

THE VITAL FORCE

Journal of T'ai Chi ChihSM

Volume 15, No. 1

Spring Equinox

March 1998

All
things
come
alive
in
spring
(with
light)



Features in This Issue

Features by Justin Stone TCC Web Site Update Media Resources for Teachers
A Teacher Candidate Writes From Prison TCC & the Birthing Experience
Ed Altman Writes About Teacher Renewals and Seijaku
Photos from the Tai Chi Exhibit in Paris, France



THE VITAL FORCE

Journal of T'ai Chi ChihSM

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THE VITAL FORCE, Journal of T'ai Chi ChihSM, is an unincorporated, non-profit association, serving T'ai Chi ChihSM practitioners worldwide. Membership in the Association includes four quarterly issues of THE VITAL FORCE, the annual Teacher's Directory, quarterly mailing parties and outreach activities, such as teacher referrals. The annual membership fee is \$30 for teachers (which includes listing in the Directory), \$25 for interested persons. Foreign addresses require an additional \$10 a year. First class delivery is an additional \$5.

The purpose of THE VITAL FORCE is to provide a voice for teachers and students who wish to contribute constructive articles, poems, photographs and drawings, make inquiries of other teachers, and announce future T'ai Chi ChihSM events, including T'ai Chi ChihSM and Seijaku teacher trainings.

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T'AI CHI CHIHSM TEACHERS' DIRECTORY

The *T'ai Chi ChihSM Teachers' Directory* is for referral and communication among accredited TCC teachers. It is not to be used or sold as a mailing list. Each January, Association members receive a copy of the Directory. Updates are published in each issue of THE VITAL FORCE. Send changes and additions to Lois Mahaney at the address at right.

SUBMISSIONS

Please send submissions (writings, photographs and drawings) to: Roberta Taggart, THE VITAL FORCE, 10145 Parkwood Drive #3, Cupertino, CA 95014-1562. Phone: 408.252.5405 FAX: 408.255.9547. email: taggart1@earthlink.net. Manuscripts should be typed and double-spaced.

Submission deadlines:

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Winter	October 25 th
Spring	January 25 th

MEMBERSHIPS

Changes of address and back issue requests (\$5) should be sent to Lois Mahaney: THE VITAL FORCE, 1633 Via Amigos San Lorenzo, CA 95014-1562. Phone: 510.276.5718. THE VITAL FORCE is published quarterly and bulk mailed to association members during the second weeks of March, June, September and December. If you do not receive your issue by the 30th of these months, contact Lois Mahaney. When moving, please allow six weeks notice and provide complete old and new addresses. The Post Office now returns undelivered issues, charging \$1. Please help us avoid this expense.



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Justin Stone is the Originator of T'ai Chi ChihSM
 Ed Altman is the Designated Head of T'ai Chi ChihSM



鏡
清

The
clear
mirror



THE ONE-POINTED MIND

Justin Stone, Originator of T'ai Chi ChihSM

All enlightenment practice begins with the one-pointed mind. Where the mind is undisciplined, it wanders and accumulates needless habit energies (vashanas). Patanjali often called the "Father of Yoga", defines Yoga as "the suppression of mental modifications" (vrittis, which lead to habit energies and bondage). If one is not willing to train the mind, spiritual practice is impossible.

The Buddha said that there were seven factors of Enlightenment, and the first of these is "Mindfulness". Obviously, Mindfulness cannot be achieved without mental discipline and highly-motivated practice. The four Mindfulnesses of the Satipatthana Meditation make it a great vehicle for the really serious seeker, making it, perhaps, the King of Meditations (though real Raja Yoga, with all its eight steps, is often given that title). This Meditation, that greatly strengthens the resolve of the practitioner, is one I have often taught in the past. However, to get full results while leading a worldly life is almost

impossible, though such practice performed occasionally can lead to a greatly strengthened mind.

Concentrating on a problem with full attention can temporarily cause the mind to be one-pointed, at which time the breath seems to be held. I have no doubt that Einstein had such a faculty.

In my opinion, there is a step that follows the one-pointed mind, and that is the no-pointed mind that is without image (this is really what the Japanese mean by "Mu Shin", often translated as "no-mind"). The mind is in this condition when it reaches the Turiya state of consciousness. This is a condition of great Peace, though there is 'no-one' who enjoys the peace. By that is meant that there is no-one who enters Meditation, though there is always meditation.

If the, one is led to live with and thru Prajna, the inherent Wisdom, almost nothing is truly impossible.

From: 20th Century Psalms
by Justin Stone

When mind becomes one-pointed (concentration)
it then becomes no-pointed (meditation - the "Turiya" or 4th State of Consciousness)
with no subject-object relationship.
Only the subject remains - this is Reality.

P. 30

Is there an Unchanging behind the ever-changing swirl of phenomena?
The Indians call it "Turiya," the 4th and underlying state of consciousness.

P. 12



READERS COMMENTARY

About *THE VITAL FORCE* . . .

Dear Readers,

We have a new format beginning with this issue. Our Associate Editor, Carrie Kinsey, has been working hard on design and layout along with the rest of our staff. As this is a new look for us, we are taking this opportunity to mail out complimentary issues to teachers who are not currently subscribers.

Recently, we have received letters commenting on various aspects regarding the publication of this journal. Perhaps, now, with a new look, it is as good a time to clarify who we are. *THE VITAL FORCE* functions as an unincorporated non-profit association. We are dedicated to serving TCC practitioners world-wide through publishing the written expressions submitted by teachers, students, and interested persons. Your annual dues (which used to be called a subscription) entitle you to four issues of *VFJ* each year; teachers also receive a yearly TCC Teachers' Directory and may participate in the quarterly mailings of *VFJ*. Your additional contributions allow us to perform outreach activities such as teacher referrals.

While we maintain cordial and supportive relationships with Good Karma, the T'ai Chi Chih Association (NM), TCC teachers and all others in our T'ai Chi Chih community, we are not responsible for or connected to anything published by them. Neither will we become involved in the political aspects currently being addressed in various ways. Our mission is to reflect the positive and uplifting expressions of teachers/students in keeping with the original intent of this journal.

Roberta Taggart, Editor

Teachers Write

The highlight of yesterday's mail [was receiving] *THE VITAL FORCE* . . .

Nancy Jo Bleier, Sitka, AK

Enclosed please find my subscription renewal to receive another year of *THE VITAL FORCE* . . . I don't want to miss a word . . . Thanks for all your efforts. I appreciate all the work and energy that go into each issue . . .

Steph Winter, Shorewood, MN

Hi -- Hope all is going well for all of you. 1998 holds a lot of promise -- changes for sure. Wonder how all of TCC will move. Take care and enjoy life!

Jean Horton, Grand Junction, CO

Peace and gratitude for all you do for the group -- good work!

Sr. Anita Germaine, White Bear Lake, MN

I am not renewing my subscription to *THE VITAL FORCE*. I have been displeased with the events of the last year, and I feel it is necessary to minimize my association and contact with TCC as an organization. Perhaps matters will improve in the future, and I will feel attracted to the TCC organization once again . . .

Bryan James, Lakewood, CO

Thanks for getting the new Teachers' Directory to me post haste! . . . You are doing wonderful work and you certainly have my admiration and gratitude. . . . Having the current Directory available will inspire many elders to continue the practice of our wonderful TCC [through teacher referral].

Victoria Townsend, Los Osos, CA



IN MEMORIAM

On behalf of the TCC community we wish to express our condolences to Christina Tillotson on the untimely passing of her husband. Christina – our thoughts and prayers are with you at this time.

For those of you who don't know Christina, she has been instrumental in the construction of our TCC Web Site. We wish to thank her for her role in the development of the TCC Web Site which serves as an informational and referral tool for active teachers, promoting TCC via the Internet. Her gift to the TCC community is remembered with love and appreciation.

REMEMBERING CONFERENCE TIME

Just a note to say that the 1997 Annual meeting in Orange, CA continues to make a significant difference in my life as well as in my TCC practice and teaching. I especially appreciated the chance to check out, correct and improve my movements in the context of the four movement principles. Justin's teaching of JING as a form of "chi enhancement" and his talks on philosophy and form were enriching and exciting. I loved, too, the energy when we were all practicing together, helping each other with movement refinements (I had a great roommate for that!), and sharing teaching hints.

Rita Foster, Minneapolis, MN

SHARED TEACHING EXPERIENCES

Pat Huseby from Danville, CA writes:

I will be teaching Alzheimer's patients at a brand new facility in Danville, CA this spring, housing an Alzheimer's Wing with 48 beds. I would appreciate hearing from teachers with experience teaching adults diagnosed with Alzheimer's disease.

Q&A: TEACHING TIPS/TECHNIQUES

In the winter issue, we printed Sandy McAlister's question, "When teaching, what words or phrases do you use to convey the qualities of "softness and continuity" to your students? Here are some answers:

From Amy Hackenberg, Evanston, IL:

One thing I do at the first lesson is pass around a very silky, flowing violet-colored piece of material I found in the "scrap" section of a fabric store. I ask students to introduce themselves (we sit in a circle) and say one word that describes the cloth. They come up with "flowing," "soft," "never-ending," "smooth," "silky," etc. but more important, we can refer back throughout the course to how the cloth felt and how we want our bodies to feel that way during TCC (or anytime!)

From Dale Buchanan, Great Falls, VA:

Words are just words...the translation of softness and continuity should be done by example, by the teacher being soft and continuous with each movement and with the way of teaching. More words will just get in the way and cause confusion.

NEXT ISSUE'S QUESTION:

When teaching or doing T'ai Chi Chih, we may appear to focus most of our movement in the front of the body as our hands trace patterns softly in the air. We also focus our concentration on the soles of the feet (or the T'an T'ien). How then do we explain or demonstrate taking into account the back of the body and the balancing and circulating of Chi there?

