



THE

VITAL FORCE

Journal of T'AI CHI CHIH Joy Through Movement

Volume 10, No. 2

Summer Solstice

June 1993

Spiritual Recovery

Life unreservedly gives us exactly what we need to keep our dream of spiritual growth progressing, yet we must elect to utilize Life's appropriate 'lessons' well, to foster Spiritual Recovery.

Steve Ridley

HEALING

All healing and health maintenance must necessarily, truly and ultimately be a Self-responsible action.

The Self (Essence), the Us of us is **Consciousness-Energy**. This means that we are actually-already beings of limitless potentiality and potency at our fundamental, enduring level of Existence.

As Consciousness-Energy unlimited, we are the direct source of nourishment which animates, functions and expresses through our individualized mind-body. Theoretically, we are ever able to produce and actualize radiant health. However, because of a variety of possible "reasons," our mind-body may not be properly, advantageously receptive to the available influence of Consciousness-Energy.

The Influence of TCC:

Through T'ai Chi Chih practice our "mind-body vessel" is progressively conditioned to open more completely to the influence of our essential Self, to more thoroughly accommodate and demonstrate radiant health and livingness. Our mind becomes increasingly able to process and reflect the inherently limitless brightness-intelligence of the Self that we are, while our entire physiology responds energetically toward a deeper integration-balance. T'ai Chi Chih by its design, welcomes and activates an evolvingly dominant expression of Consciousness-Energy through the mind-body, which is the primary key to health and well-being.

Thank you for receiving this reminder,



Steve

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

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

Reflections ... Along the Way

This season surely brought forth some deep-seeded feeling to those on the healing path of T'ai Chi Chih! Event-FULL best describes the many beautiful accounts of **getting in touch and being moved** in this VFJ issue; particularly with the Meditation Retreat and Seijaku Accreditation conducted by Justin Stone this spring. These are recent examples where Justin has contributed greatly to many who are being struck spiritually by his personal effect.

While residing in Albuquerque now, we look forward to this gentle, penetrating influence continuing-as it always does-emanating from your true home, Justin! Thank you for sharing all your-Self.

Staying in touch you may send some heartfelt chi straight to Justin. As he is settled in his new place enough to correspond, contact him directly at 12440 Chelwood Trail NE, Albuquerque, NM 87112 and 505/299-1995.

Also, the unique opportunity for special contact with your T'ai Chi Chih family is quickly approaching within the context of the **July 23-25 TCC Teacher Conference!** Read Chi-cago host's latest update on this promising event in Calendar Notes (page 20).

Since our next VFJ production timeline is shortly after summer conference-and we **KNOW** you'll have something to share with journal readers!-we remind you to send your writings, art and photos, etc. to our address by August 1st for the September '93-Conference Issue.

With announcing a "Children and Chi" theme for this issue, a prompting came to understand the principle: "become like a child." Then, the phrase seemed to answer itself with: to know, DO! Do Anew! Teaching children TCC certainly speaks of **giving oneself fully and receiving directly** - here, absorbing the "little grasshoppers" inspired chi.

In this light (with all the thoughtful feeling and fun-loving relaying within), **life holds many blessing...**and in that simple, yet cosmic pronouncement (seen even on a son's first birthday card!)...

...YOU Are One!

Elizabeth Salada for
The Vital Force

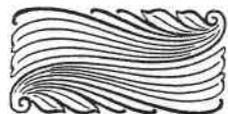
Just breathing ...

how life is wonderful - just being

Contemplating the thread of our fabric

Where is the place between yin and yang -

flowing focus where they meet - one pointed?



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READER'S COMMENTARY

Jean Graham, Carmel, CA--You do a great job with this Vital Force Journal! How it has grown since it started! Congratulations to all who work on it.

Michael Merriman, Denver, CO--VFJ's many articles are up-lifting to my heart for I have lived in my head for so many years. To read that others have made the same type of change in their lives is a wonder to behold. Thank you for sharing with us.

Viola Moriarty, Denver, CO--Thanks for all that you do -- the VFJ is a wonderful web of support for TCC teachers.

Connie Hyde, Cedar Crest, NM--The addition of a *Table of Contents* is very useful, as often I'll wish to find an article and previously would leaf through an entire issue to find it. It's an extra effort but it sure is appreciated! Thanks again for the loving work you do with *The Vital Force*.

Esther Kieffer, Cedar Falls, IA--I really look forward to reading *The Vital Force*. It is well worth the price. It really keeps me in touch.

Mark Louris, Bloomington, MN--Thank you very much for the advanced copy of the Spring *Vital Force*. It is so 'well come' when it lands in my mailbox. Thank you over and over and over again for the wonderful work you all do with *The Vital Force*, our lifeline to Steve, Justin and all teachers of this Healing Art.

Carmen Brocklehurst, Albuquerque, NM--By the way, Lois, you are a "jewel" to have put those maps in the Teacher Directory. It sure is helpful and gives a good idea of where we teachers are.

Hope Ridley, San Mateo, CA--The new Directory is wonderful and I've already tested it. What a good job! Also, I discovered an uncertified teacher in the area...more information sent to this person might encourage them to come to the next teacher training here. (Editor's note: See sample letter to unaccredited teachers, page 24.)

Sr. Antonio Cooper, No. Plainfield, NJ--Congratulations on the beautiful quality of the newest edition of the teachers directory. Appreciated the maps!--quite interesting. I looked forward to seeing the *NY Times* article in VF. If I had written it, it would have been much different. Thanks for your lines.

Diana Chowka, Eastsound, WA--Thank you so much for your continued dedication to bringing T'ai Chi Chih views to teachers near and far. At times I definitely feel detached from "America" and I'm always inspired after reading *The Vital Force*. Also 'thank you' for being such a support in exposing *Shen Emerging* in the journal. I truly appreciate all the support you have offered me. I know one of these days we will have the good fortune of meeting.

Jean Stone, Bullhead, AZ--I enjoy the magazine and find it helpful in many ways.

Sandi DeLeon, Needles, CA--Gosh, I enjoy the journal. I can hardly find enough time to read the whole thing the first day I receive it, but when my *Vital Force* comes in the mail, I read nothing else until I have devoured the whole journal. Keep up the fabulous work.

CHICAGO CONFERENCE

Connie Hyde, Cedar Crest, NM

Having attended the last two Teachers Conferences and having the joys of teaching for a couple of years, several views about the upcoming Conference have taken root. In sharing them with *Vital Force* readers as well as Conference Coordinators, perhaps others will consider giving feedback to Hannah and Barbara to make it OUR conference. (See Calendar Notes p.20 for Conference Update from our Chicago Hosts.)

Foremost to me, the Teachers Conference is a space to share Justin's and Steve's knowledge. Their presence is pivotal to every aspect of our two days together. Since a Teachers' Renewal course has not been geographically accessible to me, and since correctly passing on T'ai Chi Chih to students is important, I feel it is vital to review and refine all the movements under Justin's and Steve's guidance.

The manifestations of the various teachers are enriching; as spokes of the wheel, they add balance. Exchanging T'ai Chi Chih teaching opportunities/methods/situations from across the country adds greatly to the experience. Add to this the hub, the presence of Justin and Steve, and our opportunities for growth abound.

See you at the Conference!

JUST DO IT!

How does the Big Hermit move to New Mexico? He starts by calling friends (the "Shilson Hilton" is hosted by only the most gracious of people) who of course, invite him to come and stay while he looks around for the right place to live. Next he arrives in Albuquerque at 1:15 pm and by 5:30 pm the same day he has given the realtor a security deposit on his new home, and has set up an appointment with the bank to handle the paperwork.

He takes time to visit with friends at a T'ai Chi Chih Teachers Potluck (25 teachers making Justin feel so welcome), and to look for and buy bedroom and living room furniture. Less than a week later he flies out of town knowing that he will return to his new home about April 22.

Since then, 24+ boxes of books, etc, a painting studio and music equipment have been packed, movers have called to give estimates and friends have been notified of the move. As if moving isn't enough, he also has scheduled a Seiijaku course in San Francisco in March and a Meditation class at Green Gulch Farm in April. All this activity from a 76-year-old man. What happened to rocking chairs or has T'ai Chi Chih turned old age into young age? Whatever, but now Justin is calling New Mexico home again and we are all very happy about that. It's a hard act to follow, but then Hakuin felt the same way about trying to keep up with Hakuyu as he followed him from the cave back down into the valley (where most of us live).

We are happy you are living in Albuquerque, Justin.

