name of the 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

ELORA'S COMMUNITY CENTER

Tuesday Evening Level 1	5:45 - 7:15 pm	9/9 - 10/14
Thursday Evening Level 2	7:30 - 9 pm	9/23 - 10/29
Thursday Evening Level 3	7:30 - 9 pm	10/23 - 11/6
Friday Level 1	8:45 - 7:15	10/24 - 11/11

Navay Road 984-6464
Newest Tai Chi classes are held at the school for 4-6 weeks on a weekly basis. For more information call Navay Road Tai Chi Center. Tai Chi classes challenge you to stretch and relax in a safe and fun environment.

SHALER/SUTHER CAMPUS

Monday Evening	5:45 - 6:45 pm	10/6 - 11/24
Thursday Morning	7 - 8 pm	9/30 - 11/18
Thursday Evening	11:45 - 12:45	10/2 - 11/20

SUTHER MEMORIAL CAMPUS

Wednesday Afternoon	3:45 - 4:45 pm	10/1 - 11/19
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Judy Trethewey 921-9189
Tai Chi classes are held at the school for 4-6 weeks on a weekly basis. For more information call Judy Trethewey Tai Chi Center. Tai Chi classes challenge you to stretch and relax in a safe and fun environment.

KAREN RAMANENTE - RAMONICO CONDOVA

Wednesday Evening	5:15 - 6:30 pm	9/10 - 10/15
Wednesday Evening	5:15 - 6:30 pm	11/5 - 12/10

Movers of furniture and Pacific for connecting systems
3:15 - 7 pm
Classes 22 & 29

NATIONALS BRANCH CLUB

Monday Afternoon	1:30 - 3	10/1 - 10/29
Wednesday Evening	4:35 - 7:35	10/1 - 10/29

QUANIN TAI CHI - JUDY'S HOME

Tuesday & Thursday Morning Beginning Class	9 - 10:30 am	10/7 - 10/30
Tuesday Evening	5:30 - 6	9/23 - 10/28
6 - 6:30		
6:30 - 7:30		

Movers of furniture and Pacific for connecting systems
3:15 - 7 pm
Classes 22 & 29

SAMPLE FLYER
This 8 1/2 X 11" mailer features the names and classes of several TCC teachers and information about TCC. Sent to us by the Sacramento TCC Teachers, it is an appealing way for teachers to pool their resources and reach potential students. The front of the mailer has a poem, pertinent mailing information and a list of Group Practice times, etc. on the reverse side.

The Sun of Tai Chi Chih

What is Tai Chi
Serenity in the midst of activity

The Tai Chi Chih
A walking meditation you can practice anywhere, anytime.

Stress your mind/body patterns which develop balance, strength & coordination. This practical skills program is needed. Ready to do it now or play when you have free time.

For people of all ages and physical abilities.

Therapeutic all kinds of injury - skeletal, sprains, neck and oral physical. Top and bottom your lower strength.

Call teacher for class registration to be added to the mailing list or for general information call **921-9164**.

SAMPLE BOOKMARKS
The bookmark at right features original poetry by TCC teacher **Robert Montes De Oca (Albuq., NM)** who is also a member of the TCC Association's Board of Directors. His poetry is available in Spanish as well, which is his native language.

At right, is **Carrie Kinsey's (Concord, CA)** bookmark which she leaves at stores and places she teaches with a simple and effective message to call if interested in classes or instruction.

Tai Chi Chih

A Joyous Moving Meditation



For
Information
on Classes
or Private
Instruction
Call Carrie
Kinsey,
Accredited
Tai Chi Chih
Instructor
(510) 676-1858

TEACHERS WRITE

NEW TEACHER WRITES ABOUT REGULAR PRACTICE

Dan Pienciak, Ocean Grove, NJ

I am happy to report that I've been faithfully practicing daily, often on the beach at sunrise a few blocks from my apartment dwelling. I am especially impressed in the power of the Chi to break the "habit energies".

I am going through quite a difficult time personally with a lot of pain and grief and loss. I know the power of the Chi from regular practice

is keeping me grounded spiritually and protecting me from the ravages of depression, and stunted growth in living, from the stress of my situation.

I am extremely grateful to have been a part of the week with all those outstanding people! Thanks again, Ed and Noel, for the great accreditation week at Carmel [in Mahwah, NJ].