Carrie Kinsey, Concord, CA

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



NOTES TO TEACHERS

Justin Stone Sets Date to Address United Nations -- May 11, 1998

Justin Stone will address the United Nations in the Dag Hammerskjold Auditorium from 1:00 PM to 2:00 PM on May 11th. Carmen Brocklehurst will accompany Justin to New York. Those wishing to travel to New York to see him address the UN, please contact Carmen (505.299.0562) for advance arrangements due to strict security measures for attending formal presentations. Look for a full report on his talk about T'ai Chi ChihSM and its future in the world in the next issue of *VFJ*.

Mayo Clinic Health Letter Refers Readers to Justin Stone TCC Video

Justin Stone's video, T'ai Chi Chih! Joy Thru Movement, was mentioned in the Mayo Clinic Health Letter as an alternative to taking a t'ai chi class if a local class is not available or not possible. The article also discusses balance and the study done at Emory University on t'ai chi and reduced risk of falls. This information will be helpful for those attempting to teach T'ai Chi ChihSM in medical and related settings. For a copy of the Mayo Clinic Health Letter, you may contact Carmen Brocklehurst (505.299.0562).

World Wide Web Site News - by Guy Kent

Hopefully you have had a chance to check out the TCC Website (<http://www.taichichih.org>). We welcome your comments and suggestions. The site was originally designed and maintained by Christina Tillotson (San Diego, CA). With the sudden illness and subsequent death of her husband, Christina no longer has time to provide the ongoing maintenance of the site. Our condolences to you Christina, and our sincere thanks for getting us up on the web with your creative energy!

David Schulberg (San Lorenzo, CA) has agreed to provide web site support and maintenance in Christina's absence. We can always use more help and are interested in anyone with web authoring experience that would like to volunteer to help with updates.

There are currently 74 accredited teachers listed on the web site. The annual charge for being listed is \$5. This fee is used to pay for

the site registration, server hosting, and maintenance fees. We appreciate your help in funding this form of publicizing TCC. We are interested in hearing from everyone who is contacted due to being listed on the site.

For those teachers who wish to be added to the site please send your name, address, and phone number (and e-mail address if you have one) to Guy Kent, 2225 Dietz Place NW, Albuquerque, NM 87107-3109 (or gkent@usa.net). A few teachers who asked to be included on the website at last year's conference have not paid their \$5 fee. If you still wish to be included, please contact Guy by April 15th.

One last item - we would love to post pictures of TCC being practiced around the world. If you have any photographs you care to share, please send them to Guy and we'll digitize them and add them to the site. Thanks for your support to this expansion process!



TEACHERS RESPOND -- TO PARKINSON'S QUESTION

In response to Carol Lesch's question in the winter issue with regard to teaching techniques for Parkinson's patients:



Sharon Sirkis of Columbia, MD writes -- I have been teaching seated TCC at Deerfield Senior Services, an adult daycare center near me. Florence, 88 years old, has Parkinson's. Although physically I have noticed less shakiness in her hands, I am much more aware of the changes in her emotional state. Before TCC, I ask everyone to say their name. Then I ask in a word or two, to tell me how they feel. I usually get responses of "fine," "tired," "OK." Florence, who usually speaks very little and has a vacant stare most of the time, said, "half and half!" The whole group laughed, and Florence's face lit up with a big smile. After TCC, we sometimes chat while waiting for lunch. I may read a poem or have the group do a big belly laugh. Sometimes I ask them to tell me about the "good old days." This seemed to be the key that unlocked the door for Florence. During one class, she became very animated (smiling with teeth showing and arms moving about). She was very excited as she told the group about feeding a meter in the kitchen 25 cents in order to have electricity to cook. . . . She talked so much, as if someone had activated a switch. As I left, I put my hand on her shoulder, and thanked her for my "education." She told me "all you have to do is touch the keystone." She stretched up from her wheelchair (I thought she was going to whisper something in my ear) and gave me a kiss! It was a very touching moment.

I was also touched by Florence after last week's class. I was thinking out loud "let's see--what can we talk about today?" Florence spoke up--

"how about a belly laugh?" I was surprised since Florence doesn't usually talk unless spoken to. Also, we hadn't belly laughed in a while, and sometimes it makes her cough. Nonetheless, she enjoys doing it! We raised our arms, we moved our bodies, we opened our mouths, and let the laughter fly. Truly--Joy Thru Movement!

Roberta Taggart, Cupertino, CA writes -- Parkinson's patients in the beginning and intermediate stages of their illness can benefit greatly from T'ai Chi ChihSM, and they can participate in a group class stressing balance and coordination. It is most important for them to learn to control their gait. Some may need assistance such as a supportive bar when shifting weight at first until strength is gained. Loosening up or warming up in a seated position may be advantageous before moving for this special population.

Barbara Riley, Orinda, CA writes -- Bill walked into my class one day, saying that he had Parkinson's disease, and knew that as it progressed he would lose balance; he hoped that doing T'ai Chi would help. Now that he has been coming to class and practicing regularly at home for eighteen months, I asked him what improvements he perceived. He replied that not only his balance has improved, but also the ability of his mind to control his muscles, which the disease affects. This devastating disease also at times causes depression, and the practice alleviates this. Bill said that he finds watching Justin on tape is inspiring.

Ed. Note: Teachers and students are welcome to submit questions and/or responses to be shared in this column. See page 6 for next issue's question.



MEDITATION: AVOIDING PITFALLS

Justin Stone, Originator of Tai Chi ChihSM

To say that there are no dangers in Meditation is simply to show a lack of experience. Not too many westerners have lived with Eastern teachers and experienced the strict discipline of a Zen Master or a true Yogic teacher.

My very first night in the Himalayan foothills, a sadhu who did not have a teacher went out of his mind and was taken to a clinic for the yogis near Laksmanjula. He had been practicing Kundalini Yoga without a teacher, and this is risky. It can blow out your nervous system.

A young professor in a California university, an art teacher, had had a disappointing experience in a love affair and decided to go to Kyoto, Japan to study in order to get permission to enter a temple there (as well as get command of the language). When I went to Kyoto and met with him, it was easy to see what was happening; experience can alert you to the signs. I asked him if he had been leaving his body while doing Zazen. He answered yes, and was finding it harder to return to his body at the end of the session. Strangely his Zen Master had not spotted it. Later he had a nervous breakdown and had to be sent home. When I last saw him in the United States he obviously had not recovered from the breakdown. To leave the body during meditation is certainly not advised.

In Tibet, a Mantra is given, one that will open a spot on the top of the head (called the "Aperture of Brahma" by the Indians) that will allow a dying aspirant to leave through that opening while fully conscious. The problem is that repeating the Mantra

constantly and doing the necessary practice one may leave prematurely.

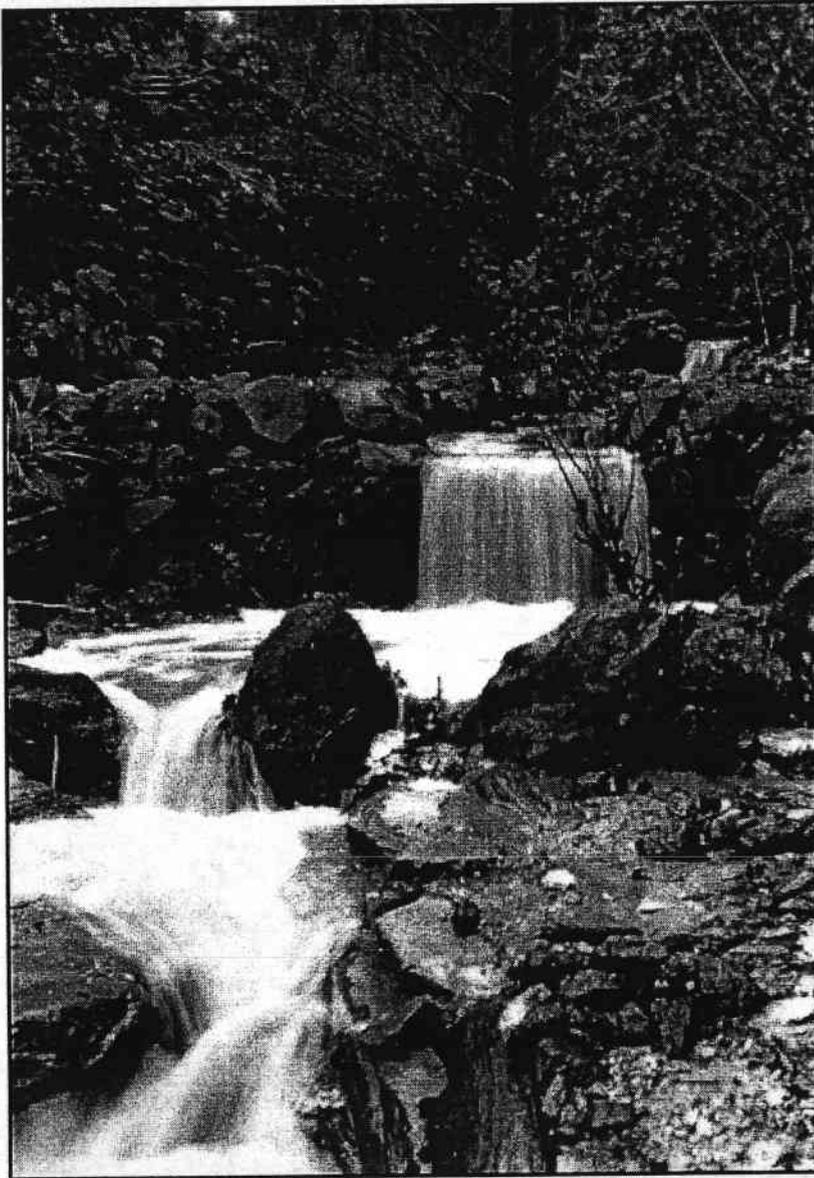
In some practices, if the Kundalini ascends through the Ida or Pingala channels rather than through the desired Sushumna, insanity can, in extreme cases, develop. Opening the Chakras must be carefully monitored.