Carmen Brocklehurst

Please note: Justin's new address is 12440 Chelwood Trail, NE, Albuquerque, NM 87112 505/299-1995

CLASSIC CONTEMPLATIONS

HUA HU CHING
the TEACHINGS of LAO TZU
Translation by BRIAN WALKER

Thirty-Seven



A superior person cares for the well-being of all things
She does this by accepting responsibility for the energy she manifests, both actively and in the subtle realm.
Looking at a tree, she sees not an isolated event but root, leaves, trunk, water, soil and sun; each event related to the others, and "tree" arising out of their relatedness.
Looking at herself or another, she sees the same thing.
Trees and animals, humans and insects, flowers and birds;
These are active images of the subtle energies that flow from the stars throughout the universe. Meeting and combining with each other and the elements of the earth, they give rise to all living things.
The superior person understands this, and understands that her own energies play a part in it.
Understanding these things, she respects the earth as her mother, the heavens as her father, and all living things as her brothers and sisters.
Caring for them, she knows that she cares for herself
Giving to them, she knows that she gives to herself.
At peace with them, she is always at peace with herself.

Spiritual Growth

Continually create a new capacity in yourself for living (loving), by opening beyond what you were one minute before. Spiritual growth requires a conscious effort to live freshly. We willingly and necessarily allow for ongoing cycles of death and rebirth within us, while moving through the relative moment by moment event of living. Without this conscious effort, we tend to perpetually recreate the 'us' that has been (a "has-been").

By observing Nature we recognize that it is quite natural to be transformed continually; that it is compatible with the living process to be presently (and persistently!) new, and that there need be no 'effort' to accomplish growth, only a releasing of what formerly was. This is Joy.

Steve Ridley

Rest Quietly after Meditation for Best Results

Following meditation, how many of the group will quickly forget the joy of completeness in silence while engaging in the usual dictates of the restless mind patterns? Most, from my observation. Oh, how we long to be free, yet run from that which can ultimately free us.

Always sit for a few minutes after meditation absorption, to better integrate what has been opened to. Otherwise, much of the potential good will be sacrificed.

Steve Ridley

WHO AM I?

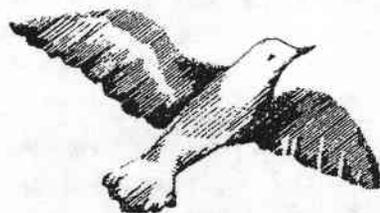
Justin Stone, *Climb the Joyous Mountain*

Meditation enables one to know the mind, and knowing it, to shape the mind, leading to a freeing of the mind. When habit patterns are broken and even the tendencies burned to ashes, there is Freedom and Stillness, but not before. Until this is done, we have a state of mind...where there are questions and, frustratingly, no answers. When the mind is mastered, whether through the self-discipline of a Buddha or the complete surrender of a Shinran, all doubts vanish and there are no more questions.

The mastering of the mind means mastery of the body. When the body is mastered, said the Buddha, the mind is mastered. The psycho-physical mechanism is one. Enlightenment can be approached through the "physical" side (Hatha Yoga or T'ai Chi Ch'uan) or through the "Mental" (as in Meditation, Japa, etc.)-both are valid. Each time there is a spiritual change, we have a physical change. A man is literally what his Intrinsic Energy (Prana) is. This Life Force changes as we cultivate "ourselves" -and as we cultivate ourselves, the Life Force changes.

Free beings,
presently - always

Fabricating limitation scenarios
cloaked in thought-bodies



Balance:

Harmonious living
is founded in the graceful and gracious art of
Letting Go . . .

Steve Ridley

MEDITATION RETREAT WITH JUSTIN STONE

Green Gulch Zen Center, Marin, CA April 1993

There we were, twenty-one of us spread throughout the vast, austere Zendo (the Zen Center's meeting hall for meditation services), full of empty expectation. Some of us were old friends, some of us total strangers, but we were all gathered together with the same intent--to learn from Justin. And while the room remained COLD we quickly warmed to Justin's teaching style. He acknowledged the groups range of experience in doing meditation. He then began our new experience in small increments, step by step.

Mainly because of the cold and some construction noise, we moved to another building the last half of the second day. This move to a smaller, cozier room paralleled our meditation experience. We were now more familiar with each other, feeling comfortable as a group and had a good feel for what was expected of us from Justin. The unknown of whether I could do the meditation practices or not was diminishing, and was replaced with the understanding that what was important was my effort, not the results.

The fourth day we made another move--to the Yurt: a round canvas building with many windows and a domed roof with skylight. It was situated away from the rest of the buildings and trails so I had the feeling of isolation. A change in weather accompanied the spatial change. The wind blew and rain beat upon the canvas that day. I felt very open to the elements. The sounds of nature/life were flooding my being during meditation--wind, moving trees, rain, birds, frogs--taking me deeper rather than distracting. By now the meditation was having a strong effect on my emotions, as tears would spill down my cheeks in a release of--what, I didn't know. It didn't matter. It just felt natural and peaceful.

There are so many aspects of those five days I could write about--the friendships that developed and grew, the deep personal sharing of each person as they gave of themselves to the group, the meditation process and experiences, and yet treasured for me is the valuable sharing of Justin. He gave freely of himself, his life experiences, his acquired knowledge and his beautiful 'humanness'.

What strikes me as so phenomenal is the natural, easy progression of the five days. As a group, we quickly were at ease with one another--no one was on the fringes of the group--we really felt as one family. A special thanks and love to those who attended and to Justin for giving of himself. We are all richer because of this experience.

Sandy McAlister, Retreat Host



Meditation Retreat,
Green Gulch Zen Center,
Marin CA

LIVING STATUES AMONG THE PINES

Linda Braga, Castro Valley, CA

Last weekend (April 14-18) twenty-four people had the distinct privilege of being with Justin Stone at Green Gulch Zen Retreat Center in Northern California. There we learned the art of sitting meditations and we also came to know Justin at a much deeper, personal level.



The five days were an event all in themselves, as each one of us dared to sit still and go inside, dared to allow the process to evolve without expectation, dared to trust that Justin could lead us to a deeper knowing of our own being. Within that first day, we all unconsciously gave up our own unique ways and merged with "a group consciousness" which allowed us to meditate with a focused intensity never before experienced. By the fifth day we were all able to sit for an uninterrupted hour in total stillness. As a leader and guide, Justin was exceptional. The depth of his knowledge and experience with meditation is unequalled. His stories of people, places, and events from his life in the Far East make him a "living library." We were all inspired and awed by him. It made a lasting impression on all of us. We felt honored to be part of such a gathering--gaining insight and wisdom on many levels: how to live, how to teach, how to enhance our own meditation, how to let go of useless ideas and habits, how to open up to life.

Perhaps the most moving part to me was Justin's willingness to share stories of his own personal struggles "along the path" and to be vulnerable. The final evening of personal sharing from each person was poignant and emotion-filled. From this sharing we all experienced that indeed, "We are all One."

This poem was written for Justin as a token of gratitude for the retreat and all he has done for us. Each line in the poem refers to some shared group experience during the retreat.

Green Gulch Retreat

April 1993

Rosalind Braga

I have become

the green grass
the slippery rock
the fluttering butterfly
a child's piercing cry.

I have become

the bird calls at early dawn
the hoot owl late at night
the clack-clack of Zen wood
blocks calling those to practice

I have become

the howling wind outside the yurt
the smell of black bean soup
the taste of ginger and fresh lettuce
the texture of falling rain

I have become

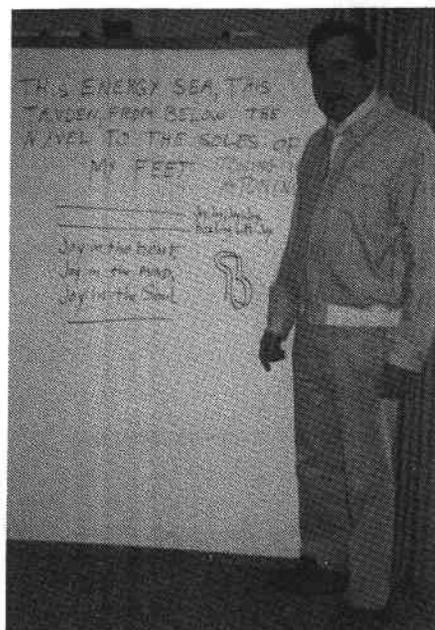
the silence
which comes when friends
meditate together

Dear Justin,

THANK YOU

Asleep for eons I have wandered
A traveler unaware,
With a spark of Infinity within,
But not that I knew or cared.
Like sunshine through the fog,
You came into my life,
And touched that seat of greatness
Saying: awake, and leave the way of strife.
And so I try to learn the dance of the Sage,
Trying to make it mine,
So that in time I will come to know
The meaning of being Divine.
Thank you gentle patient teacher,
As you guide and watch me grow,
And maybe in some lifetime soon,
I will know, that I know, that
I KNOW!

