

This photograph appeared on page A 3 of *The Albuquerque Tribune* Monday, July 20

# T'ai Chi Chih

13th Annual International Teachers' Conference



July 17,18,19, 1998  
Albuquerque, NM USA



## "IT TAKES A COSMOS"

The little boy yelled at us from a few houses down: "Hey did you see what happened?" He was beaming as he proudly held up his right arm donning a new glow-in-the-dark fiberglass cast from elbow to wrist. His friend quickly joined in, grinning from ear to ear: "Yeah and he did it on MY skateboard!" Such is the Spirit of teamwork!

The 1998 Teachers' Conference was so supported that, from the start, it just gathered momentum and took on its own life July 17, 18 and 19 in Albuquerque. Certainly the Conference Planning Committee worked with great effort to cover the details while aiming for an enriching weekend for the arriving teachers. And there were so many others: merchants and service providers who gave us discounts, threw in extra services or products without charge; hotel personnel who were so sensitive to the needs of our group; and several anonymous teachers whose private donations aided the conference.

Families and friends supported the TCC Conference effort- it seems many people (who are not even directly involved with TCC) had an intuitive understanding and respect for a conference such as this. We as teachers have witnessed this before: how refining and balancing of the Chi begins to effervesce and touch all aspects of our lives. The enthusiasm for this conference by so many was apparant. Indeed, students at the TCC Center in Albuquerque committed their time and energy in helping to prepare the folder/ registration packets. Where does such generosity come from? Giving back is a beautiful expression of the ever-expanding heart... the kind of expression so apparent in those who are continually Entering Cosmic Rhythm.

There were so many highlights (and alas, a few lowlights) of our time spent together. Thank you for responding so thoroughly and candidly to the post-conference evaluations. They will be very helpful for next year's planning committee. Many of you said "Yes! It is time to go to a longer conference!" It will be interesting to see what the St. Paul teachers decide on this. One thing for certain is that our yearly conference is a not-to-be-missed event. Several teachers this year extended

their time in New Mexico before or after the Conference as part of their summer vacation. What a great idea! Plan your family vacations accordingly.

This year your generous donations to the Scholarship Fund made it possible for several TCC teachers to attend who otherwise could not have. The Scholarship Fund was started in 1997 and has already grown significantly. We trust this will be a worthy and long-standing tradition. (Thank you scholarship recipients for asking for help- it is a useful teaching for all of us.)

The highlight for me? The Sunday morning Community Practice really filled my heart. Having teachers and students mingled together for our T'ai Chi Chih practice in the cool morning air, with the sun rising over the Sandia mountains to the East... well if you were there, you probably know the feeling. For me it was a dream come true. My wish for every TCC teacher is to someday realize his or her dream in TCC (and I don't think we are limited to one!). Thank you Rob Janov for sharing your divine musical gift with us that morning. Your sensitivity and timing in blending the music with pure silence allowed us to BE in that magical moment.

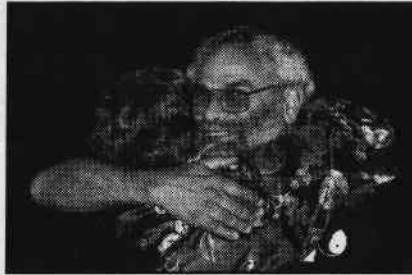
Justin offered little advice for the planning of the Conference except to say that it should be fun and teachers should go home with a positive feeling. Thank you, Justin, for bringing TCC to this world and continually inspiring us to be the best teachers we can. (You can whack me on the head anytime!) A very special thanks to Maggie Berg for all of your detailed, behind-the-scenes work far beyond the role of Conference Registrar. TCC is so lucky to have you! And finally, thank you to my life partner, Ed St.Martin, whose undying support (in every sense of the word) made it possible for me to participate in the coordination of this Conference. Your demonstration of love and its infinite expressions fill me with wonder and eternal gratitude. It heals lifetimes.

Wishing all of us a wonderful year filled with limitless TCC moments. Look forward to seeing y'all in St. Paul in 1999.