The danger of obsession during meditation is well known. The Catholic church practices exorcism to cure this condition, which is very real. There are many people who fool around with psychic phenomenon and hold psychic fairs without realizing the dangers. Many of them are ardent meditators.

These are but a few of the dangerous possibilities, and it is necessary to experience or witness them to truly know. There is no substitute for having a well-trained teacher. In India, during the first period of his life, while practicing Bramacharya (celibacy), the student is tutored by a Guru who gives him a good spiritual background. This is extremely useful. Knowledge and wisdom are necessities for the spiritual aspirant (I don't mean one who reads a few books and attends a couple of lectures).

To sum it up, it is best to have instruction, not from a self-anointed one, but from an experienced expert coming from a true tradition. Meditation is invaluable if one wants to make progress and reach the Turiya state of consciousness, and the presence of a real teacher can help impart the Shakti that makes Meditation easier and more effective.

Source: *The NM Tai Chi Chih News*, Feb. '98



FLOW

Be, as water is,
without friction.

Flow around the edges of those
within your path.
Surround within your ever-
moving depth those
who come to rest there -
Enfold them, while never for a
moment holding on.

Accept whatever distance
others are moved
within your flow.
Be with them gently
as far as they allow your
strength to take them, and fill
with your own being the
remaining space when
they are left behind.

When dropping down life's
rapids, froth and bubble into
fragments if you must,
knowing that the one of you
now many will just as many
times be one again.

And when you've gone as far
as you can go, quietly await
your next beginning.

Rita and Noel McInnis

Photograph by Carrie Kinsey



TEACHER RENEWALS

Ed Altman, Designated Head of T'ai Chi ChihSM

It is wonderful when teachers come to audit and assist candidates during Teacher Accreditation courses. Candidates often comment how helpful it is to have other experienced teachers to turn to for additional instruction during their training.

This year I will begin offering T'ai Chi ChihSM Teacher Renewal courses in conjunction with the Teacher Training courses. A Teacher Renewal is a half-day event which allows accredited instructors to rededicate themselves to their T'ai Chi ChihSM practice and receive suggestions for improving the way they do the movements.

The benefit of attending a Teacher Renewal course *before* auditing a teacher training is that teachers can come early and check the integrity of their form before they assist candidates during

the accreditation process. This also provides the opportunity to address more detailed questions without distracting candidates who are seeking accreditation.

Please give something back to the T'ai Chi ChihSM community by auditing Teacher Training courses whenever possible. I also hope you will take the opportunity to renew your own practice by attending a Teacher Renewal soon.

The fee to attend a Teacher Renewal course is minimal; just enough to cover basic expenses. I do not accept any payment for my time at these events. If you are interested in hosting a Teacher Renewal course, even outside the context of a Teacher Training course, please contact me.

Comments on Chi

by Japanese Zen Master Hakuin (1685 - 1768)

"The essential of the molding of the outer forms consists mainly in allowing the inward spirit (shen) and the vital force (chi) to penetrate into the space below the navel.
When the inward spirit is concentrated, that is when the Elixir of Life is made.
When this Elixir is thus made, then the outer form becomes firm, and when the outer form becomes firm, the inner spirit becomes perfected.
When the inward spirit is thus perfected, long life ensues. This is the secret . . ."

Reprinted from:

T'ai Chi Chih Teachers' Manual, 1992
Published by *THE VITAL FORCE*



YIN AND YANG

FROM THE SCHOLAR WEN-SHAN HUANG

In an excellent pamphlet, reprinted from Chinese Culture of March 1969, the eminent teacher, Professor Wen-Shan Huang, says:

“We seem to realize that, in the universe, there is an ever-active ever-creative life, and an inexhaustible source of energy-life and energy, which are made available to mankind when a fitting stage of development is achieved. It is particularly significant that it has a great reverence for life.” So we discern a spiritual basis for this great “Chi” energy, which is not ours alone but belongs to the cosmos (we manifest it individually when we do the necessary disciplines to develop and focus this great power).

Professor Huang continues: “T’ai Chi (Supreme Ultimate) is originally circular in shape, and it is the combined entity of the Ying and Yang Principles.”

This circularity is the reason why, in all T’ai Chi disciplines, we move in a circular manner in order to activate this energy. A windmill follows the same principle.

“There is, behind the phenomenon of change, the changeless absolute, or Grand Ultimate (T’ai Chi)”. From this we come to realize that, in working with this great force, we are doing more than mere exercise – we are pursuing a way to truth, or enlightenment. Few realize that enlightenment is experienced in the body. Though this is what the Buddha and his successors have always taught and experience seems to prove.

“T’ai Chi is generated from “Wu Chi”, or Ultimate Nothingness. It is the moving power of the dynamic and static states, and the

source of the “Yin” and “Yang” principles. When they are in motion, they separate, and when they remain static, they combine. We can understand that . . . all its movements are in the patterns of the circular T’ai Chi Diagram.

(Note: Huang Wen-Shan, in addition to being a T’ai Chi Master, is a world-renowned anthropologist, and one of the developers of the new science of Culturology. He has been National Professor of the Republic of China, Visiting Professor of the Hong Kong Chinese University, Dean of Chu Hai College, Former Dean of Universities in Shanghai and Peking, an Academician of the China Academy, a Corresponding Research member of the Academia Sinica, and Founder-President of the American Academy of Culture – formerly the American Academy of Chinese Culture.)

Source: T’ai Chi Chih! Joy Thru Movement, 1974, Sun Publishing Company, p. 113-14. Wen-Shan Huang was Justin Stone’s teacher and friend.

YIN YANG

The principle of polarity is at the heart of Taoist thought. Yet this emphasis on opposites must not be mistaken for a situation of conflict – everything implies its opposite and, indeed is only meaningful because the opposite is there. And so, death and life, light and darkness, good and evil, positive and negative, ebb and flow, male and female coexist as parts of one and the same system. The elimination of either one would also mean the disappearance of the other.

From: Sacred Symbols: Tao, Thames and Hudson, 1996



SEIJAKU - FROM THE SOLES OF THE FEET!

Ed Altman, Designated head of T'ai Chi Chih

Seijaku, the advanced form of T'ai Chi ChihSM, involves applying a different emphasis (or resistance) during the movement which dramatically increases the flow of chi. During Seijaku courses, the question is frequently asked: "where is the resistance?" in this or that movement. My response is, "The answer is in the soles of the feet!"

According to *The T'ai Chi Ch'uan Classics*, by Wang Zong-Yue, which we quote in the T'ai Chi Chih Teacher Training Manual:

The internal force should be rooted in the feet, transmitted by the legs, controlled by the waist, and manifested in the fingers. The chi, *intelligent* energy, is rooted in the feet.

I have often heard Justin say, "get to the root and forget the branches." In other words, if you want to know the truth, go to the source.

Although I cannot tell you exactly what I've learned from practicing Seijaku from the soles of the feet, I will say that doing Seijaku in this way has taught me how to do T'ai Chi ChihSM without effort, and has brought tremendous benefits and insights into my life. If you want to know where the resistance is, or anything else in T'ai Chi ChihSM or Seijaku, forget the branches and learn the principles which govern the flow of chi throughout the movements. Why be satisfied with someone else's insights when your own await you in the soles of the feet? Go to the source. It will be worth the trip!

Quoted From The T'ai Chi Ch'uan Classics attributed to Wang Zong-Yue

1. *Beginning to act, all parts of the body must be light, agile and connected together.*
2. *The breath (CHI) should be excited; the spirit should be internally gathered.*
3. *Let the postures be without hollows, projections, or discontinuities.*
4. *The internal force should be rooted in the feet, transmitted by the legs, controlled by the waist, and manifested in the fingers.*
5. *Moving up or down, left or right, forward or back, in all these principle is equally applied. These are all mind and are not external. If there is up, there is down; if there is left, there is right; if there is forward, there is backward.*
6. *Insubstantial and substantial should be clearly differentiated. If one has a place that changes from substantial to insubstantial, then everything in that direction changes from substantial to insubstantial. String together all parts of the body, and do not let them be broken by even a fraction.*
7. *That which is T'AI CHI is infinite and unbounded and yet gives birth. It is the primary force of motion and stillness, and the mother of YIN and YANG.*
8. *In motion, YIN and YANG separate, in stillness, they fuse (and are stored in the bones).*
9. *It has no deficiencies and is not excessive; accordingly, when it contracts, it then expands.*
10. *From skillful practice one gradually comprehends the internal force; from the comprehension of the internal force, the steps extend to wisdom. Certainly, do not use the strength for some time. You cannot suddenly understand it.*
11. *Let the spirit reach the head-top (with unclouded mind). Let the CHI sink to the T'an Tien. Do not let the body lean to any direction, and let the internal force appear and disappear suddenly.*
12. *Stand like a balance and rotate as actively as a wheel.*
13. *After you understand the internal force, the more you practice, the more refined your technique will be. You should silently recognize and examine it; gradually it will follow the wishes of the mind.*



BLOOD PRESSURE LOWERED BY SEIJAKU CLASS

Eddie Yee, Salinas, CA

I have been retired for four years and I had some problems keeping by weight down, especially during the fourth year when it jumped about fifteen pounds. I went to Dr. Rita Lee for my shoulder. She took my blood pressure and found it to be in the danger zone (160/95). A few days later, after taking the high blood pressure medication that she prescribed, I had it checked again. She said the 148/91 was safer.