SEJAKU - THIRD TIME'S A CHARM

Marlene Brown, Cincinnati, OH

Seijaku [is] a mystery to many newly certified TCC teachers. When I would ask what is Seijaku, how do you do it, the answer was silence or "You have to find out for yourself." So in March of 1993 I did fly to San Francisco from Cincinnati to get certified in Seijaku.

Here are my feelings and thoughts about it. The first thing a sponsoring teacher should do is find an appropriate 'quiet' place. My certification was held in a hotel conference room with many other such rooms on the same floor, one being used for a wedding. Needless to say, it was a loud, distracting experience.

I left that weekend feeling cheated out of almost \$1,000 with my airfare and no great insight into this Seijaku mystery! So, I never practiced that elusive something. My next experience [with Seijaku] was at the Teacher's Conference in Denver. I took full advantage of this 'free'

refresher course. I have to admit I came back to Cincinnati with a better feeling about Seijaku, but still not too excited.

The third time was the charm. Ed and Noel came here for the teacher's certification class. [During] some free time, Ed would lead Noel and myself in Seijaku.

I must have been ready for something new and exciting. Like a light bulb that was turned on, my mind and body responded to these old yet new moves. Guess I was finally ready with body, mind and spirit!

All I can say to those who have yet to try Seijaku [is] "Go for it." Don't get discouraged if the light does not come on the first time; keep trying, it is well worth it.

Thanks, Ed, for turning on the light for me.

TEACHER NEWS: ABROAD & STATESIDE

ABROAD: NEW ZEALAND

Theda Gillespie writes: [In the spring] "I was interviewed, followed by a feature article (Healthy Living) appearing in a local [New Zealand] paper... This article triggered a request for me to appear on the Regional TV channel No. 51. I was interviewed on my life style and philosophy of life by David Pipe on the "Pipeline" program... Next was a request from Malcolm Cox, (Cox Partners -- Real Estate Agents), to do a 1 1/2 hours workshop called "Wellness Workshop for Willing Workers." Now I have been asked to be "videoed" showing some of the various breathing techniques, exercises and so forth! ...

FRANCE

Marlene Brown writes: "Visited with TCC teacher Catherine Briussel from France and Sr. Yolanda Tameinco from Solothurn Switzerland. Catherine met me in Lausanne where we worked almost 4 hours to do TCC and make a few corrections. Catherine is taking her TCC very seriously and doing a fine job. ... she plans to come back to next year's Teachers' Conference. Sr. Yolanda was glad to get some TCC help. It has been 3 years since she graduated and became a TCC teacher. She teaches the sisters in Solothurn. If all goes well she will be coming to the states ..."

STATESIDE: CALIFORNIA

Linda Brags of Castro Valley, CA presents TCC at the ongoing DayBook Retreats held at the Santa Sabina Center in San Rafael, CA.. **Carrie Kinsey** of Concord, CA (who responded to a request in 'Teacher News' from TCC teacher **Bonnie McKenzie** of Saratoga, CA for

a TCC teacher for the Metropolitan Adult Education Program (MAEP) in the San Jose area) is now teaching for MAEP on Tuesdays and Saturdays. Carrie has also assumed production and editorial responsibilities, helping with design, layout and content editing for *VFJ*. **Sandy McAlister** of Hayward, CA expands her Kaiser Permanente teaching responsibilities to include the Pleasanton, CA facility. **Roberta Taggart** of Cupertino, CA demonstrated TCC at the Kaiser Permanente *Women's Symposium* in October, and made November TCC presentations to the Sunnyvale-Cupertino Branch of AAUW and Life's Gardens (a large retirement community). She also went to Asilomar in Pacific Grove to teach TCC to a Jewish Marriage Enhancement group who enjoyed doing TCC as couples. In December she will speak to the San Jose-West Rotary and teach her first truly corporate class at Roche Bioscience in Palo Alto. She continues to teach at Kaiser Permanente (Santa Clara) and West Valley College in Saratoga.