Love, **Corine Reeber**
Pt. Hueneme CA



Justin

TAKE A CHANCE: THINK BIG

Justin's remark about thinking big has come again to me this evening, the day after my return from Seijaku accreditation in San Francisco. Realization comes that we most times stop before we begin ... allowing the streams of negativity to have their way ... keeping one in a 'predictable' mode of living ... leaving the chance taking to others.

Trying to get back to Syracuse after Seijaku, I took a chance that perhaps standby wasn't such a scary word. As events turned out, the flight was overbooked and my 'wishful thinking had me take another path. The path became one of utilizing the remainder of the day (a sunny Sunday afternoon) to meander without structure, rather 'homeless' feeling and understanding the life of the wanderer. The path took me to two of the other Tai Chi Chih teachers and some enlightening and quite healthy conversations followed by dinner where 'Phantom of the Opera' was being sung and played on a piano ...accompanied by opera type 'happy birthday' chants sung intermittently by the attending waiters and waitresses.

Note that there is a camaraderie found almost instantly with another TCC teacher ... the 'Chi' giving us common ground ...

To conclude ... I took a chance but didn't really lose ... that I'll take other chances now with a realization that Spirit will bring me to better and 'bigger' ways to express ...

Go to the top! (I hear) ... listen to the voice of Justin Stone ...**THINK BIG!!!**

Ralph Garn, Syracuse NY

LOVE AND GRATITUDE

Connie Hyde, Cedar Crest NM

Arriving at the airport, Virginia greeted us with her gay song, "We're off to see the wizard, That wonderful wizard of ours!" For Jim and I, it had been a rollercoaster of leaving our children, making arrangements, convincing ourselves that it was OK to accept this opportunity.

How does one describe the Meditation Retreat at Green Gulch Farm? Each day was full. Our meditations were lovingly, patiently guided by Justin. The sessions flowed. Walks to the beach, perusing the library's fine collection, listening to Victor play piano, Seijaku, visits to the gardens and farm. Meals, tasty and nourishing. Deer visited our guest house. Group Tai Chi Chih, totally in silence. The last evening, we listened as each of us verbally shared an opening experience through meditation. Love and Gratitude, the coming together.

Preparing to leave for the airport on Sunday, Sandy McAlister, our retreat coordinator, again stepped forward as leader by suggesting that we visit the beach before leaving. Her direction and warmth remain a strong image of the week. Discovering urchins, sand warm under the toes, big breakers moving, the huge ocean.

THE BEST OF TIMES

Carmen Brocklehurst, Albuquerque NM

It was a most inviting phone call as I heard Justin say, "Sandy wants me to do a five day meditation retreat. What do you think?" My first response was to feel as if the entire universe had just blown through my being. Could it possibly be true that this opportunity was finally going to be open? And by some stroke of great goodness, we were all being invited to join it. Unable to put all this in words I simply and inadequately said, "Sounds great!"

The event: Meditation Retreat, Green Gulch Farm, led by Justin Stone, has now happened, but it is far from being over. 22 beautiful beings came together, and that is the most special thing that I can say about the retreat, we came together. Not trying to be one, but as one. There was no wordy philosophizing, just simple instructions in very meaningful techniques, with appropriate stories that helped the mind to remember. The stories bridged that time which is limitless to what we consider the very real present now. Each day there was movement within the group, gentle time shared, first with one, then with another, never losing the feeling of the love and support between all of us. Each one had come knowing that this would be a special time. What we hoped for in our silent hearts was more than realized, as shown by all the expressions, some verbal, most non-verbal, of gratitude toward each other, and especially towards Justin.

Often we have heard Justin say, "The highest form of love is manifestation," and so we sat, we read, we slept, we ate, we walked, we talked, we cried, we laughed, and knew that this was indeed a great time.

What wonderful foresight Sandy had in creating the space. Thank you, Sandy, for creating that space and having Justin fill it. Thank you Justin for adding to our bread.

We look forward to many more. Love and Share the Chi.

TURNING POINT

When I first was introduced to Tai Chi Chih by my instructor Jean Katus in 1978 I had no idea the impact it would have on my life. Not just in one dimension or aspect of myself, but the complete package of who and what I was. When certified to teach in 1985 by Steve Ridley (and still not feeling like I knew EVERYTHING I had to in order to share this with others), his words stayed with me. "Write to Justin F. Stone, the originator of this movement to let him know your feelings and the responses." I was surprised. I knew Steve and felt not shy about writing him, but Justin I had not met as yet and didn't know that particular entering condition. In my life training in academia and company hierarchy, this was unusual. One learns the chain of command and proceeds through the proper channels. Steve was sincere and empathic at that time, repeating, "Stay in touch with Justin."

This was the second step in self-assertion. The first was having the confidence to become accredited even though I didn't "know everything" (does one ever!!) The second was writing to Justin and finding consistent unconditional joy with his responsiveness. Both these steps have assisted me in following the chi of faith. Of not having all the stages written up and out but knowing these stages are being re-written and we are part of the script.

The most recent experience with Justin and meditation at Green Gulch was a turning point in my inner life. The gentle guidance given granted all those in attendance be they neonates with meditation this time around or practitioners of several decades. It mattered not. The congruence and lift off was consistently stable and guided by the elements of nature around. Be it the raindrops on the Yurt, or the owls hooting, frogs croaking, birds conversing. Suddenly none of that was out there; all was part of in here and became immersed in a merger of life current flowing through all.

I am thanking you, Justin, for the gracious gift of yourself that you offered to us all. I was spiritually fed and am returning to my day-to-day life mantra refreshed, re-assessing choices, energized. I am acknowledging also your embracing of life by living the Tao philosophy and allowing each of us to journey the chi within--not-judging nor condemning but through loving the very life force that connects each of us as we continue to awaken on this path of enlightenment that begins softly: focus on the soles of the feet, moving slowly, confidently to merge all inner dynamics known and unknown, around the platter, offering all up to be released, and then pulling in restructuring, regrouping actively integrating intentionality in all movement.

I hold in remembrance all who were there. Thank you!

Chris McLain, Fargo ND

Thanks for your wishes for a meaningful retreat. It was that and more. Lovely place, good food, etc. The Best Part was Justin and The Group. I hadn't met any of them before the Retreat--Warm, Caring people. Justin gave so much of himself. Sandy McAlister also did a wonderful job of putting it all together. I'm sending a couple of snaps of the group. Though all these people contributed--Special Thanks to Justin and Sandy.

Jean Stone, Ft. Mohave AZ, student of Joy Barbour, Roxann Post and Loretta Hopper

A STORY FROM JUSTIN

A monk asked the great Chinese Ch'an (Zen) Teacher,
"Where will you go when you die?"

"Straight to Hell!" was the unexpected answer.

Surprised, the monk pressed on,

"Why would you, a great Ch'an teacher, go to Hell?"

"If I didn't go there, who would be there to teach you?"
was the Master's reply.

* * * * *

Spiritual practices are paradoxically an 'ego trip'. The ego-identity is necessarily perpetuated as one's dominant perspective, while the "journey of awakening" persists.

REALIZATION

Seeing that there is nothing to realize and no one to pursue realization, the deepest appreciation of living is known.

- Steve

* * * * *

Ageless wisdom words arise -
Authentic Voice

The Teacher,
imparting integration-direction
despite praise, blame ...

Joyous service fountain
quenches the Heart-Self of all.

Spiritual Poetry, Steve Ridley



* * * * *

The Spiritual Teacher is not to be honored or worshipped, but **utilized well**.

The appearance and personality of the Spiritual Teacher is only a convenient means of "connection" for the sincere aspirant to draw inspiration and nourishment from, which ultimately results in the restoration of **living (as) Truth**.

Though the Spiritual Teacher may choose to demonstrate friendship and personal affection toward students, the actual (and ultimately useful) **Teaching** flows (is naturally imparted) impersonally. Behind the guise of the teacher-student relationship, **Consciousness Is**. To get hung up on the Spiritual Teacher is to completely miss the point of the relationship. "Don't worship the cow, drink the milk!"

Joy, Steve

THE MYSTICAL JOURNEY OF T'AI CHI CHIH (Part II)*

Richard Brier, Mill Valley CA

My nap lasted seven long years and seven short seconds. Waking up, astounded just to be, I found my wrists making circles in the air as I contemplated my surroundings. Suddenly I saw the ancient wise man, Rip Van Stone himself. He was sitting under Father Sky, smiling to himself, muttering sacred mantras under his breath. I smiled at him and acknowledged his presence. He said immediately, in sacred Lanka-ease, "Peace, release, be still and be free, awaken as I, let go of the me." Rip looked at me with intense emptiness and said "This is your mantra!"