In light and love,  
**Rhonda St. Martin**



Rhonda St. Martin and Rob Janov



Dave Schulberg greets a buddy



Jan Arrott greets Sr. Antonia

I was impressed again and again at the conference by the number of teachers who live their lives dependent on, trusting in and surrendering to the universal chi, the "Higher Principle."

That is (seems like) "Entering Cosmic Rhythm" at its finest.

**Jan Arrott, Albuquerque, NM**

Great conference! They just keep getting better!!!

Justin's talk re: CHI=PRANA=VITAL FORCE=GOD! was powerful. That is what attracted me to T'ai Chi Chih! I had been calling it Incarnational Spirituality, meaning the Divine flowing through flesh, everyone's. Justin verbalized it differently.

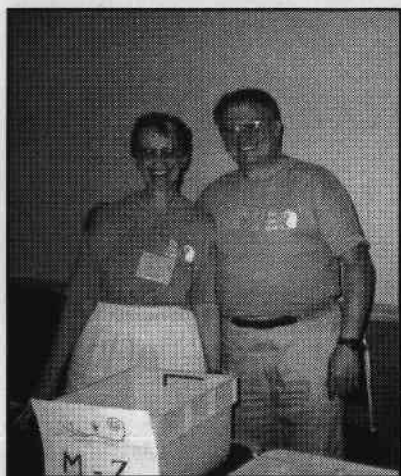
Ed's direction and instruction was most helpful. Great clarity! I have changed my practice a great deal since last year's conference and am sure this year's practice will be better yet: softer, more flowing, and done with greater leisure.

The Saturday sit-down lunch was quite an experience. I felt a bit frustrated at having to choose from so many good options. Then came the summary papers. You did a great job. MANY THANKS!

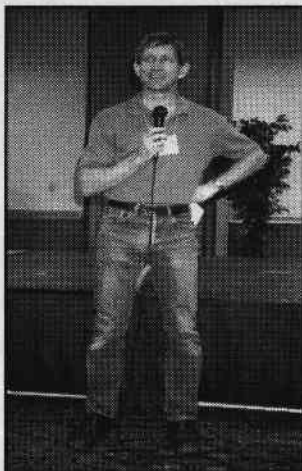
GOD  
IS CHI  
IS PRANA  
IS LIVING FORCE  
IS FLOWING  
IS IN  
ALL

LIKE  
WINDMILLS  
TURNING TO  
THE UNCARVED BLOCK  
WE BALANCE  
FLOWING  
CHI

**Alice Holden, CCVI, San Antonio, TX**



Caroline and Uly Messier signed us in



Guy Kent--announcements, announcements



On the roof, looking out at the lights

A memory I won't forget is the candle lighting ceremony and watching as each one of us lit our candle from the person's next to us. Then supporting ourselves with a hand on our neighbor's shoulder we danced in the glowing light.

It was especially meaningful to me since Friday night is the Sabbath--and each Friday evening I light more than two candles because the beginning of the prayer says "with every holy light I kindle, the world is brightened to a higher harmony." Can you see all the harmony we created with those candles Friday evening!! It was divine. And it is a divine act to teach T'ai Chi Chih. I truly feel it creates a higher harmony and I will continue to do my best to further that creation of harmony.

I feel renewed, rededicated. I will take back to my classes a new approach to shifting the weight. Thank you, Justin. Thank you, Ed. I feel part of a special family and I feel much love.

**Shannon Cooley, Bozeman, MT**

The candle lighting ceremony was a wonderful opportunity to let go of words and allow the T'ai Chi Chih community to meld our energies. I felt wonderfully connected and "enlightened" by the experience. There are no other teachers to be with in Louisiana yet. I am very grateful for our connectedness. I know it helps me when we are physically apart; I stay connected to that Cosmic Rhythm with each of you.

Justin's video touched me, his willingness to share himself openly and vulnerably.

It was magical to do T'ai Chi Chih together outdoors with the soulful music. All were blessed.