TCC-RELATED EVENTS CALENDAR

Event: 1998 *VFJ*/Mailings Area: Northern California **Dates:** Spring - March 7th, Summer - June 6th **Location:** San Lorenzo, CA **SASE to:** Lois Mahaney, 1633 Via Amigos, CA, San Lorenzo, CA 94580-2009

Event: Chi Celebration for TCC Teachers and Students **Area:** Orange County CA **Dates:** June 12-14 **Location:** Chapman College, Anaheim, CA **SASE to:** Tim Stuetz, 116 Evelyn Drive, Anaheim, CA 92805-3418

TEACHER NEWS: STATESIDE

MINNESOTA

J. Stephen Brown of Stillwater, MN writes: "I recently [took a class] in T'ai Chi Chih taught by **Dennis Anderson (Inver Grove Heights, MN)**. My intention is to keep abreast of current events in the TCC community and seek out those who can assist me in this effort. I am currently a prison inmate. ... I contacted Steven Ridley about a newsletter and other materials. He passed me your address [VFJ] as a source to obtain information. ... I don't mind telling you that, after nearly eleven years, and all my academic and behavioral modification achievements to date, TCC may be the only factor by itself that has brought me to the single most important turning point in my life. Neither my experience as a U. S. Marine Reservist [or] Active Duty U. S. Navy Fleet Sailor can rival the quickening I feel. ... Thank you."

Ed. Note:

Dennis Anderson taught TCC to **J. Stephen Brown** at the Stillwater Correctional Facility as part of the Continuing Education program at the Stillwater College campus where he is a Health Educator. Readers wishing to correspond with **J. Stephen Brown** may contact him through **Dennis Anderson**. Please use your **TCC Teachers' Directory**.

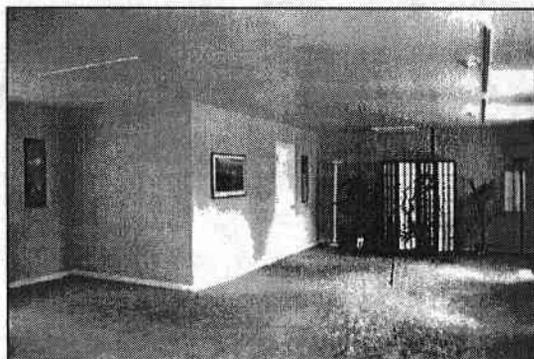
NEW JERSEY

Sr. Antonia Cooper (Mahwah, NJ) sponsored a 'Group Practice and Refinements' for TCC practitioners and teacher candidates on Saturday, November 1st at Villa Marrie, No. Plainford, NJ.

Paula Favorito of New Milford, NJ presented a TCC demonstration at Rosary Society of Ascension on Monday, November 3rd.

VIRGINIA

Dale Buchanan of Great Falls, VA has opened the first TCC studio on the East Coast. He writes: "I am very excited because my Grand Opening [was] Thursday, September 18th and the response from the community has been wonderful. ... I would love to have you visit sometime if you are ever out this way. ... "



Dale Buchanan's TCC Studio, Great Falls, VA

"You can see more pictures of the studio and a slide show of me doing "Bass Drum" on the web site at www.nvaweb.net/taichichih/."



Buchanan performs TCC on web site

EVENTS FEEDBACK

ON MEDITATION AND THE FLOW OF LIFE

Doug and Karin Harned, Sunnyvale, CA

After the meditation retreat in October, I wanted to write a thank you note to Justin for once again, taking the time to share his teachings with us. I felt that rather than send a private note to him directly, it would mean more if I could share some of what I took away from that weekend with everyone, including Justin. As usual, there was instruction on different techniques used in meditation followed by practice sessions. However, this year something really clicked inside of me. Before, it was easy to come home from a retreat with the best intentions of meditating but with no real idea of WHY I meditated. This lack of purpose has, in the past, lead to my giving up on meditation. This year, Justin spent a great deal of time discussing what meditation is really about. It is not about just sitting. It is not about 'quieting the mind'. It is not something that you do for ten minutes a day when time permits. It IS about getting in touch with WHO and WHAT we are and it IS really the only way we have of doing this. Meditation is. It isn't something we DO. If we can simply allow ourselves to tap into the state that is ever present, then we are 'in' meditation. For the first time, I understand the concept of 'Effortless Effort'. This year it was easy to come home from the retreat with the best intentions to continue to meditate. But, this year the intention is more than that. It is a desire to discover that has translated into a daily meditation practice. So, Thank You Justin for removing the effort from my meditation and for helping me to understand.