He said this three times as he skipped in place to some mysterious inner rhythm. I watched awestruck at the lightness of his step and then he stopped and invited me to eat taffy with him. Miraculously, as my wrists circled, taffy flew from his plate into my mouth with softness and stick-ability. It was delicious and I call this gate Wrist Circles. It all makes uncommon sense when seen from the Chi Lanka point of view.

This song and dance continued for three days and was a constant blessing to me. My hunger was satisfied on all levels with the perpetual feast of sense and essence. So the last key is called Perpetual Fasting. My blessings accumulate as I practice daily. I felt young and old, male and female, smart and foolish, powerful and empty and innumerable other possibilities. I never knew life could be such fun, but Chi Lanka has convinced me, and Rip Van Stone was a shining example of the empty fullness and full emptiness I was deeply feeling. It has become obvious that I am the whole of life and that laughter is one of the highest spiritual practices and all we must do is visit Chi Lanka daily with soft hearts and continuous emptiness. And remember to let go on the exhale.

Finally it was time to leave Taffy Forest; I had gained weight but lost ego there. This paradox didn't bother me as there were no scales around and no one was watching.

Skipping along chanting my mantra joyously, I had not a care. I had forgotten to worry and I no longer used my credit card. Suddenly I came upon what looked like a large clothesline hanging between two giant Sequoias with green bark and lavender roots. Long, thin flags were hanging on the clothesline, and they had sacred symbols embroidered on them, beautifully sewn. I heard echoing through this area a great chant, "*om money give me some.*" I thought, how worldly, this sounds like the chant perpetually practiced in Tao Chemical's bored room!

Sitting at the foot of the giant trees were two ageless men, named MASTER YINK and MASTER YANK (FROM NEW YORK ORIGINALLY!) and they looked exhausted. Out of my ever-evolving compassion I asked if I could help them. They sang repeatedly "Please Work this Pulley, please don't be silly!" Their job was to work the pulley endlessly. I saw their difficulty and consented to work the pulley until Mr. Yink and Yank could rest and come into perfect balance. This was the 15th step of my mystical journey and taught me patience. I was also grateful because this work allowed me to lose the weight I had gathered in the Taffy Forest. As Master Rip Van Stone had said so often "Doing the Pulley dries up the excess ego."

After that I felt that I needed some enlightenment, so I visited Eternity Road, just past Time and Space Boulevard. I just closed my eyes and suddenly I was in the Valley of Light and as I realized this fact I felt a great light at the top of my head. It blinded me to form, but awakened my emptiness. I saw Mother Earth as a non-dysfunctional family functioning in joyous harmony. It was and is wondrous to behold. Inspired, I call this key "Light at the Head-Top."

(continued on next page)

After this blessing I saw a lovely building, looking somewhat like the Taj Mahal, with writing on the entrance: "He or she who arrives here will travel further." Contemplating this saying I was instantly sitting in a violet-colored geodesic dome on a beautiful throne made of Royal Blue Lapis Lazuli, just in from the Blue Mountains. Light was shining on my temples and my spontaneous wisdom then is beyond telling. I knew all would be well because Chi Lanka was balancing the Karma of the world. Knowing this mystical key awakened my faith, so I called it Light at the Temples. I was grateful and I gave thanks, three times.

I had a vision of Rip Van Stone singing to me "Joy, joy, Joyous joy" nine times out loud and then nine times silently in my heart. This bliss was vibrating in all my cells and my inward prison burst open. Oh Happy Buddha, O joyous Jesus, O brother Lao Tzu and wondrous Ramana I now know that myself is the All!

This realization changed the quality of my breathing. Therefore this step is called Joyous Breath. My ancient Super Stoneburger guru Just-in used to say "Breathe long-live long" and this experience reminded me of the masterful teachings of my first teacher.

After resting for seven days to integrate the above, I continued traveling through the miraculous world of Chi Lanka. In Chi Lanka, they have energy-scapes rather than land-scapes. After all, it is a different dimension. Or, rather, the same dimension seen differently. Nonetheless, I wandered in spiraling circular pathways when I noticed some very strange clouds. They were spinning slowly, their colors rainbow-like but different than any we know of in consensus reality. These clouds formed the phrase "Be Happy" then "Let go" then "Nothing Is" then "Everything Isn't" then "Practice Now" then "Form is Emptiness" and lastly "This Too Shall Pass," one after another at increasing speeds. And yet time seemed to stand still and each phrase etched itself deeply in my emptiness. I named this key "Passing Clouds."

Then I met six masters sitting in a circle. Master Ho and Hu, who were cousins. Master Tzu and Shub, who were twins. Lastly Master She and Chwee, who were sisters in their last incarnation. Now they just meditate at the foot of a big tree for 2 hours and 15 minutes each day, before lunch. Flowers grow in profusion whenever they speak. Unfortunately, they've taken a vow of silence since last Christmas.

In the circle, the six masters speak without words and carry on conversations with the birds and mosquitoes. Rumor has it that they never move, even when walking, and don't eat even when digesting food. They are superhuman and their presence balances the internal affairs of all human beings. They are masters of transparency and are wonderful hosts. I treasure their presence and truly enjoy their absence. They are truly six Healing Folks and give sound advice always.

I spent six months there and then levitated to the top of Mt. Chi. There I stood and posed as the Tao took my photo. I instantly entered cosmic consciousness. Therefore this last Key will be called Cosmic Consciousness Pose. All and everything was there and all and everything is here. The extraordinary journey of T'ai Chi Chih is present always and only awaits our commitment to daily practice. As the sage Rip Van Stone always says, "If it isn't fun, don't do it!"

This whole journey took place in an instant.

That instant alone is what matters.

Peace be with you.

Richard Brier

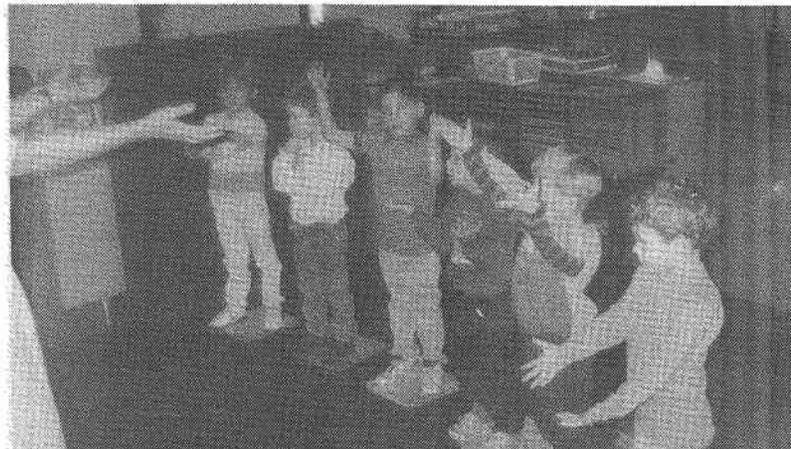
*Note: Part I was printed in the Spring 1986 issue and will be reprinted in a future issue.)

CHILDREN AND T'AI CHI CHIH

PRESCHOOLERS DOING "ROCKING MOTION"

Esther Kieffer, Cedar Falls IA

Pictured below are 4 and 5 year olds with various disabilities (several have severe behavior problems). After arrival each morning they are allowed free play which can become quite lively and noisy. A bell rings for "Opening." I start Daniel Kobiarka's "When You Wish Upon a Star" tape. They each come to their carpet square and I lead Rocking Motion. I remind them about 'quiet and slow', and emphasize arm movements. However, some notice feet and try that also. (These children have difficulty doing two things at a time.) When quiet with Rocking Motion is established, lights are turned off and we sit for about one minute in silence. Music stops and lights come on and we begin our day. Teachers as well as the children seem to benefit from the calming effects of Tai Chi Chih.



Esther Kieffer's
Preschoolers

TCC AND TUTORING

Pam Towne, Camarillo CA

I taught years ago in high school and adult education programs. Before TCC, math was my favorite subject to teach. Last November, I began tutoring a 9th grade student who was failing algebra. He wasn't short on gray matter, but was severely lacking focus and self-confidence. I worked with him twice a week in 1 1/2 hour sessions. The first half hour, we did TCC followed by an hour of algebra.

His math teacher made him a deal: After learning that he was working with a tutor, whatever grade he got on his final exam would be his grade for the semester. After two months of working with him, he got an "A" on his final exam. In fact, he got the highest score of any student in his teacher's six math classes!

I'm certain that TCC was invaluable in developing his self-confidence, focus, understanding, and retention. For me it was a delight to share TCC in this new way!

