



THE VITAL FORCE

Journal of T'ai Chi ChihSM

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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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Photographs (either color or black and white) for publication on the cover of VFJ may be submitted; see submittal information below.

Cover Photo: Cherry Blossoms

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:

Summer	April 25 th
Fall	July 31 st
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.



TABLE OF CONTENTS

Features by Justin Stone		Art, Poetry and Perceptions	
The One-Pointed Mind	5	All things come alive	1
Meditation: Avoiding Pitfalls	10	The clear mirror (calligraphy)	4
Letter From Justin to Dale Buchanan	28	20 TH Century Psalms, pp. 12,30 (Stone)	5
Articles by Ed Altman		Photograph: Waterfall (Kinsey)	11
Teacher Renewals	12	Flow (McInnis)	11
Seijaku - From the Soles of the Feet	14	Comments on Chi (Hakuin)	12
Notes to Teachers		Yin and Yang (Wen-Shan Huang)	13
Submissions Information	2	Yin Yang (Thames/Hudson)	13
Teachers' Directory Information	2	13 Postures (Wang Zong-Yue)	13
Readers Commentary	6	Reflections on Seijaku (Imbody)	15
About <i>THE VITAL FORCE</i>	6	Photos from T'ai Chi Exhibit (Sloper)	18-19
Teachers Write	6	Good Wishes (calligraphy)	23
In Memoriam (Tillotson)	7	Tiger (Japanese brush painting)	23
Conference Time.....	7	Untitled Image, <u>Korean Art Guide</u>	24
Video in Mayo Clinic Health Letter	8	First Outdoor Practice (Kinsey)	24
Stone to Address UN	8	Serenity ... in the midst . . . (Stone)	28
Web Site Update (Kent)	8	Stillness (calligraphy)	29
GKP Distributors	36	<u>A Potter's Notes</u> . . . , p. 27 (Emerson)	36
TCC Contacts,.....	39	The leaves glisten . . . (calligraphy)	38
Membership Form	39	Teachers Corner	
Teachers Articles		Q&A: Tips and Techniques	7
Blood Pressure Lowered . . . (Yee).....	15	Shared Teaching Experience (Huseby)	7
You and Your Tool Box (McAlister).....	16	Next Issue's Question (Kinsey)	7
A Pebble in the Pond (Buchanan)	16	Teacher's Respond: Parkinson's Disease	9
Magic Moments (Sproehnle-reprint)	17	Notes from Teacher's Training (Mar. '97) ...	25
TCC & the Birthing Experience (Winter)	22-23	Top Ten	25
Letter From a Teaching Candidate (JKH)	27	Tips for a Comfy Practice	25
Seijaku - The Real Thing (Buchanan)	29	Who Wrote These Quotes?	26
Calendar Notes		Media Resources	
Entering Cosmic Rhythm (St. Martin)	20	Books and Articles (Kinsey)	32
1998 TCC Events Calendar	21	Newspaper: Vital Energy (Lytle)	33-34
Inspirational Materials		Geriatrics: Osteoarthritis (Lumsden, et al) ..	35
Karmic Komments: GKP (Katus)	37	Teacher News	
		Stateside: AK, CA, NJ, VA	30
		<i>VFJ</i> Pictorial (December '97)	31

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.

Vital Force Journal

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!