Karin Harned

While taking a shower the thought struck me about a job some of my brothers have. They are professional river guides. While guiding the rafts down the river they must read the rapids and direct the rafts through. The goal is to let the river do all the work and to keep the paddling (effort) to a minimum. The river always suggests a course through each rapid. This course is never the same due to the ever-changing water level of a river and due to the natural "pulsing" of the river. Therefore, any rapid is never the same ride twice. What a marvelous metaphor for life. The eternal wisdom of Chi is always directing our actions through the rapids of life. If we only pay attention it will tell us a path to take. This path may not be the same either. So many times I have paddled against the flow only to be dashed against a rock. But, thanks to Justin I am learning how to let the river do the paddling.

Doug Harned

Attuning the mind ...

Confucius said:

*First you must be still,
then your mind can be steady.
Once your mind is steady,
you are able to be calm,
Only when you are calm,
are you able to contemplate
and obtain.*

EVENTS FEEDBACK

FALL MEDITATION RETREAT Host: Rae Miller, Albuquerque, NM

It is not an easy task writing about an experience like a meditation retreat. There are so many different levels of experience. So here goes . . .

We had folks attending this retreat from several states, California, Massachusetts, New Mexico and North Dakota. We spent 3 days nestled in a wonderful part of the South valley in Albuquerque. The weather was beautiful, the leaves were still green on the trees and all was in perfect order for a retreat.

Justin not only led us through meditation but went deeper into the explanation and philosophy of meditation. He shared many stories and experiences with us, even a few I had never heard. It continues to be a delight to hear and experience Justin's method of teaching.

On a personal note, it was an experience of reaching into a very calm soft place deep within serenity. Through Justin's explanations I had several realizations that helped clarify what I was experiencing. I have gained in every meditation retreat that I have attended with Justin and with this retreat I went much deeper in my experience and came away with a great deal of clarity.

It was also a joy being with so many wonderful and loving people. I am grateful to have been able to participate in this retreat and to have had the opportunity to coordinate it. A special thanks to the Sisters of the Dominican Retreat Center. They made us all feel welcome, they are so warm and filled with love. This retreat was a beautiful way to begin the fall season!

A LETTER TO JUSTIN FROM ANN RUTHERFORD Retreat Participant

Dear Justin:

I had never been to [a Meditation Retreat] before and had no idea what to expect.

Years ago a dear friend abandoned her "path" by joining a group that was dominated by a false prophet! This 'teacher' told her what to think in every aspect of her life. I have watched my friend become more and more hollowed out rather than enriched.

You [Justin] on the other hand, sat at the front of the room in silence. You opened the door but it was up to us to walk through it. I left the Retreat on Sunday afternoon with a heightened awareness of what is of importance and what is not. You carry such a treasure. Thank you, for sharing your consciousness with us. You are truly a teacher.

Sincerely, **Ann Rutherford**

TEACHER TRAINING: JUNE 16 - 21, 1997 IN ALBUQUERQUE, NM Host: Karen-Scharf-Morgan, Rio Rancho, NM

Once again, another inspiring Teachers' Accreditation course was held in Albuquerque.

Twelve new teachers were certified with home addresses ranging from New York to Alaska and points in between.

They [teacher candidates] all worked hard and made it through the week with the help of Ed and Noel Altman, Pam Towne and many auditing teachers. A special thank you to Justin who graced this course with his presence every evening and reminded us all of SOFTNESS.

NEWLY ACCREDITED TEACHERS



In the Back: Ed Altman, Beth Provost, Shannon Cooley, Caroline Messier, Uiy Messier, Corrine Carpenter, John Armitage, Phillip Gray. **In the Front:** Pamela Draper, Carrie Helmick, Lisbeth Carlisle, Alice Maes, Nancy Jo Bleir. **Far Right:** Justin Stone

EVENTS FEEDBACK

Art: Chinese Painting Techniques,
Alison Stilwell Cameron, 1968

TEACHER TRAINING: JUNE 23 - 28, 1997 IN CAMARILLO, CA
Host: Pamela Towne, Camarillo, CA

NEWLY ACCREDITED TEACHERS



**From Left: Host, Pam Towne, Linda Williams, Sher Dano,
Barbara Kronewitter, Mary Taylor, and Joanne Jaramillo**

Here's a photo of the June 1997 Teachers' Training in Camarillo.