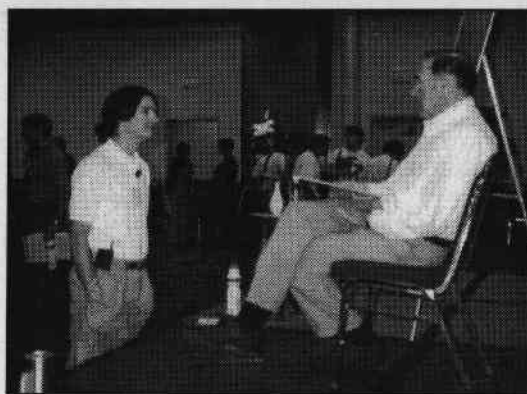
I came home more peaceful with a fresh start approaching my T'ai Chi Chih practice as a beginner, aware in each moment/movement to integrate the many refinements I was shown by Justin and Ed. Thank you.

**Deborah Brown, Lake Charles, LA**





Getting ready to watch the Folsom Prison video



Ed and Justin

I'd like to congratulate the Albuquerque teachers who worked so hard on planning and running the 13th Annual T'ai Chi Chih Teachers' Conference. Everyone I spoke with had a wonderful time and left the weekend very inspired! I'm also very thankful to Justin for the personal corrections I received from him during the weekend.

For me, the highlights of the conference were seeing Justin's videotape of his lecture at Folsom Prison, and the open practice on Sunday morning that was attended by over 170 people. Both of these events reflect the growing impact of T'ai Chi Chih in our communities.

I'm looking forward to the conference next year when it will be held in St. Paul, MN. The teachers in the Twin Cities have a wonderful example of how to run a very successful conference.

**Ed Altman, San Rafael, CA**



Justin, demonstrating some movements



Congratulations to the entire Albuquerque conference planning and action committee -- this year's conference was the best planned of any I have attended! I especially enjoyed the format of the "Birds of a Feather" lunchtime groups which allowed people to interact naturally on a shared topic of interest, the showing of Justin's Folsom Prison talk videotape (which truly captures the mood and feeling of actually being there), hearing Ed speak about the challenges and surprises of giving a T'ai Chi Chih teacher accreditation course to inmate Jim Hecker behind Folsom Prison walls, and seeing so many foreign countries represented by T'ai Chi Chih teachers who started the conference off by greeting us in their native tongues.

Thanks again, Albuquerque teachers, for all your hard work in making this year's conference run so smoothly!

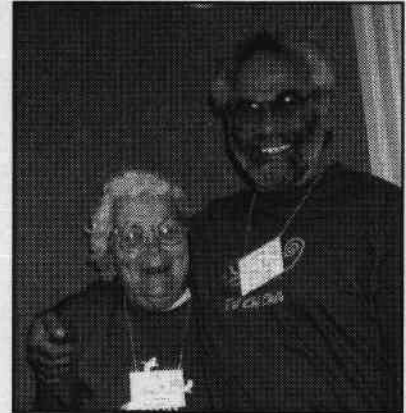
**Noël Altman, San Rafael, CA**



Catherine Briussel from France



Carmen B., Jim Lester, Pat Huseby



Lois Mahaney and Dave Schulberg

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## A CHANCE TO SPEND SOME TIME TOGETHER

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This is my 4th conference. I have never been disappointed. What a joy it is to see old friends and meet new ones. What a blessing to be able to come together with so much positive energy. There is so much negative in the world, this is a chance to send POSITIVE out to all we can. We know how much good POSITIVE ENERGY can and does do. Let's keep the chi flowing and do our part to change our space, right where we are standing.

**Jean Horton, Grand Junction, CO**

Even though our T'ai Chi Chih community is growing, it seems as though the conferences are getting tighter and the feeling of community is stronger.

**Kathy Vieth, St. Louis, MO**

1. Greatest -- the outdoor practice at the Pavilion on July 19th -- music -- great outdoors -- great Chi.
2. Impressive -- the video -- information on the T'ai Chi Chih at Folsom Prison -- cheers to Justin and Ed -- great possibilities for future.
3. The feeling of following the right principles of movement -- stayed with me and hopefully will continue.
4. The organizational efforts of the planning team -- rides to the airport, hospitality, etc.
5. The beauty of New Mexico. Wanted more time to socialize.
6. Follow up -- a group of us organized by Carolyn from Manhattan gathered in Central Park Sunday, August 2 -- Great!!



Sr. Antonia Cooper and Bev McFarland

**Sr. Agnes Fleming, Tarrytown, NY**