In November, 1997, I signed up to take an advanced T'ai Chi [Seijaku] instructor workshop in Albuquerque, NM. The week prior to this class I did my Tai Chi exercises twice a day to be in good condition and form. My wife and I had a warm welcome. Justin Stone invited us to lunch, along with Carmen, Ou Mie Shu, and Victor. The next day we started early in the morning with the Seijaku class. I was so happy to be instructed by Mr. Stone. The whole class was full of energy. I enjoyed myself, even though Mr. Stone picked on me a little. Another student commented that Mr. Stone did such because

he really loves me. I felt like I had more energy than normal . . . I took long walks . . . we were always on the go. We had a nice graduation with one teacher taking everyone's picture.

The day after coming home I had an appointment for a complete physical with Dr. Oehler. Two days later he gave me the report that everything was satisfactory. I went to see Dr. Oehler's associate because I thought Dr. Oehler had forgotten to prescribe some blood pressure medicine. The nurse checked my blood pressure (109/85). When I saw the doctor, he also took it (110/84) and checked Dr. Oehler's previous amount (109/85).

Up to this day, five months later, I have not needed any blood pressure medicine. My weight has gradually decreased also. I am a skeptical person, but since it happened to me, I believe. I give credit to the Seijaku class that my condition improved without medication. Thank you, Master Stone, for the Seijaku class.

REFLECTIONS ON SEIJAKU by Eric K. Imbody

Resistance without struggle
Allowance exaggerated
Heaviness honored
Lightness embraced
With grace and continuity

Pushing through the wall
Breaking through to softness
Flowing with the hardness until softness
washes over me once more
Challenges of present centered awareness

Hardness peacefully co-existing
with softness

In the same torso . . . the same pass
of two arms . . .
the same breath . . . the same mind
Ever-present shadows of each extreme
mirrored in the other

Necessary and wonderful parts of the whole
Accepting the full range of Tao energy
Knowing acceptance allows the vital energy
to blossom

Experiencing trembling . . . movement . . .
balance . . . weight shift . . . the strong
insistent flow of life force with heartfelt
gratitude and smiles



YOU AND YOUR TOOL BOX
or
THE 20 TOOLS OF T'AI CHI CHIHSM
or
ALWAYS AVAILABLE TCC TOOLS
Sandy McAlister, Hayward, CA

Did you know each of us as teachers and students of T'ai Chi Chih carry with us, at all times, a tool box? This box contains 20 implements designed to bring about change, growth and reshaping. When a quick attitude adjustment is needed we go to our box and choose several tools that, when used with attention, can do wonders. In just a few minutes of use, emotions calm, the body relaxes, the mind clears. For bigger jobs we work daily using all the tools for an overall reshaping of our being. The beauty of this form is in its flexibility. Besides a

daily practice of the complete form (which I call a formal practice) that brings about deep long lasting changes, some of the movements can be used throughout the day to help you deal with everyday annoyances, situations or frustrations.

So next time you need to focus in, warm-up, cool down, let go, shut off, smile, gear-up, soften or just enjoy life a little more, open up your tool box, take out a few of your favorite tools and to work in the most enjoyable way I know.

A PEBBLE IN THE POND
Dale Buchanan, Great Falls, VA

If anybody has ever spent time with Ed Altman, you know some of the analogies he uses to describe certain aspects of T'ai Chi ChihSM. It may take a while for you to understand them, just try to keep them in your memory and one day they will finally hit you like a ton of bricks.

During Seijaku Training Ed talks about the chi flowing through your body like the ripple effect after you drop a pebble in a pond. I heard it, absorbed it, but didn't understand it until I actually went to a pond and did it. I must have dropped 20 pebbles in the water and just watched as each ripple grew wider and became less powerful until it finally diminished.

When I returned to my studio I brought that image into my Seijaku practice. I couldn't believe it! After 2 months of faithful practice, Seijaku finally made perfect sense. The pain and frustration was finally over. I no longer had to do anything except "BE" the ripple of water from the pebble being dropped in the pond.

It was like an angel came down and said. "OK, you've put in your time of suffering, now be happy, have fun, and be sure to share this with others." IT was a wonderful experience and it could happen to anybody. Just remember the simple things Ed and Justin tell; one day they'll sink in . . . just be sure to put in "your time."



MAGIC MOMENTS

Christeen Sproehnle, Olympic Valley, CA

I'd like to share an experience I had while watching the tides during my T'ai Chi ChihSM practice. I looked at the ocean and suddenly saw the flow of Chi in the crest and trough of each wave. The crests of the waves were illuminated by the rays of sunshine, while the water that submerged to the great depths of the sea grew darker. I drew this in my sketchbook; only to discover that the Tao symbol had unfolded. As I drew the Tao symbol in this wave form I began to see the crest and trough of each wave in terms of how much light was being reflected and how much absorbed into darkness.

This seemed to correspond to the fluctuation of lightness and darkness in each day. I have heard T'ai Chi masters speak of the varying, yet circular continuous flow of Chi; this is just as in the perpetual generation of ocean waves.

Then I realized that this wondrous unfolded Tao, which I had just drawn was potentially a

figure-eight which encompasses our Earth as the arms of a Great Mother. This Great Mother could only be the nurturing Supreme Ultimate--the Tao or T'ai Chi--of all creation. Our Earth is nestled between the Sun (Great Yang) and Moon (Great Yin) which give rise to all the opposing forces and determine the flow of the Vital Force or Chi Energy. The diurnal fluctuations of the Chi can be understood in relation to the stages of equilibrium between peaks of Yin and Yang.

The magic moments of each day occur during these stages of balance when light and dark are in perfect juxtaposition--when shadows are most distinct and colors most vibrant. This is not to say that each moment of the day is not special, but rather that in certain moments our planet situates itself in such a way that it seems to beckon our attention! These are the moments to divert our selves from the daily work and surrender wholly to the marvelous rhythms of our Universe.



**As it is in the tides,
It is in the day,
In the seasons,
The Universe.**

**And so it is,
in our bodies.**

Photograph by R. Taggart

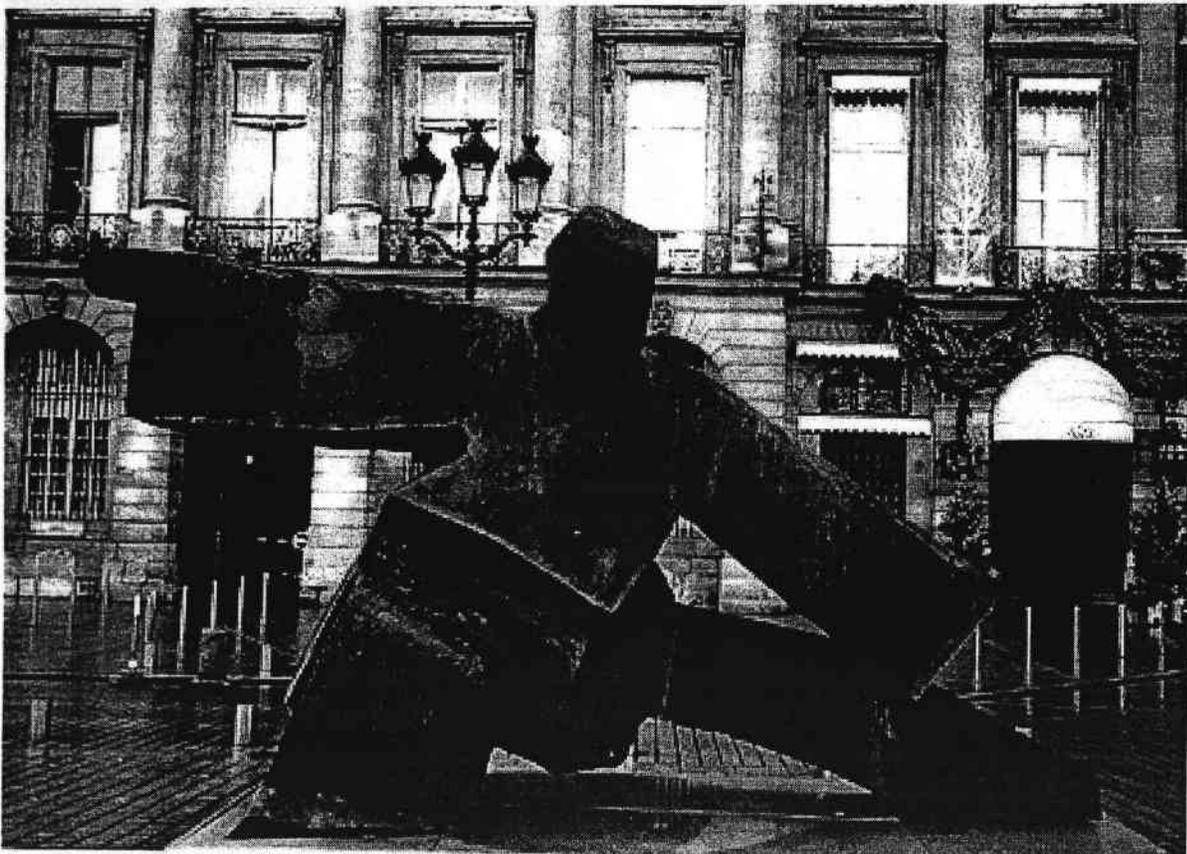


The Tower

The Plaza in Paris, France was the site for a display of Ju Ming Bronzes depicting tai-chi postures.