Love and Blessings, Pam

ALL GOOD WISHES

福

fú (foo)
luck

祿

lù (loo)
happiness

壽

shòu (show)
long life

TEACHER TRAINING: SEPTEMBER 2 - 6, 1997 IN HANOVER, PA
Host: Jeanie Lemaire, Columbia, MD

This training, I can safely say, was like no other. Ed was kind enough to consider holding the training in 5 days instead of 6 (although the hours involved were almost the same); and held the training at a Teacher Candidate's home – with a separate building that was incredibly beautiful but not huge. Yet, even with these alterations, Ed and Noel's commitment to T'ai Chi Chih and the dedication (and humor) of the candidates enabled us to experience a great deal of the vital force energy. Throughout the week, it was as though the chi opened up and flowed fully to our desired goal – accrediting eight new instructors. We were blessed with little humidity

and lots of wonderful breezes that made the environment and the surrounding acreage a perfect backdrop to focus on the task at hand. In the end, we were all left with a sense of peace, fulfillment, laughter and friendship.

Comment from auditing teacher, Sharon Sirkis (see related article on page 15) accredited in July 1997 in Mahwah, NJ:
"Having just been accredited in July, it was great to be there every day in the capacity of assisting others; as well as furthering my own growth by gaining a better understanding of my own practice."

NEWLY ACCREDITED TCC TEACHERS



Front Row: (in rocker) Deb Wellborn, Linda Olney, Debora Nichols,
 Kimberly Howell, (in chair) Margery Erickson

Back Row: Ed Altman, Jean Markey, Rhonda Farmer, Beverly McEntarfer

TEACHER TRAINING: SEPTEMBER 22 - 27, 1997 IN RALEIGH, NC

Hosts: Carol Armstrong and Marjorie Peltier, Raleigh, NC

I am happy to announce that our recent Accreditation Course was a resounding success. We had seven candidates for our very first North Carolina course. We now have 9 teachers in the state. Quite a difference from when I arrived here in 1989 and was unable to locate a teacher closer than northern New Jersey! I expect the enthusiasm of these new teachers will begin to build a wonderful base of T'ai Chi Chih practitioners and will help me focus more intently on my own practice! Here are the names of the successful candidates; they received their certification from Ed [Altman] on September 27, 1997 [in Raleigh, NC]: Stephanie Bass, Gregory Beale, Susan Buie, Rita Gordon, Sue Intemann, Carolyn Perry, and Brenda Summers.

Sometimes the oldest of clichés asserts itself and reminds us of its truth. "Firsts are always special" is the old saw that held true for our first North Carolina accreditation course. It was a time of excitement, anticipation, and resolve for the candidates. And a time for reflection and deepening for the auditing teachers. We appreciated the resolution, reverence, and response-ability that Ed and Noel brought to the experience for they were powerful reminders of the rewards inherent in a consistent practice of T'ai Chi Chih. It is truly wonderful to be involved in bringing this rich and compelling practice to our growing North Carolina communities of Raleigh, Durham, Chapel Hill, Wendell, and Cary.

NEWLY ACCREDITED TEACHERS



Back Row: Noel Altman, Carolyn Perry, Susan Buie, Gregory Beale, Sue Intemann, Ed Altman. **Seated:** Rita Gordon, Carol Armstrong, Stephanie Bass, Brenda Summers. **Floor:** Marjorie Peltier

From the Hosts

"It was a time of excitement, anticipation, and resolve for the candidates. And a time for reflection and deepening for the auditing teachers."

EVENTS FEEDBACK

SEIJAKU ACCREDITATION NOVEMBER 14-16, 1997 IN ALBUQUERQUE, NM
Host: Victor Berg, Albuquerque, NM

NEW SEIJAKU TEACHERS



Twenty-four teachers attended Seijaku Accreditation in Albuquerque, NM

It was a snowy weekend in Albuquerque, NM as Justin lead the Seijaku Accreditation course. Justin's gentle teaching gave us all a new understanding of letting go, a greater awareness to softness. The wonderful feeling of the group Chi lifted hearts and minds as reflected in all the smiles. As one student put it, "I felt a joy I've never known, a softness I've never sensed, and a gratitude for T'ai Chi Chih/Seijaku that is beyond words!"