WHAT DO CHILDREN KNOW?

That when they do T'ai Chi Chih their shoulders feel as if they have clouds that are moving around in a circle. That their hands and the bottoms of their feet get so hot. That when they first start, their feet feel as if they are walking on grass, but later, with a smile on their faces they report that now they feel as if they have pillows under each foot. The list goes on and on of how they FEEL when they do T'ai Chi Chih. For them T'ai Chi Chih isn't a mental concept that must be dissected, as so often happens with adults, but rather an experience that begins to happen with the very first movement.

It truly was a joy to work with children again. It calls on all the resources that one understands about T'ai Chi Chih in order to be able to keep up with them, their grasp of the principles and their feeling of the Chi happens very quickly.

Working with a group of children of mixed ages led to interesting situations. From lack of coordination, short attention span, wiggling and giggling, all the way to wanting to be the teacher. The part that was the most interesting was to see how they started off desiring my attention and praise about how well they did the movements to later seeming not to be aware of that at all, but rather getting their confidence from their own interaction with the Chi.

Children live with words like hyper, stressed out, power, boring, and awesome. These words were not in normal everyday use even five years ago. But now they are a daily part, not only of their vocabulary, but also of their experience. So when they were asked what they had learned from doing T'ai Chi Chih some of the answers were "When you pop, the body gets relaxed, you aren't so stressed out" (6 yr. old), "It stops you from being hyper" (7 yr. old), "When you are doing the movements very, very smoothly, clouds are tracing the body, it's incredible, inside the body, in the bones, in the ears" (5 yr. old), "The power that made the body can heal the body." (8 yr. old).

There are so many benefits that are experienced by both the teacher and the child during a T'ai Chi Chih class. Looking into their faces it was amazing to see the sincerity and simplicity with which they approached each movement and their eagerness to come each week. One little girl expressed what many of us hear so often as teachers, "I always feel so good after we finish."

(This class was given at a cost of 25 cents per class, per student, the money was to be earned by helping their parents with extra chores around the house. The money was used at the end of class to have a pizza party. The children who participated belong to an after school program at a local Community Center funded by the City of Albuquerque, NM.)

Teaching children, at least once, is a great experience that I would recommend to all T'ai Chi Chih Teachers. Try it and Share the Chi.

Carmen L. Brocklehurst

Including the Children

"It's OK, Jennie, you can come to class if you don't have money. You can pay me next week." Jennie's face brightens as she follows Carmen into the weekly Children's T'ai Chi Chih Class. Curiosity has gotten the best of me, and I want to see for myself what it is like to be in a Children's Class. For half an hour, Carmen flows and coaxes and encourages: "You can feel it, can't you Crystal?! "That's very good! That's the best I've seen you do it!" The children love it. With Carmen's open acceptance, they thrive. They learn to trust what they know. **Connie Hyde**

TRUSTING THE WISDOM OF MY HEART

Barbara Peller, Northfield, IL

A year ago March, I was asked to give two back-to-back TCC demonstrations to two groups comprised of fifty 7th graders each, at a public junior high school. The teachers were planning a variety of presentations to help the children see how certain core beliefs can influence many diverse aspects of a culture, in this case the Chinese culture.

I accepted and then realized that having neither experience teaching children, nor any children of my own, I'd better ask some friends for some guidelines. The comments I received were full of ominous sounding phrases, like: "This is the WORST age group to teach," and "Don't you know, 7th graders are walking hormones!" One TCC student of mine, who has taught children for over 16 years, insisted on accompanying me for support and guidance.

When I was asked in advance about the room arrangements, I requested three rows of chairs set up in a semicircular pattern with lots of space up front for everyone to join in the movements. The teacher, who was coordinating the program, was not very reassuring, and suggested that kids that age tend to be very shy about getting up in from of a large group and doing something new.

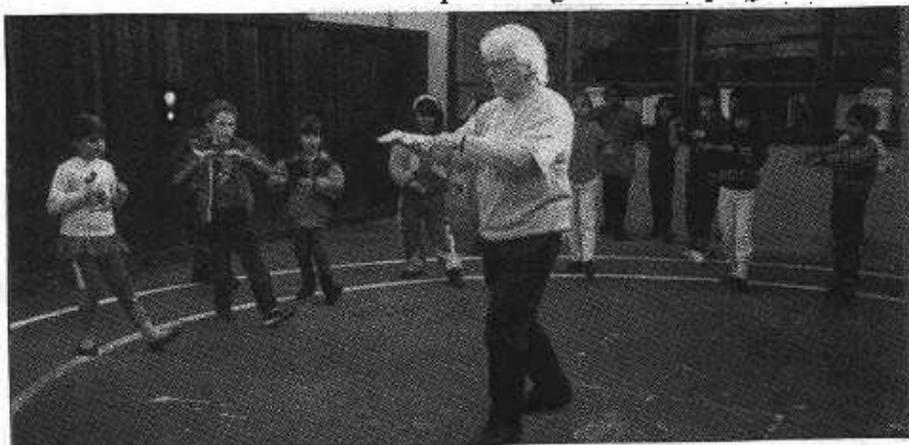
Somehow all these warnings did not worry me, and the children turned out to be lively and responsive, and a joy to teach. Almost all of them wound up in the front of the room participating in the TCC movements; while the rest stood and moved in front of their chairs, or did the movements seated; even the teachers stood in the back and moved along with us.

I was very pleased to be asked back for a repeat performance this year. The format that evolved was based on feeling the rising or falling energy of the children and redirecting it. As the room filled up with kids at 1:30, the high energy led me to quickly have them up and learning the movements to a tape of relaxing music; as they toned down, I had them sit, and I guided them in experimenting with feeling the chi between their hands, and sending their attention to the soles of their feet; after sharing their experiences feeling the chi, I asked them to stand up again and join in more movements; then I directed them back to their chairs, and we closed by sharing some information, questions and comments.

I'd like to close with a quote from a thank you note I received from the program coordinator, because it shows how these demonstrations reached the teachers, as well as their students: "I wanted to let you know how impressed the teachers were with your presentation. I received quite a few positive comments regarding how soothing your presence was and that by the end of the hour they felt calmer and more relaxed. You did a great job enhancing the teaching we are doing in class. There was a lot of discussion after your demonstration and many questions regarding Tai Chi."

I am grateful for having the willingness to open to the possibilities that are offered me; for it is just such journeys into the unknown that give me practice in trusting the wisdom of my heart.

Second Grade Students practicing for school program.



QUICK LEARNERS

Lois Mahancy, San Lorenzo CA

To celebrate Chinese New Year as part of the multi-cultural programs at a local school in Hayward, I was asked to teach twenty students, selected from two second grade classrooms, some Tai Chi for the program. The teachers could only spare two one-hour sessions for me to coach them. They were apt students and had no trouble learning the basic footwork. As you can see in the photo, they are doing a nice "Around the Platter" (girls in background were not part of the group, just watching.) All in all, we did Joyous Breath, Bird Flaps its Wings, Around the Platter and Variation, Bass Drum, and Passing Clouds. A martial arts instructor whose students also gave a demonstration was quite impressed with the movements we did and wanted more information (which I gave him gladly). A parent of one of the children said that her daughter was thrilled to be doing the movements and "it felt so good" that she practiced each night.

PERSPECTIVES ... A Useful Theme for Contemplation

Perceiving nature and its subtle cyclic patterns, relationships and processes, we begin to discern the underlying functioning of chi, the wisdom-guided force, as it prompts and mobilizes all manifestations toward completion and fulfillment of purpose. Recognizing chi as the inexhaustible agent that continually nourishes and regulates all life processes in all universes (line to gross), we begin to comprehend its Source. -Steve

PRESENT PRESENCE

Attempting to recapture what went before can only be an unsuccessful grasp for imagined contentment-security. Life will thwart such attempts consistently and repeatedly, for Life never duplicates in its unfolding cyclic process. Therefore, we must Learn to stand freshly in the present-eternal, which is the true abode of Joy.

Steve Ridley

CALENDAR NOTES

8TH INTERNATIONAL TCC TEACHERS CONFERENCE UPDATE

We are delighted to report that in just one month's time, since our announcement, and our conference flyer and registration form reached you in the March issue of *The Vital Force*, we've received a steady flow of inquiries and registration fees and deposits. We have one-third of our rooms filled, and four display spaces already requested. We encourage you not to delay, if you're still waiting to mail in your registration. Our deadline remains July 5 for full payment of your conference fee, or any balance due for those who sent their deposits in earlier.