**T'AI CHI EXHIBIT
PARIS, FRANCE**

DECEMBER 1997



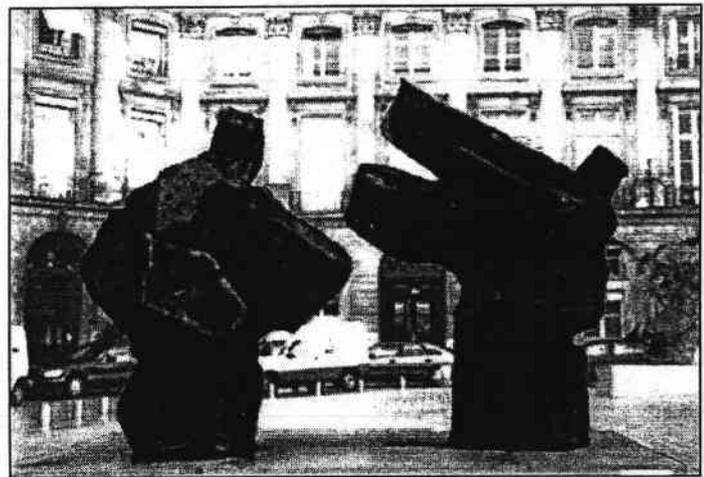
Bronze – Ju Ming Tai-chi Single Whip, 1985

This classic posture is perhaps the most recognizable and is quite striking. Cast against the background of the hotels in the plaza in Paris, this statue stands nearly as tall as the lamp post in the background.

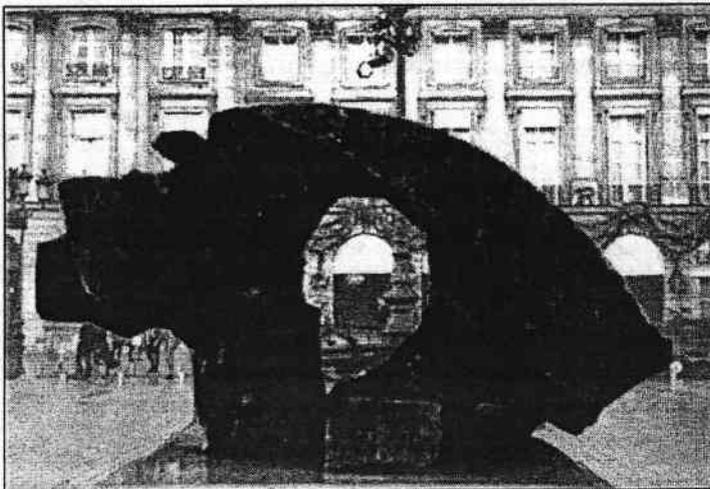


Ju Ming Bronze Kick Pose

**T'AI CHI FORMS IN BRONZE
BY HERVE ODERMATT**



Ju Ming Bronze -- Two Opponents



Ju Ming Bronze, Unbroken Tai-chi Flow, 1991

Photographs by Marlene Sloper
Computer Enhanced by Jeff Taggart



13th ANNUAL INTERNATIONAL T'AI CHI CHIH TEACHERS' CONFERENCE "ENTERING COSMIC RHYTHM"

Hello everyone and Happy Spring!

As Earth moves out of her sleepy winter slumber, signs of new life emerge: blossoms on trees, windy days and that happy restless feeling we have to kick off our shoes and celebrate the joy of the season.

The Albuquerque-area teachers have been planning the Summer Conference and the registrations are flowing in. If you haven't sent yours in yet, or are somehow undecided about attending, let us offer you this: There are many and varied reasons to attend YOUR Teachers Conference. One of the most important is that it gives us a time to be together as a united group and move deep into the experience of TCC. For some that means receiving new information on teaching, community events, or hearing about the growth and direction of TCC. Others look forward to connecting with old friends and refining and deepening our understanding of movements. Being an active participant in the absolute and unstoppable growth of TCC's destined future is a very exciting aspect of this Conference whether it is discussing a new country in which to teach classes, our web page, or a newly identified population who is in need

of TCC. What originally brought you to TCC? T'ai Chi ChihSM has spread rapidly in its 24 year-old life. Justin attributes this mostly to the *Teh* or inner sincerity of its teachers. This is palpable at the Conferences. At a time when our world is changing and moving so rapidly, we as teachers know what great power lies in peace and stillness. It is more than "good medicine" for us to come together, take stock of the present as well as the future, and manifest collectively the greatness of this Spiritual Discipline. Let us use our knowledge of the Chi. Our strength is in our individuality, and we can respond to the world with true leadership.

This is *the* T'ai Chi ChihSM Conference. We hope you will choose to come take your place for this weekend of enrichment, empowerment, and giving back. Entering Cosmic Rhythm, our conference theme, holds great promise for illuminating our own path as well as lighting the way for others. We extend our heart-minds to you and look forward to seeing you in July!

Rhonda St. Martin
1998 Conference Coordinator

Mission Statement

The mission of the 13th Annual International
T'ai Chi ChihSM Teachers' Conference
is to unite the Tai Chi Chih family
and experience the flow of joy and love
generated from circulating our vital CHI.

Ed. Note: Conference registration forms are enclosed with this issue of *THE VITAL FORCE*.



1998 T'AI CHI CHIH EVENTS CALENDAR

Justin Stone is the Originator of T'ai Chi ChihSM

Ed Altman is the Designated Head of T'ai Chi ChihSM

T'AI CHI CHIHSM TEACHER TRAININGS

Apr. 20 thru 25, 1998 TCC Teacher Training
Location: Indianapolis, IN
Contact: Sr. Patty Campbell, O.S.F.
 17442 St. Mary's Road
 Batesville, IN 47006-9319
 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 55404-1602
 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

October 19 thru 24, 1998 TCC Teacher Training
Location: Great Falls, VA
Contact: Dale Buchanan
 TCC Studio
 776 Walker Rd., Box 40
 Great Falls, VA 22066-0040
 Ph: 703.759.1644
Teacher Training Fee: \$ 450.00
Deadline: September 21, 1998

SEIJAKU ACCREDITATIONS/OTHER EVENTS

May 29 thru 31, 1998 Seijaku Accreditation Course
Location: Moye Spiritual Life Ctr.
 Melbourne, KY
Contact: Marlene Brown
 653 Cranford Drive
 Cincinnati, OH 94540-3915
 Ph: 513.742.1866
Accreditation Fee: \$ 300.00
Auditing Teachers: \$ 20.00

Late Fall Seijaku Accreditation Course
Location: TBA, New Jersey Area
Contact: Sr. Antonia Cooper, O.S.F.
 Villa Maria, 641 Somerset St.,
 No. Plainfield, NJ 07060-4909
 Ph. 908.757.3050 (w)
Accreditation Fee: \$ 300.00
Auditing Teachers: \$ 20.00

July 17 thru 19, 1998 TCC Teachers' Conference
Location: Albuquerque, NM
Coordinator: Rhonda St. Martin
 Ph. 505.299.7038
Registrations: Maggie Berg
 13224 Agnes Ct. NE
 Albuquerque, NM 87112-0243
 Ph. 505.237.0243

EVENT HOSTS if you are hosting a TCC/Seijaku accreditation, 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 or e-mail numbers, contact person(s) and mailing address.

EVENT WRITE-UPS Hosts for TCC events, please send in your write-ups to *VFJ* as soon as possible after your event occurs. You may include photos, and names of individuals, poetry, students/auditing teachers remarks, and art work may also be submitted. Thanks! *VFJ* Staff

*Teacher Trainings and Seijaku Accreditations are conducted by Ed Altman unless otherwise designated.

SUMMER *VFJ* SUBMISSION DEADLINE: APRIL 25th

SUBMISSIONS INFORMATION ON PAGE 2

SUMMER MAILING: JUNE 6th AT LOIS MAHANEY'S IN SAN LORENZO, CA



TCC AND THE BIRTHING EXPERIENCE

Stephanie Winter, Shorewood, MN

I often use T'ai Chi ChihSM practice for what I like to call "attitude readjustment," letting go of emotions that prevent me from getting something done or resolving some conflict (i.e., anger, fear, frustration, etc.). I recently discovered yet another use for TCC, however, when I helped a friend, Anne, deliver her second child. Since I have not had a child myself nor been part of a live birth, I didn't know what to expect from the labor and delivery process. I had no idea TCC would be a suitable tool or if an opportunity would present itself to include it during the birth, but I also knew that it was a gift I could share, if appropriate.

My partner and I arrived at Anne and Steven's home around 9:00 p.m. The late evening hours were filled with labor contractions, sporadic conversation, and a feeling of ritual as Anne pulled power symbols out of her packed suitcase, laid them on the dining room table, and talked about the meaning they carried as well as the family members they represented. One of us made Anne a special herbal tea as we took turns timing contractions, entertaining her two-year-old son, Sam, talking with Anne's sister and nephew, and eagerly awaiting the arrival of another new soul. Eventually the contractions slowed and everyone grew tired so we rested briefly before heading for the hospital around 3:15 am.

Once at the hospital my partner, a massage therapist, performed several seated massages on Anne interspersed with an occasional walk up and down the hospital halls. Around 9:00

am the midwife announced that in the five hours we had been at the hospital the cervix had dilated no more than two centimeters. "We need to change the energy in the room," she proclaimed, cautioning that if we didn't work harder at getting the baby delivered, the doctor was going to request that Anne take a drug to stimulate more contractions.

The midwife's news was greeted with an unheard collective groan. This was supposed to be a natural birth and we were all committed to supporting and respecting the process as it unfolded no matter how long it took. But a night without sleep was beginning to wear on us all.

As I sat wondering what to do, TCC floated into my mind. I realized that now seemed an appropriate time to put it to use. The midwife had said, after all, that we needed to raise the energy in the room. I stood and asked myself which movements would be most helpful and two presented themselves to me: Joyous Breath and Passing Clouds. As I began Joyous Breath I was astonished by its appropriateness (try it and you'll see what I mean). The downward pushing and exhalations seemed to duplicate movements that might naturally be used by a laboring woman. I followed Joyous Breath with Passing Clouds, starting slowly and speeding faster and faster.