Maggie Berg, Albuq., NM

SEIJAKU SERENITY IN THE MIDST OF ACTIVITY



Justin Stone leads participating teachers in toning during Seijaku Accreditation

T'AI CHI REFERENCE ARTICLES

DATELINE: T'AI CHI

Compiled by Carrie Kinsey, VFJ Staff

Have you ever come across an article that has just the right comments or documentation to help



Literari

you make a presentation, or that gives you that little extra bit of information to pass along to your students? The *Vital Force* is beginning to compile a bibliography of such articles to be made available for teachers to use. If you have an article, send it

along to *VFJ*. Be sure to include proper documentation (author, name of publication--volume or other reference number if available, title of article, date of publication, etc. -- the more the merrier). We will include synopses or excerpts whenever possible. Here are a few articles that came to us this summer and fall.

Harvard Health Letter, July 1997, discusses a study done by Emory University evaluating a 15 week course of T'ai Chi taken by 72 men and women age 72 or older. Those who finished the course reduced their risk of falling by 47.5%. Researchers attributed the reduced risk to improved balance and also to increased awareness of how to cope with being in various positions. The group also had significantly lower blood pressure, and there was a reduced fear of falling, "a concern that often prevents older people from being as active as they like."

Retired Officer Magazine, February, 1997, suggests that patients with sleep problems are helped by a routine of exercise, recommending 30 to 45 minutes a day. A photograph of people doing T'ai Chi is included in the article.

Harvard Women's Health Watch, January 1997, tells us that T'ai Chi improves balance and recommends learning it as one way to "make a new start to the year."

Both *Remedy* (May/June 1997) and *Internal Medicine News* (Feb. 1997) discuss T'ai Chi as a way to ease chronic pain. The article in *Remedy* is richly illustrated and descriptive. It discusses how "slow, deliberate, circular movements combined with deep regular breathing increase circulation, relaxing your mind and body and easing chronic pain."

The world keeps changing, so if you try to hang on to the moment, you're lost. But if you follow the changing moment, then you reach a constant moving. You go with what happens; you carry that sense of stability with your moving self. You experience both the movement and the stillness together.

-- C. Huang

TEACHER PROFILE

THEDA GILLESPIE – VITAL FORCE IN ACTION

Interviewed by Carrie Kinsey, VFJ Staff

"Live in the now, be in rhythm with nature and the cosmic energy." This is some advice that Theda Gillespie gave in a recent telephone interview. As she describes her remarkable schedule it is easy to be impressed with Theda. She seems filled with the boundless energy that comes from sincere practice and a positive attitude. More remarkable is that fact that Theda keeps up her schedule at age 81.

In the newspaper article she sent to VFJ, Theda describes herself as "youthing" rather than "aging" and she attributes this to the lifestyle that she has kept up for the past 23 years. At age 58, Theda began her journey into the world of alternative therapies and decided to retire from her position as an agricultural economics researcher at Iowa State University. She started her journey with a yoga class and along the way has learned T'ai Chi Chih, Seijaku, reflexology, massage and more. She continues to learn, and has recently been doing vision strengthening exercises which have enabled her to set aside her glasses.

In her life journey Theda has been an activities director at a small, private health spa near Guadalajara, Mexico and has traveled extensively to learn and to teach. Theda was accredited as a T'ai Chi Chih instructor in May 1983 and has been teaching classes in New Zealand for the past 8 years. Her many classes include instruction on breathing, eating, thinking, feeling and, of course, moving with T'ai Chi Chih. Theda seems to ask her students to be mindful of every aspect of their lives. The

flyer for her "Wellness Workshop for Willing Workers" tells us that Theda's classes are "always popular as her enthusiasm and natural rapport are infectious and inspiring."

Theda's enthusiasm is infectious enough that two of her students came from New Zealand to take T'ai Chi Chih teacher's training. Her classes are well attended. Some students drive as many as 20 to 30 miles from towns around the Hawke Bay area on the New Zealand's North Island. While it is important to her to always stress the positive, Theda has one frustration in her teaching, and that is the difficulty she has in converting videos so that they can be shown in New Zealand. The cost of the conversion is prohibitive so she has converted just one tape that she keeps in the library for her students.

She says that at first the women there seemed to be more interested in T'ai Chi Chih than the men, but as time goes on she is getting more and more men as students. Theda has her work cut out for her as there are only four accredited T'ai Chi Chih teachers in New Zealand.

She believes in bringing the Vital Force into our bodies through the way we live, the foods we eat, being in the sunshine and living in harmony with nature.