Our program theme is **BACK TO BASICS**, and the program remains as originally presented in the March flyer. We're still reviewing your choices and preferences for the Saturday evening program; and we can report that we have many wonderful offers for the entertainment option. A complete program and registration form is included in this issue for your convenience.

Many have called or written to ask if Seijaku Accreditation and Review will be offered prior to or just following the conference; and for those still wondering, we are sorry to say Seijaku is not scheduled to be taught. Please write directly to Justin letting him know you are interested in Seijaku training.

If you want a room on site, you must respond quickly, as our 75 rooms appear to be filling up rapidly. When the rooms fill up, we will direct you to off-site accommodations, or try to accommodate you on-site with our sleeping bag option.

A detailed registration packet is mailed to you as soon as we receive your deposit or full payment. It includes lots of very reasonable options for reaching the conference site from O'Hare airport, and a local map for those traveling by car. Please address any questions to: Barbara Peller, 1913 Willow Hill Court, Northfield, IL 60093, phone 708/441-3710.

We look forward to greeting you when our Conference check-in begins at 2 pm on Friday, July 23. Our first group practice session begins at 3 pm. The Conference will conclude by 3 pm on Sunday, July 25.

SEE YOU IN 'CHICAGO

In light and love,

Barbara Peller

Jean Katus and Christeen McLain will be facilitating a Teacher Preparation Course for those students who are interested in becoming certified or who want a more intense focus on the movements and deeper levels of the chi. This will be held on October 8 and 9, 1993 in Fargo, North Dakota. Contact Jean Katus at 701/854-7435 or Christeen McLain at 701/232-5579.

1993 T'AI CHI CHIH CALENDAR

July 23-25 Fri. 2 pm to Sun. 3 pm	8th International Teachers Conference, Chicago, IL area Cabini Retreat Center, 9430 Golf Road, Des Plaines, IL (Chicago suburb) \$150, single rooms only, includes 6 meals. \$75 commuter; \$100 sleeping bag (only if all 70 rooms are occupied). Contacts: Barbara Peller 708/441-5710 or Hannah Hedrick 312/464-4697. (See enclosed brochure for registration form).	
August 1	Deadline for submitting your news and information to <i>The Vital Force</i> for the September 1993 issue.	
August 9 - 14	TCC Teacher Accreditation Course, San Diego, CA Contact Susan Webster 619/441-1165; voice mail 1-800-473-8851	\$380
August 15	Deposit due for October 30-31 TCC/Meditation Workshop with Steve Ridley in No. CA Contact Susan Hudgens, 408/926-5664 (See Oct. 30-31 below for details.)	
October 4 - 9	TCC Teacher Accreditation Course, Denver, CO Contact Steve Ridley, 1921 Jasmine St., Denver, CO 80220; 303/322-7717	\$380
October 30-31	TCC/Meditation Workshop with Steve Ridley, Bay Area, No. CA Mercy Center, Burlingame, CA Saturday 9:30 - Sunday 4:30 pm \$196 Overnight; \$190, \$165 Commuter Fee if paid in full by Aug. 15; \$50 deposit due August 15; balance due Sept. 20. Contact Susan Hudgens, 787 Sweetwater Way, San Jose, CA 95133; 408/926-5664	
Tentative 1995	Colorado TCC Teachers Conference Contact: Pat Hill, 1420 Kingsbury Ct., Golden, CO 80401; 303/231-9951 or Bryan James, 11558 W. Arizona Ave., Lakewood, CO 80232 303/989-4695. See note in Teacher News on page 30.	

(Jean Katus submitted the following excerpt of a three column article written by Carol Wright which appeared recently in the NAPRA Trade Journal.)

Climb the Joyous Mountain / Living the Meditative Way

If you thought that a life of meditation might be bland and placid, you haven't lived this life through Justin Stone's experience. His writing not only brings his physical experience of meditation brilliantly alive, but captures the cold Kyoto meditation halls, the single Sumi painting in the corner, the God intoxicated Samadhi of "the Sadhu" and the stench of a Somali camel auction. Stone's commentary touches on Buddhism, Taoism, the religions of India, the Japanese sense of beauty, and much more. The drawings and poetry of Ou Mie Shu are enchanting.

DEVELOPING MASTERY:

Dear TCC Teacher,

Each day I practice Tai Chi Chih I learn something new. Understanding can unfold very subtly at times and can also flash through our awareness with startling force! Don't you find that TCC offers continuing opportunities for personal transformation-growth? Fresh insights and inspirations seem to be endlessly available through conscientious involvement with TCC. What a wonderful life-gift we have been given.

TCC TEACHER ACCREDITATIONS AND RENEWAL/REVIEWS

I hope that you are able to take advantage of attending one or more of the teacher accreditation courses being offered this year. This can be an opportunity for learning as well as serving. Teacher candidates will very much appreciate your support and expertise, and you will be able to evaluate and refine your TCC movements. Remember that the first 2 sessions of an accreditation course are primarily devoted to the thorough presentation and exploration of each TCC movement. This can be a valuable review and well worth the effort to attend.

Even if you are not planning on contributing students to this year's courses, do consider attending for your own enrichment, and to bring yourself up to date if need be, with the evolving practice of TCC. Courses are scheduled regularly in Denver, CO each October and each June in Alameda, CA.

I look forward to sharing in the gift of your participation this year.

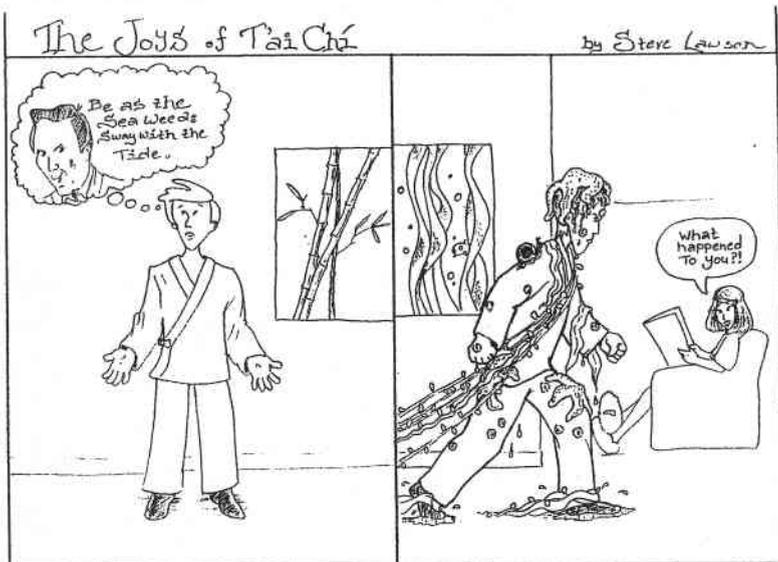
Joy,

Steve

TCC Accreditations

August 9 - 14 San Diego, CA

October 4-9 Denver, CO



Steve Lawson,

student of Pam Towne

TEACHER NOTEBOOK: The following letter was contributed by Susan Hodgens of San Jose, CA at Steve Ridley's request. He felt the content covers aspects of the candidate's background, preparation and qualifications.

SAMPLE LETTER RECOMMENDING A TEACHER CANDIDATE

(Name and Address of Host Instructor)

Dear Steve and (Training host):

This is to recommend (name) of (city, state), for candidacy in the (month, year) T'ai Chi Chih Teacher Accreditation Course offered in (City, State). (Name) is a sincere, enthusiastic student who expressed interest in becoming an accredited instructor right from the start. As you know, (name) has been practicing T'ai Chi Ch'uan for many years and was surprised to feel the flow of chi so quickly with T'ai Chi Chih. He began lessons with me (10 months ago) and has had continual class sessions with me or you since then. (Name) participates in some of my other classes by leading movements and has done this several times. He is practicing privately with me to prepare for Teacher Accreditation.

(Name)'s qualifications include: soft, effortless execution of the T'ai Chi Chih movement patterns; attentive to detail; flows well; accepts correction; remains open; willing to persevere (in his own words, "Whatever it takes!"); bright and cheerful attitude; ability to communicate the intent and principles of T'ai Chi Chih.

With confident and continued T'ai Chi Chih practice and application, uniformity of speed and synchronized, unified motion (timing) will develop and refine.

(Name) is a capable T'ai Chi Chih student and will be an asset in the TCC Teacher community!

Sincerely,

(Accredited Instructor of T'ai Chi Chih, complete address, phone)

* * * * *

TCC RESEARCH SUBJECTS SOUGHT

As a student of both psychology and T'ai Chi Chih I am interested in how T'ai Chi Chih effects both the mental health and attitude of its students. In order to provide a valid research study, I must include a wide variety of people. For this reason I am searching for any T'ai Chi Chih instructors to help in my research. This process involves a set of questionnaires that would be answered on a volunteer basis. The questionnaires will be totally anonymous and no personal involvement is necessary between the student and instructor. Any instructor interested could write me, Dustin Derby at 65 N. Forrest, Mazon, IL 60444 for further information and I can send them the questionnaires (2 or 3).