By the time I finished my brief T'ai Chi ChihSM practice I felt more energized and refreshed and I had a sense that the energy in the room had changed as well.



T'AI CHI CHIH AND THE BIRTHING EXPERIENCE (continued)

Soon after the expectant parents returned from their walk we helped Anne squat. Within 30 seconds her water broke; the midwife, nurse, and remaining family members streamed into the room. As I stood holding her two-year-old Sam and watching the wonder of birth right before my eyes I was filled with amazement. While Anne's birthing process benefited from the participation and contributions of us all, I was especially grateful for the T'ai Chi ChihSM. I was reminded yet again that, although T'ai Chi ChihSM is deceptively simple, it has great power.

Surely each birthing process has its own pace and timing, something that is best directed by the universal order. Even so, I'm inclined to believe that the T'ai Chi ChihSM had a positive, uplifting effect in the room and the energy of all of us present, thus benefiting the final phase of labor and delivery. Certainly T'ai Chi ChihSM is appropriate at many moments in our lives but it is a most welcome addition when preparing to meet and greet a new life energy (chi-ld).

Year of the Tiger 4696
Good Luck and Good Health

加
賀
正

Good Wishes on the New Year



Dragon Fighter. The tiger is the only creature able to challenge the dragon, according to Japanese tradition. The two subjects are often portrayed in paired scrolls. This painting was done rapidly in an impressionistic style.

From: Japanese Brush Painting Techniques, Paul Siudzinski, 1978, Sterling Publishing Co., p. VIII.



First Outdoor Practice

**We stretched up to the sun
Opened to the warmth
And were partnered with our shadows once again.**

Uncited image from: Korean Art Guide Yekyong Publications, Seoul, 1986



NOTES FROM TEACHER'S TRAINING - MARCH 1997

YINNING/YANGING

- ◆ Full Weight Shift
- ◆ Allow the heel to rise after the weight shifts fully
- ◆ Relax the waist
- ◆ Bend both knees
- ◆ Stay at one level
- ◆ First shift the weight, then allow the waist to turn

MOVEMENTS

- ◆ Use little of the upper arms
- ◆ Leave a bend in the elbow
- ◆ Relax the waist and wrists
- ◆ Allow the arms to float

GENERAL

- ◆ Softness means letting go
- ◆ Allow it to happen
- ◆ Softness and Continuity
- ◆ Move as if moving through
"very heavy air"
- ◆ Breathe regularly and evenly
- ◆ Let your thoughts escape -
don't hold them
- ◆ Relax!

TIPS FOR A COMFY PRACTICE

- ◆ Wear loose, comfortable clothing
- ◆ Wear layers to warm up or cool down
- ◆ Wear soft soled, flat shoes
- ◆ Stocking feet or bare feet are fine
- ◆ An empty stomach is best
- ◆ Don't eat for one to two hours before
- ◆ Eat lightly if you must eat before
- ◆ Avoid cold beverages for a while afterward
- ◆ Have a nice cup of warm tea afterwards



Top Ten Things I Didn't Expect When I Became a TCC Teacher

10. My excitement and terror before each new class.
9. The way classes and teaching opportunities have materialized.
8. How challenging my students can be.
7. How responding to that challenge strengthen and educates me.
6. How I can facilitate the group and pull the students into balance.
5. How willing students are to listen to and go along with me.
4. How scary and sobering #6 and #5 are as I recognize my responsibility.
3. How much I love practicing with my students.
2. How much I come to care for my students and celebrate their progress.
1. How energizing it is to work with students, how it opens my heart, how sad I am when a class is at the last session and how much I love it when a student returns for another session.

What's Your Top 10?

Did You Know?

The winter 1997-98 issue of *Qi* magazine's catalog section has T'ai Chi ChihSM materials, Justin Stone's video and audio tapes, **Meditation for Healing**, and the T'ai Chi ChihSM text:

Insight Publishing
1-800-787-2600
www.qijournal.com

Who Wrote These Quotes?

- 1) "There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all of time, this expression is unique. And, if you block it, it will never exist through any other medium and will be lost. The world will not have it. It is not your business to determine how good it is now how valuable nor how it compares with other expressions.

It is your business to keep it yours clearly and directly, to keep the channel open . . . whether you choose to take an art class, keep a journal, record your dreams, dance your story or live each day from your own creative source.

Above all else, keep the channel open!

- 2) "The TAO begot one,
One begot Two,
Two begot Three,
And Three begot the thousand things.
The ten thousand things carry YIN and YANG;
They achieve harmony by combining these forces."
- 3) "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."
- 4) "Let the music lead you to your deeper self, connecting you to your energies and your true potential. Focus on the vital center of your personal power. Feel this core – the seat of your rich resources – alive and connected with the power of nature."

Answers: bottom of page 30.



LETTER FROM A TEACHER CANDIDATE

This letter to Justin was reprinted from The New Mexico T'ai Chi Chih News.

Dear Mr. Stone:

As you can see by the address, I am currently incarcerated in Folsom State Prison. I have been in prison for 15 years.

A number of years ago, I learned from a Vietnamese friend of mine a version of T'ai Chi. This was most useful for relaxation from the stress of this sometimes violent and confining life style. Two years ago, I founded a meditation group for inmates here at Folsom Prison. It is called the Contemplative Fellowship. We have an average membership of just under a hundred inmates. The type of meditation we do is very similar to the Great Circle Meditation in your books. First relaxing the body using your technique, we quietly shut down the internal dialogue. We then move into what is called by a 14th century anonymous writer, the Cloud of Unknowing.

About the time I started the Contemplative Fellowship, I sent for a copy of your book, *Joy Through Movement*. The basic problem with the form of T'ai Chi I was practicing was that it looked like aggressive martial arts, even when done in the fluid style of T'ai Chi. T'ai Chi ChihSM was the answer to my problem for three reasons. First, the names of the movements are all non-threatening in a prison setting. Second the movements did not appear to be aggressive to the untrained eye. Third, the twenty movements with a slight modification can easily be learned for use in a Folsom prison cell. The space available in a cell is approximately 6 feet by 20 inches. The total cell size is 11 feet by 4 1/2 feet. The beds, toilet and sink take up the lion's share of the available square footage.

The only modifications T'ai Chi ChihSM needed were to change the diagonal step movements to lateral movements.

I contacted Good Karma Publishing as a result of your books and two video tapes were donated to the Contemplative Fellowship. I found that, after viewing the video tapes, I was making some errors in the movements. I corrected the mistakes, and began to teach it to other inmates who belonged to the Contemplative Fellowship. It has become so popular that we have incorporated it into every meeting as a prelude to our silent meditation.

Last month, Ms. Tara Stiles-Therman, a T'ai Chi ChihSM certified instructor, volunteered her time and gave a class here at Folsom Prison. She was very well received and appreciated. After the class, I asked Tara about becoming a certified instructor. She told me to write to you in care of Good Karma Publishing. In addition, she said if you had any questions about my abilities as an instructor or my form, she would be happy to answer them. If possible, please let me know what I must do to receive certification.

The acceptance of T'ai Chi ChihSM by the Folsom Prison Administration as an inmate program used in conjunction with Contemplative Meditation is a giant step. As you can imagine, Folsom is the most conservative of the California prisons.

I would like to thank you for your lifetime of effort. You have brought change to the lives of so many men who would have otherwise lived their lives in chaos. Thank you so much for your lifetime of service.

JKII



SERENITY IN THE MIDST OF ACTIVITY

Seijaku

The peoples of the crowded Orient generally know this feeling of "serenity in the midst of activity". It is not by refraining from action that we achieve it, but by maintaining a firm, unchanging center in the midst of disturbance. . . . This serenity should spill over into our everyday lives, making possible a calm and joyous interior even during the most hectic times.

T'ai Chi Chih! Joy Thru Movement.
Justin Stone, 1996

LETTER FROM JUSTIN TO DALE BUCHANAN

Justin Stone, Originator of T'ai Chi Chih/Seijaku

Dear Dale,

Nice to hear from you. I'm making haste to answer so I can reply to your questions to the best of my ability.

At the beginning of the Seijaku Course I stated that Seijaku is very powerful and should not be done after dinner as it might interfere with sleep. I urged that it be taught only to sincere students, because casual ones would not appreciate it.

I have given you many gifts – sole breathing, the Jing, Nei Kung. Naturally they give you great energy! And they will keep you young! You have to be the judge of how much to do. Did you expect to not be affected by the power – particularly with the JING added? Do you feel I should keep these secrets to myself?

I wish you would write to VFJ about the energy and power the practice is giving you; it will greatly help Ed Altman in giving his Seijaku Teachers' Course. Do it now!
Naturally, great creativity comes from the practice. This tells you it is the real thing.
The tongue IS pressed against the palette

in advanced meditation practice. Don't lift weights. It blocks the arteries and flow of blood and is, I believe, the reason football linemen tend to die early.

I cannot give you general advice for your students. Each is a separate case, and I would have to meet and watch him or her. Sending the Chi down to the Tan T'ien or soles of the feet is necessary. More time between movements and longer Cosmic Consciousness Pose is very helpful. Nei Kung will help them sleep if practiced at night in bed. JING is all right for Seijaku or T'ai Chi ChihSM – only for GOOD students, not beginners!

If students leave the class because they are getting what they came for, because it works, then they were not sincere in the first place. You must hold out a carrot, off-handedly telling them what they can gain. The teacher must be a motivator! Let me know how it goes. Congratulations on your growing success. Your trip here did you a lot of good.