"Never give in to shuffling along," she says, "Walk erect" and "What you think today is the kind of person you'll be tomorrow or ten years from now." But listening is not enough, she reminds us, "It takes practice."

VFJ Statement of Purpose

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. The mission of *VFJ* is to reflect the

positive and uplifting expressions of teachers/students in keeping with the original intent under which this vehicle was established.

VFJ Submissions Policy

We endeavor to put in all contributions submitted. Some minor editing may occur for clarity and will be designated by brackets []. Omissions will be designated by small dots . . . If heavy editing of an article is deemed necessary the author will be contacted. Letters to the editor may be edited as appropriate. If your submission has been printed in another

TCC publication, preference will be given to an unpublished submittal. Reprints of articles from *NM TCC News* will always be sourced as will articles from other publications. In an effort to remain balanced and neutral, we prefer not to print articles with defamatory statements, hateful comments, or remarks that otherwise detract from the overall intent of *VFJ*.

DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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

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ND, Fargo	Christeen McLain-Horpedahl	701/232-5579
NM, Albuquerque	Carmen Brocklehurst	505/299-0562



Spiritual Odyssey

Justin has chosen a title for his new book. It will be called Spiritual Odyssey. Work is progressing on the book, which is a compilation of many articles from past *VFJ* and *New Mexico Tai Chi Chih News* issues. It has been fun and challenging for us to comb through these articles and decide which ones to include. They all seem so valuable that it's difficult to exclude any. Look for upcoming information in future *VFJ* issues for the date we expect to have the book ready.

New Forward in Photo-Text

The Tai Chi Chih photo-text now contains a new foreword written by veteran teacher Carmen Brocklehurst. Many thanks to Carmen for her sincere and well-thought-out comments. The book is now printed on a heavier cover stock, enabling it to hold up better in shipping, especially on individual orders.

Video Sleeve Color Change

We needed to reprint the Tai Chi Chih video sleeve and decided it was a good time to change the color so that it closely matches the color of the photo-text cover. The artist, Deb Jaeger, also improved the photo of Justin on the front of the sleeve for greater clarity and truer color than in the previous printing.

Credit Cards

For those who order with credit cards, it is important for us to know, particularly when you leave a phone message, which card you are using. Some teachers have us keep more than one card number on file, and we need to know to which card we are supposed to charge the order. In addition, be sure to always update us when you get a new expiration date on your card, just as you update both **Good Karma** and *VFJ* when your address and phone number change.

Fax Number

A reminder that the fax number, 701/854-2004, is just that. Please do NOT use it for leaving voice messages, as it is connected to an answering machine that rings in another office away from the **Good Karma** office. If you need to leave a voice message or if you have trouble getting your fax message to go through, you need to phone 701/854-7459, the **Good Karma** voice number.

Toll-Free Order Number

We will have a toll-free order number available soon. Look for it in the next issue of *The Vital Force*.

Great Holidays to everyone!

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.

CONTACTS FOR T'AI CHI CHIH

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

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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.

Lois Mahaney: *Interim* VFJ Coordinator. Mail contact for all VFJ submissions for publication, new subscriptions/renewals, database updates, teacher referrals, Teacher Directory, miscellaneous VFJ information. Address: VFJ 1633 Via Amigos, San Lorenzo, CA 94580-2009. Phone 510/276-5718.

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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.

In January, participating teachers (subscribers to VFJ) will receive a 1998 copy of the Directory. Updates to the TCC Teachers Directory will be published quarterly with each issue of VFJ and will include updated listing 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 listing above). This T'ai Chi Chih Teachers' Directory is a wonderful referral tool to support the wide-spread teaching of Tai Chi Chih, "Joy Thru Movement!"

If you have moved, or are moving, the post office will not forward VFJ to you along with your first class mail. Make sure your issues find their way to you when you move. Using the P.O. change of address form, inform the post office of your old address and your new address, complete with zip code and four digit extension.

The new designation the post office requires on the mailing envelope of your VFJ states "RETURN SERVICE REQUESTED." If you have not given us your address change, the post office will now return the entire envelope intact (hopefully) and charge us \$1.01 for the service. This means that we must use a new envelope, re-address it, and mail it first class to you. We're sure you can see the accumulated expense this would be if we have many unchanged addresses. So.....your cooperation will be greatly appreciated.