**TEACHERS WHO ENCOUNTER A PERSON TEACHING
T'AI CHI CHIH WITHOUT ACCREDITATION COULD GIVE THEM A
COPY OF THIS LETTER, OR BASE THEIR COMMENTS
TO SUCH A PERSON ON WHAT HAS BEEN NOTED.**

Dear (Unaccredited Person),

I understand that you are offering instruction in Justin Stone's T'ai Chi Chih. Justin expects anyone sharing his system to be an accredited TCC teacher, to complete the week-long TCC Teacher Training Course and receive certification to teach.

There are a few hundred accredited TCC teachers in the United States and a number in your area who have studied thoroughly and earned Justin's approval to instruct others. Justin knows that his system of T'ai Chi Chih will be conveyed correctly, as he originally intended, and that it will be passed along with a proper understanding of the principles and philosophical considerations upon which it is based, when students graduate from the accreditation course.

I know that you want to honor the originator of T'ai Chi Chih by giving correct instruction in the movements and by possessing an understanding of the movement principles and philosophy. T'ai Chi Chih is, at its fundamental level, a spiritual practice, based in integrity ("Teh"). It is understood in the Orient that the student only teachers after receiving permission to do so by the master teacher - who is Justin Stone in this case - and that to do otherwise would be to say the least, inappropriate. In this country tending to "do our own thing" disregards the essential import and intention traditional to this art.

From time to time we hear of an unaccredited teacher of TCC offering instruction and there is nothing we can do about it except appeal to them to consider the things I have mentioned in this note. We want Justin's TCC to remain as pure as possible, and the periodically offered teacher accreditation courses help ensure this. Contact *The Vital Force*, Journal of T'ai Chi Chih at 1477 - 155th Avenue, San Leandro, CA 94578 for dates and information on Teacher Trainings.

I am enclosing a copy of the prerequisites for training courses called "Preparing Teacher Candidates." * This will give you an idea of what is expected, generally, of those who desire to teach. In fairness to Justin and all teachers who are qualified to teach TCC, I hope you will discontinue to offer your brand of TCC until you receive accreditation. Thank you for your consideration.

Sincerely,

Steve Ridley
Appointed Head of TCC
1921 Jasmine Street
Denver, CO 80220
303/322-7717

*Note: Printed in December 1992 issue of *The Vital Force* or obtain copy by writing Steve.

A TEACHER SHARES

Patrick Lenard, Isla Vista, CA writes: Tai Chi Chih has sparked and rekindled old interests and creativity long laying dormant within my soul. In this spirit I am sending poetry that directly relates to this growth and shared experience in the TAO and TCC.*

WINDOW TO INTIMACY

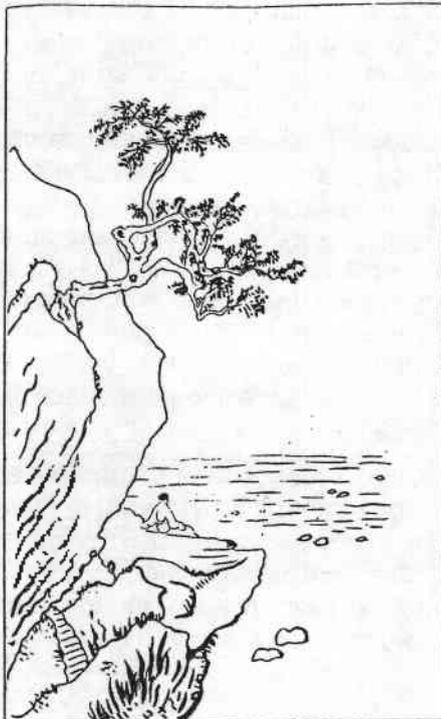
The window to the world, The hard feel of glass
I Look thru a window
Of poetry passed

Those inside seem to dance
Couples in group
Alive in a sea of bobbing pulsing motion

I take a seat
In my minds eye
Beyond the flow of thought
Secure on my perch
Regarding the scene

I look out at the deep blue
The steps of my own flow are like a wave
As I twist and turn
I can see that there is someone
Who belongs with me
There is the other
In the distance

So my mind travels
To rest on the leeward side
Of your island
Your calm and sheltering side



*This poem is about my mind stuff while doing Tai Chi on the ocean side cliffs.

On the Road to Recovery

(Clipping from a local community newsletter Patrick writes for.)

"For those people who possess an ongoing interest in recovery," there is the Isla Vista Recovery Center. This welcome invitation comes from Patrick Lenard, student-in-charge and one of the founders who hosts 12-step meetings for members of the community.

The point is that far from being boring, a life of freedom from drugs and alcohol can be a passport to an exciting new life, a life on the road to excellence.

My own fortunes have changed dramatically as well. At the end of 1992 I completed a teacher training course and am now an accredited Tai Chi Chih instructor. I am going to San Francisco this year to do further training at the Master level with one of the world's foremost teachers.

THE ART OF TEACHING: LEARNING!

Viola Moriarty, Denver CO

"Learning is finding out what you already know.
Doing is demonstrating that you already know it.
Teaching is reminding others that they know just as well as you.
You are all Learners, Doers, Teachers." --Bach

It seems that each TCC class I teach I learn so much. There is the student who is over eighty and he comes every week, session after session, without fail. He says he doesn't understand all this "TC stuff" but he comes for the exercise and to be with people. Lately he says TCC has improved his posture. There is the student who tries too hard and gets so discouraged and eventually drops out. Some people learn the movements easily and quickly and some don't, but what they get out of it seems to be much more related to showing up consistently and being willing than to how well they perform the movements. It has been interesting to see how adults listen and learn and how differently people respond to help or correction. So teaching TCC has been growth producing in terms of learning to teach, but it is also helping me to look at my own learning and listening. What kind of student am I? Am I showing up and being open to what my teacher has to offer? Steve Ridley told me once that people learn a lot from teaching and he was right. I feel very grateful both for my personal practice and for the opportunity to learn from sharing TCC with others.

Also, I found this in some papers I had saved and found it relative to Teaching TCC. I don't know who wrote it, but here it is:

"Imagine that you are a midwife; you are assisting at someone else's birth. Do good without show or fuss. Facilitate what is happening rather than what you think ought to be happening. If you must take the lead, lead so that the mother is helped, yet still free and in charge. When the baby is born, the mother will rightly say, "We did it ourselves!"

A CREATIVE CLASS FORMAT

Joanne Sutar, Berkeley, CA

April 26, 1993 We brought large paper bags and markers to class so that people having difficulty finding a correct stance could have one traced--made to order--one with left foot forward--one with the right foot forward. Seemed very helpful for a few people--from now on I expect I'll carry some bags and a marker to class. (What would seem a basic and simple position to many, is just not so simple for others--as you know.)

Tonight's format for 1 1/2 hour class:

10 minutes; individual stretches--meditative music, bringing the self back to the self, the breath into awareness, inhabiting the body.

5 minutes: brief hello's around the circle, sitting meditation

60 minutes: reviewing logwork, and new moves, continuous practice of TCC

15 minutes: Silent (Himalayan Bowls cassette) individual choice: sitting meditation, moving individually or in pairs, looking at available books, having "paper bag stance" made.

An especially satisfying evening. People moved well.

T'AI CHI CHIH AND ACUPUNCTURE: AN ANALOGY

Gary Halden, Two Harbors MN

Throughout the course of my teachings of TCC I have become familiar with many of the questions that students may have. Many of these I seek to answer in my demonstrations and regular classes. Everyone will obviously want to know how and why the system works. I feel it is intrinsic to address this issue.

Many participants recognize TCC as a slow moving exercise that produces relaxation, which it is. To make them more aware of the healing capacity of TCC, I like to draw up an analogy between TCC and Acupuncture. In my demonstrations and beginning classes I address three main topics. (1) Defining what T'ai Chi Chih is: a slow moving system of exercise, a moving meditation, a physical way of cultivating spirituality and also a way of doing self-acupuncture (2) Explaining how TCC originated and (3) Discussing the many benefits that can be expected.