Best wishes, Justin Stone



SEIJAKU - THE REAL THING

Dale Buchanan, Great Falls, VA

Since my return from Albuquerque, NM in November, I have been practicing Seijaku, the JING, Sole Breathing, and Nei Kung regularly and amazing things have been happening. I had this pressure stuck in my head, almost like a sinus infection, but much more intense. My throat was tight and my brain felt like it was going to explode. After sticking with it, I found out what was going on.

First, my creativity has really heightened. Sometimes, I have so much creative energy that I feel like I should pick up a guitar or sit at a piano and compose music. I don't even know how to play an instrument, but I FEEL like I can. I had to go out and buy a painting set to release some of this creative energy stuck inside of my head. After Seijaku practice I have been writing poetry and it just flows out, one poem after the other. Both [painting and poetry] seem to help the situation tremendously by putting my creativity to good use.

Second, my power has greatly increased. I don't mean muscular strength, but REAL INTERNAL POWER, the kind that lasts all day without effort. Sometimes I feel like I could effortlessly bust through a wall or run a marathon. I have been lifting weights (which I recently stopped because of an injury) all my life and never felt anything like this before. The "toning" and Seijaku seems to be all the power that my body can handle right now anyway. I started taking long walks and hikes in the woods, and I never get tired. I use the JING on a daily basis to increase power and help the CHI

store in my bones. I also have been using the Nei Kung Meditations to guide the CHI to the soles of my feet and help me get to sleep at night.

I never dreamed that something that circulates and balances the chi could have these effects on my life. By being aware of these sensations I can "let go" and watch my life change for the better. As I'm finding out, it's very painful to go through change. We naturally want to hold on, but the best moments of my life are when I "let go". About once a month I can feel this happening and I'll weep and cry with tears of JOY for about an hour as my body and spirit cleanse away whatever it was holding onto. I realize that when this happens I am receiving exactly what I need as a student and a teacher.

My friends and students have been telling me that I seem to be at peace and I have a constant shine in my eyes. It's as though I'm newly in love, not with one person, but with all creation. I am suddenly attracted to nature and the outdoors, and my relationship with the universe seems to be one . . . in fact, I am enjoying the simple things in life more now than ever before. The Japanese call this "serenity in the midst of activity". I call it "freedom".

Seijaku

静寂

Stillness



TEACHER NEWS

Alaska

Since the Seijaku training in November my TCC practice has become deeper and more joyous . . . like a cocoon coming off, and I am emerging as something different; yet, I am the same. . .

Classes are going well. I will have two classes a week at the end of January through University of Alaska Sitka; one beginning and one intermediate.

Nancy Jo Bleier, Sitka, AK

California

The Elderhostel people are so excited that they can do TCC they're absolutely ecstatic! My next group will be here in March; it's so good to have the Directory available so they can find teachers in their own locality.

Victoria Townsend, Los Osos, CA

The fifth Kaiser-Permanente facility in California has chosen TCC as a vehicle for its patients. I have been asked to teach two classes per week at the Antioch location beginning next fall. I will be working closely with physical therapist, Kathleen West.

Carrie Kinsey, Concord, CA

New Jersey

I was pleased to have given a presentation on January 15th for the Ski Club of Northern New Jersey held at the Maywood Inn (Maywood, NJ). There were about 35 in attendance, with a wide variety of ages, who were extremely receptive . . . I was particularly honored to have given a demonstration to this room full of robust and active people. Their reactions were feelings of relaxation, overall feeling good, and great interest in learning more about TCC.

Paula Favorito, New Milford, NJ

Virginia

I was able to be a part of [a] most incredible experience [Seijaku Accreditation in Albuquerque, NM in November 1997]. Spending time with 45 other TCC instructors is always a good way to recharge the vital force and make new friends. Of course, Seijaku and becoming an instructor all in one weekend was very rewarding. However, the best part about the course was spending time with Justin. Watching him teach, sitting with him at lunch, and being invited to his house for meditation made the weekend very special and something I will never forget.

The first ever Teachers Training Course in the Washington DC area is being held from October 19-24, 1998. My new TCC studio in Great Falls, VA will be used as the training facility during the entire week.

Dale Buchanan, Great Falls, VA

Sponsoring a TCC-related Event ?

This section of Teacher News has been created to provide a voice for teachers who are planning a TCC-related event, and who, as requested by *VFJ*, do not use the TCC Teachers' Directory as a mailing list. If you are hosting a TCC-related event, please let us know we can post it in the Teacher News section of *THE VITAL FORCE*. Be sure to include dates, deadlines, deposit, fees, phone, FAX and/or e-mail numbers, contact person, and mailing address. Hosts for TCC-related events are encouraged to send in write-ups to *VFJ* as soon as possible after your event. You may include photos, names, poetry, remarks by participants, and art work.

Quiz Answers: 1) Martha Graham, 2) Lao Tse, 3) Margaret Mead, 4) Paul Siudzinski



THE VITAL FORCE DECEMBER 1997 MAILING



TCC Teachers Prepare Mailing

Picture of TCC teachers preparing *THE VITAL FORCE* for mailing on December 6th, 1997. Thanks to all who came to enjoy the fellowship, help with the mailing, and practice TCC!

Please Join Us!

We invite all bay area and visiting teachers to join us at our quarterly mailing the first week of each new quarter.



T'ai Chi Chih Group Practice

In the backyard of Lois Mahaney, under gray afternoon skies, T'ai Chi Chih brought each of us closer in spirit as we shared the joy of the season. Christmas! Following practice, there was a Pot Luck spread, followed by a Winter Solstice Ceremony led by Linda Braga.



Pot Luck Mmmm!

Vital
Force
Journal



Lois Mahaney with old friend Richard Brier



MEDIA RESOURCES FOR TEACHERS

Books and Articles to Enhance Your TCC Presentations

BOOK - Topic: Health and Beauty
Covered: Active Relaxation Exercise
Ayurvedic Beauty Care, Melanie Sachs,
Lotus Press, Twin Lakes Wisconsin, 1994.

Tai Chi ChihSM is mentioned in this book in the Chapter on: Comments on Specific Forms of Exercise. Here is an excerpt: "A simplified form of Tai Chi formalized by Justin Stone, Tai Chi ChihSM is soft and gentle in nature and very quick and easy to learn compared to other Tai chi forms. It swiftly brings peace and a sense of centeredness to the mind and body. Working rather like an active relaxation exercise, it refreshes and invigorates the whole system. This is a wonderful system to use outside surrounded by nature."

GERIATRIC JOURNAL

Topic: T'ai chi as therapy for patients with osteoarthritis.

Covered: Applicability of t'ai chi to older patients with osteoarthritis.

In February's *Geriatrics Advisor*, Vol. 53 No. 2, authors David B. Lumsden, MD, Angelo Baccala, BS, and Joseph Martaire, MD state, "the purpose of this article is to provide a basic introduction to t'ai chi ch'uan. We explain its potential benefits as a therapeutic modality and its use as one element in the overall treatment of the patient with osteoarthritis. More excerpts on page 35. "T'ai chi for osteoarthritis: An introduction for primary care physicians" is a good discussion of t'ai chi as a physical therapy modality, stating improvements in range of motion, bone and joint preservation, and strength and balance.

NEWSPAPER ARTICLE

Topic: Chi

Covered: Chi cultivation; blood sugar levels.

In "*Vital Energy*" Lytle also discusses the importance of proper form, and of training with an "expert." Good general background information as well as discussion of studies documenting moving meditation. Lytle writes in her article, "Despite the benefits, t'ai chi and chi kung can harm a person who does the movements incorrectly. . . . But t'ai chi poses no harm if taught correctly by an expert, practitioners say. See a fuller presentation of this article by Lisa Lytle of the *Orange County Register* on pages 33-34.

MAGAZINE ARTICLE

Topic: Taoism in the Business World

Covered: Tao, Leadership and Business

The article "*Words of Wisdom*" in *Entrepreneur* magazine, November, 1997 discusses the emergence of Eastern Philosophy in the business world. The article lists a number of books on the subject of the Tao, leadership and business. If you are looking for materials to use in making a TCC presentation in a business setting, you may want to check out this article in which Diane Dreher, chairman of the English Department at Santa Clara University, Santa Clara, CA says, "Tao leadership is nearly identical to the contemporary discipline of teamwork. The Tao leader is someone who can remain centered, mindful, assess a situation, bring people together, build a consensus and discover solutions by drawing on the talents of everyone involved."



VITAL ENERGY by Lisa Lytle

This article was sent in by Justin Stone. It ran in the Monterey, California local paper but was reprinted from *The Orange County Register*. Justin particularly wanted readers to pay particular attention to the remarks in bold type on the second page of this article.

Buena Park--Beyond the door of Duke Cheng's Studio in a Buena Park mini-mall, there is no sound save the synchronized sliding and lifting of slipper-covered feet on a padded floor. Shh. Shh. Shh.

Hands and arms trace seamless curves in the air like synchronized kites flirting with a playful breeze. Occasionally, hands slap the soles in a motion so swift, the eye barely catches it.

The once-mysterious movements of t'ai chi and chi kung are becoming familiar wellness routines for a number of people in the United States. It's not known how many people practice t'ai chi and chi kung, but Cheng and other practitioners say the demand for instruction has more than doubled in the past seven years.

What we often see as t'ai chi is a slow sequence of 81 steps in which the hands and feet move in fluid, sweeping motions. The order of these coordinated movements must be memorized. Concentration is necessary, to maintain balance while moving. Breathing must be even. Practitioners say that focusing on how the body moves and paying attention to the breathing lead to a feeling of relaxation.

T'ai chi, or taijiquan, is a way of finding yourself and your own special path in life, wrote Robert Parry in "Teach yourself T'ai Chi." Literally translated, "chi" means "vital energy" and "tai" means "great."