THE VITAL FORCE
JOURNAL OPERATIONS

The Vital Force, Journal of T'ai Chi Chih, is published quarterly by The Vital Force, 1633 Via Amigos, San Lorenzo, CA 94580-2009. Yearly dues: \$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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Water

PUBLISHING AND MAILING SCHEDULE: VFJ is published quarterly and bulk mailed to dues paying members only--during the second week of these months: March, June, September, and December. Additional special issues published as announced.

INQUIRIES: If you have not received your issue by the 30th of these months, please contact us. We offer a first class mailing option for an additional \$5.00 per year.

SUBMISSION DEADLINES FOR 1998

March Issue	January 25
June Issue	April 25
September Issue	July 31
December Issue	October 25

THE VITAL FORCE, Journal of T'ai Chi Chih

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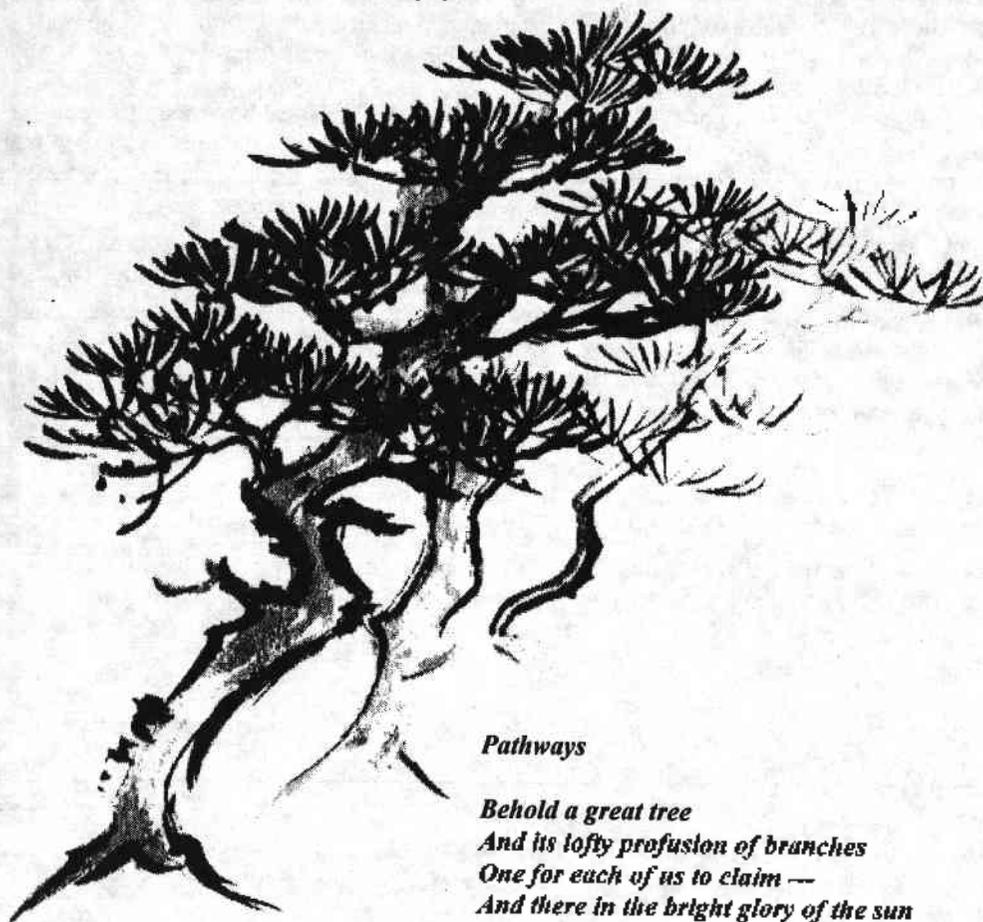
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 San Lorenzo, CA 94580-2009

The Pine Tree --

*Symbol of strength and steadfastness
of spirit; everlasting life.*



Pathways

*Behold a great tree
And its lofty profusion of branches
One for each of us to claim --
And there in the bright glory of the sun
Enthroned to our chosen views --
Let us sing our diverse songs in wondrous accord
Long to echo through
The quiet sanctity of the stars*

*Storm D. Townsend
Corrales, NM*

This issue of VFJ is dedicated to Liz Salada