There are about five major schools of t'ai chi named after particular Chinese families dating back many generations, according to Cheng, who has been teaching for more than 30 years.

Chi kung, or qi gong (pronounced chee-goong), a cousin of t'ai chi, means "cultivating energy." It also involves coordinating slow, fluid arm, hand, leg and torso movements. The quiet motions are combined with breathing techniques that create a feeling of energy flowing through the body. The discipline goes further, so that a person learns to internally nurture and channel that energy to control particular aspects of the body. Advanced practitioners are known to use energy to regulate blood pressure and digestive processes and help remedy disorders.

The National Institutes of Health has reported the benefits of t'ai chi. Two groups of scientists working on a frailty-reduction program sponsored by the National Institute on Aging found that t'ai chi can help elderly people maintain strength and balance. In the first study, researchers at Emory University School of Medicine in Atlanta found that older people [taking part in a 15-week t'ai chi program] reduced their risk of falling by 47 percent. In a second study, by the University of Connecticut Health Center in Farmington, participants maintained their gains from other balance and strength training over six months.



VITAL ENERGY (continued)

Studies in China have concluded that expert practitioners of chi kung can emit energy to control breathing, induce relaxation and lower blood pressure, among other benefits. Chinese scientists claimed that chi kung can help people cope with diabetes, chronic digestive disorders and asthma. But most people in the United States practice t'ai chi and chi kung for a simple reason: to feel better.

"I was looking for some exercise, but I wanted something more meaningful," said David Budman, 50, of Anaheim. "The workout at the gym didn't seem to be fulfilling."

Budman and others say t'ai chi and chi kung have helped them cope with chronic illness or injuries. "I have asthma," Budman said. "Chi kung has improved my breathing a lot."

Most days, Jules Edelman, 55, of Newport Beach wakes at 4:30 a.m. and at 6, he invigorates himself with a 45-minute t'ai chi session in the living room. "I have a better sense of balance, strength all over and feeling of well-being," said a serene-looking Edelman. "I'm a diabetic, and it has made it much easier for me to live with diabetes. Exercise, diet and insulin are part of my life."

T'ai chi is attracting younger people too. Lory Autenrieth, 28, of Fullerton added a weekly dose of t'ai chi and chi kung a year and a half ago to her repertoire of shaolin and kung fu. "Before I couldn't do a Chinese squat because of a childhood injury in my left knee," she said. She grinned, then crouched and squatted, balancing her weight on her feet as the back of her thighs rested on her calves, her buttocks a few inches from the floor.

Interest in these disciplines has exploded this decade, said Steve Rhodes, editor of *Qi: The Journal of Traditional Eastern Health and Fitness*, based in Anaheim Hills. Much of t'ai chi and chi kung has been demystified, he said. There's a glut of information--from history to how-to's--that is now readily available. . . .

The body's "chi" can be measured as a low-frequency sound, said Richard Lee, a mechanical engineer by training and an entrepreneur in San Clemente. Lee distributes and markets the Infratonic Qi Gong Machine for therapeutic use in pain management, massage and circulation improvement. Lee said the \$700 machine produces and transmits to the body the same type of waves that the body generates during chi kung.

Although well-documented in China, the power of chi kung and the effectiveness of the machine have yet to be studied and reviewed by the U.S. medical community.

Despite the benefits, t'ai chi and chi kung can harm a person who does the movements incorrectly. Improper positioning of the feet and ankles can hurt the knees, said Shantika Lamanno, a spokeswoman for the Chi Kung/Qi Gong Association of America.

People should be cautious with emitting chi, she said. It can hurt the person using it or harm others, she said.

But t'ai chi poses no harm if taught correctly by an expert, practitioners say.

It takes a short time to learn, Rhodes said, but a lifetime to master. Finding a good master is essential, he said, and is mostly accomplished by word of mouth.



Excerpts from
**T'AI CHI FOR OSTEOARTHRITIS:
AN INTRODUCTION FOR PRIMARY CARE PHYSICIANS**
David B. Lumsden, MD -- Angelo Baccala, BS -- Joseph Matire, MD

Osteoarthritis represents a major cause of disability in the older population because of its predilection for the large, weight-bearing joints, such as the hip and knee. It is a chronic, potentially progressive disorder that significantly limits mobility and activities of daily living. Multiple treatment options are available, ranging from conservative to operative and from economical to expensive.

One conservative, economical intervention that has proven popular with older patients is the Chinese art of tai chi ch'uan. For the aged population, t'ai chi can serve as a low-impact form of exercise for the entire body. It can improve range of motion, flexibility, strength, and balance.

Because most Western physicians lack training in traditional Chinese medicine, the purpose of this article is to provide a basic introduction to t'ai chi ch'uan. We explain its potential benefits as a therapeutic modality and its use as one element in the overall treatment of the patient with osteoarthritis.

Goals of therapy For the patient with osteoarthritis, the goals of rehabilitation and activity modification are to prevent further disability and dysfunction and to lessen the severity of pain and degree of limitation. . . .

About the Authors: Dr. Lumsden is a fourth-year resident, department of orthopedic surgery, and Dr. Matire is an attending physician, department of diagnostic imaging and nuclear medicine at the Union Memorial Hospital, Baltimore. Mr. Baccala is research assistant, department of biology, Loyola College, Baltimore.

What is t'ai Chi? . . . T'ai chi resembles a slow-moving dance routine. The continuous, softly-flowing movements . . . are done in a relaxed state, and deep [diaphragmatic] breathing is continued throughout the routine. . . . t'ai chi movements do satisfy the basic rules of rehabilitation for the patient with osteoarthritis. They are easy to learn, require the use of the major joints of the body, and serve as a low-impact, low-risk activity that increases range of motion, strength, coordination, and balance. . . .

Conclusion Practicing t'ai chi may help those suffering with osteoarthritis by strengthening the joint musculature and increasing range of motion and flexibility. Preliminary studies have demonstrated the effectiveness of t'ai chi in increasing balance and reducing the risk of falls in the older population. Practiced along or with a partner, t'ai chi may also reduce stress and promote physical and mental wellness.

The authors do not suggest that t'ai chi can cure cartilage and bone deterioration, but as a physical therapy it may serve as an adjunct to standard medical treatment. Beginning low-impact, weight-bearing exercises early in the course of osteoarthritis can lessen the severity of joint pain and dysfunction and the secondary deleterious effects on strength and balance.



THOUGHTS SHARED
Eugene Box, Seal Beach, CA

In her book, A Potter's Notes on Tai Chi Chuan, Margy Emerson provides insights which may deepen your practice of T'ai Chi Chih. My thanks to Good Karma Publishing for placing this book in my hands in 1996 at the 11th annual Teachers Convention in San Diego. This quotation (page 27) I share with you:

"Variation: the human standard versus the standard of machines.

"Each day I perform the sequence a little differently. The timing of my breathing, the pace at which I move, the images I focus on, the degree of concentration or smoothness or balance: all these elements and many others vary from one day to the next.

"Some mornings I decide not to do Tai Chi Chuan.

"Persistence and consistence are needed. But not mechanical sameness. Within every existing thing there are infinite variables. As an expression of the dynamic force pervading everything, Tai Chi Chuan reflects this and welcomes variation."

End Note: A Potter's Notes on T'ai Chi Ch'uan compares the process of making art with the practice of T'ai Chi Ch'uan. Margy Emerson has made her living as a potter ... in Springfield, IL. It was there she studied T'ai Chi Ch'uan under Kao Ching-hua, a Chinese woman who has taught since she arrived in this country just after World War II and who has always emphasized the practical application of the principles of T'ai Chi Ch'uan. (This biographical information is taken from back cover of A Potter's Notes on T'ai Chi Ch'uan, 1988, Artichoke Press.)



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Odyssey with *Spiritual Odyssey*



Spiritual Odyssey:
Selected Writings of Justin F. Stone,
1985 - 1997

Perhaps by the time this issue of *VFJ* goes to press, our journey with Justin's new book will be near completion with the printer. Here's a look at the cover of this very special volume due for release soon.

Catalogs

As most readers are aware, Good Karma publishes a new catalog approximately every year to year-and-a-half. In it, you receive complete information about the titles we offer, including brief descriptions of the materials. When a new catalog comes out, we

send a copy of it with whatever *VFJ* issue coincides with our printing. Otherwise, we simply include a price list/order form in the *VFJ*, which we are doing with this issue. We have expanded it a bit to include the names of the authors of each of the titles. At any time, you can request a catalog or as many copies as you may need for your students. Note that an option on the price list/order form can be checked to request this information.

Some teachers have requested copies of the catalog for them to hand out to bookstores and/or libraries in their area. We appreciate any such assistance in spreading the word about the materials we offer, many of which are appropriate to the general public, not just the T'ai Chi Chih community. A case in point is the new book, *Spiritual Odyssey*.

Teacher Distributors

Teachers: check the teacher distributor list (facing page to this column page) to find a distributor near you. Where there are large concentrations of certified teachers in particular areas, we have tried to make it more convenient and timely for you to order materials in that way. Good Karma, of course, continues to take orders from anyone anywhere.

Our thanks to Judith Hughes for her service as a teacher distributor. She is no longer serving in that capacity; Margaret Manzanares is the distributor in Colorado.

For book and tape orders please print and/or type your name and address legibly on the order form. Phone Toll Free (1-888-540-7459), 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.



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T'AI CHI CHIHSM CONTACTS

Justin Stone: Originator of T'ai Chi Chih.
12440 Chelwood Trail, NE, Albuquerque, NM 87112-4628. 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 others related to spiritual practice.

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Tidings of Spring

THE VITAL FORCE Journal of T'ai Chi ChihSM

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