To explain how TCC can be just like doing self-acupuncture I hold up a large acupuncture chart with the energy meridians depicted on the human body. I explain the energy pathway or meridian system briefly. I tell the class energy flows through the meridians to all the vital organs and glands. The meridians are like tiny ductiles or vessels that have been proven with Kriilian photography and radioactive tracers. Scientists have found these meridians to be exactly where the Chinese doctors mapped them out to be thousands of years ago. I explain that these meridians can become imbalanced for various reasons such as harsh emotions, injury, toxic substance, or lack of exercise. To restore balance a traditional acupuncturist would use a tiny needle to stimulate the acupoint so energy can flow freely and dissolve any blockages.....by doing the slow, gentle and systematic movements of TCC we can deliberately circulate the chi in much the same way as in acupuncture. It is much like a principle of physics, whenever you create an opposite, a current will begin to flow much like the electrical system in our homes or the alternating current. In the case of TCC we alternate the current with the yinming and yanging of our legs which generates the flow of the chi.

This type of analogy in my classes has appeared to be very beneficial for students to gather a deeper insight into the profound art of T'ai Chi Chih. Feel free to use this in your class, you will most likely see some nodding heads as your listeners absorb the delightful information you give them.

PLAYING IN THE INSTRUMENT

Ralph Garn, Syracuse, NY

Playing in the instrument of man ... time ceases and
the Chi flows through all there is ...

There is none but One ...

Surrounded by halos of multi-color ...

the record of being begins to play ...

Desire comes to an end ...

The glimpse inward has been a lifetime ...

Rest in peace!



KARMIC KOMMENTS
from Good Karma Publishing
Jean Katus, Publisher

Music for T'ai Chi Chih

Exciting news! Justin has recorded a tape specifically for T'ai Chi Chih practice. See article on the next page for more details. "The Serene Nature Music for T'ai Chi Chih and Serenity" is available now at \$9.95 per tape.

Sale Items

We have a few copies of the Justin Stone T'ai Chi Chih videotape in BETA format. First come, first served: we're offering them at the low price of \$15 per video.

Earlier-edition copies of two of our titles are in stock in limited numbers. We offer *20th Century Psalms* for \$6.00 each (regular price is \$6.95); and *Abandon Hope* for \$8.95 each (regular price is \$9.95). The 40% teacher discount applies on the already discounted price--if you purchase 3 or more books in any combination of titles.

Occasionally, we receive slightly-damaged books from our printers, and we sell them at a lower price than the marked retail price. If you are interested, please inquire.

Conference Pre-Orders

With the conference coming up soon, you will want to stock up on Good Karma Materials to save on shipping costs and to have a sufficient supply for your late summer/early fall classes. If you have an idea of what materials you would like and the quantities, please let us know by the end of June. You can, of course, add to your order after you get to the conference. Do come by the Good Karma table at the conference, particularly to see what new items have been added since the last conference!

General Ordering Information

We appreciate your payment at the time you place your order for Good Karma materials. There are a couple of reasons we need to operate this way. 1) We are paid by our major distributors anywhere from 3-5 months after they have received our materials, and they pay on a consignment basis, only for the items that have sold; that means we often have a large amount of inventory out and must wait a long time for payment. It sometimes makes for quite a challenging cash flow situation. 2) Every time another printing of the blue text occurs (as well as the other books); every time we have videos duplicated (quite frequently, thanks to those of you who offer them to your students); and every time we order tapes and books from those for whom we distribute (Margy Emerson, Kevin Locke, Joseph & Nathan Segal, etc.) we need to pay for those services.

If you prefer phoning in your order to mailing the completed form, you can charge the items you wish to purchase to your Visa or MasterCard. (We no longer assess a service fee for this convenience.) We want to make ordering as easy for you as possible and want to serve you as well as we can.

A Thank You

Thanks to Viola Moriarty who served as the teacher distributor in the Denver area. We appreciate her efforts. Please note the list of teacher distributors on p. 29. If one is closer to your area than Good Karma is, you will be able to receive your materials more quickly.

Address Updates

As you know, when you change your address, Good Karma would like to know, in addition to your contacting *The Vital Force* with your changes. We provide lists of certified teachers to anyone who requests such information. It is best if we can include your name along with your phone number (rather than your address). However, some teachers do not have their phone numbers listed. Please check the current directory, and if no phone number is listed with your name and address, please let us know what your phone number is.

SEE YOU AT THE CONFERENCE!!

THE ESSENCE OF T'AI CHI CHIH IN MUSIC

After numerous requests to compose music specifically for T'ai Chi Chih and after as many refusals, Justin Stone has relented! The creativity always flowing from him, he has recorded original compositions under the title "The Serene Nature/Music for T'ai Chi Chih and Serenity." We are indeed fortunate to offer you the essence of T'ai Chi Chih in music from the creator of T'ai Chi Chih. The gentle sounds from the keyboard drift softly around one, enhancing T'ai Chi Chih practice without being intrusive.

Besides the title piece, "The Serene Nature," names of some of the other pieces suggest the softness and continuity with which we practice T'ai Chi Chih, the peace and calm we receive each time we go through the movements. "Bamboo Winds," "Morning Dew," "Forest Dawn," "A New Day" are among the 9 selections that make up this lovely tape.

Most T'ai Chi Chih teachers will automatically want a copy of the tape for their own use. Not only that, we are certain your students will be interested in it as well. It's sort of like doing one's practice right along with the originator. What better way to answer the perennial question: "Do you ever use music with T'ai Chi Chih?" than to offer "The Serene Nature" to yourselves and your students? Order your copies today!

*The Serene Nature
Justin Stone*



*Music for T'ai Chi Chih
and Serenity*

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

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Fargo, ND - Christeen McLain - 701/232-5579

San Leandro, CA - Liz Salada - 510/278-3263

Camarillo, CA - Pamela Towne - 805/987-3607

El Cajon, CA - Susan Webster - 619/441-1165

Chicago, IL - Megan Everett - 708/801-4477

SEIJAKU TRAINING San Francisco CA

On March 21 sixteen Tai Chi Chih teachers completed the Seijaku accreditation course. Also fifteen previously accredited teachers audited the course with the intent that there is always more to be learned; words, ideas, concepts, and movements to be heard again and experienced again with new insight. It seems at each Seijaku training Justin has added another aspect to his Maximum Chi Program, of which Seijaku is the core.

The course had a strong effect on several of the participants which was expressed through the sharing of their experiences with the group. Yet, often the impact of Seijaku practice is manifest many months later, as the results from the practice begin to produce profound experiences and changes.

The sharing of these experiences is invaluable to fellow practitioners, as reinforcement, encouragement, validation, and stimulation (and *The Vital Force Journal* is the best place to do that sharing).

Congratulations to: Della Alberson, Lynne Blackford, Richard Brier, Marlene Brown, Lee Darrah, Dustin Derby, Ralph Garn, Phyllis Hatch, Alice Holden, Tamzan Johnson, Reginald Kenyon, Patrick Lenard, Barbara Peller, Ruth Anne Plourde, Karen Scharf Morgan and Wanda Zimmerman for completing the Seijaku course.

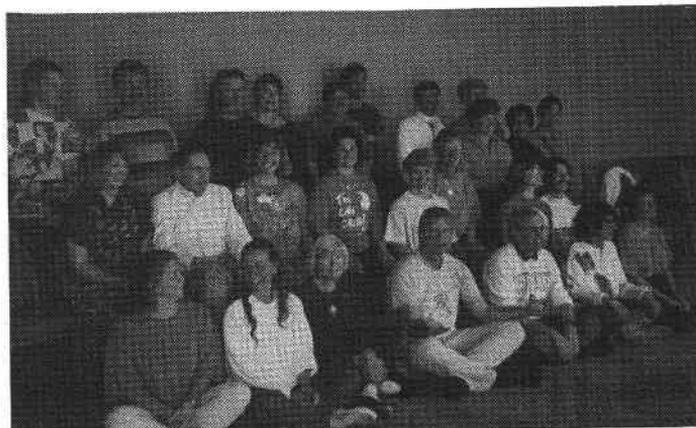
And *Thank You* to: Ed and Noel Altman, George Baillet, Vic Berg, Linda Braga, Connie Hyde, Lois Mahaney, Dona Marriott, Corine Reeber, Steve Ridley, Donna Shaffer, Pam Towne, and Janet Yannacone for auditing the course and enhancing the experience by your presence.

Especially, *Thank You*, Justin for your continued learning, and then sharing with us your knowledge and insight.

Thank You All for a successful weekend.

In Love and Service,

Sandy McAlister, Hayward, CA



Seijaku Training, San Francisco CA 1993

SEIJAKU: RESISTING RESISTANCE

The Seijaku Course was marvelous. It was so good to finally meet Justin and to interact with many beautiful, faith-filled, loving students of Chi! It was also a disturbing experience in that I came to recognize my own smallness, selfishness and resistance to change. I guess that it's only when we stand in the sunshine that we see clearly our shadow. This realization can have a shattering effect on one. But fortunately, and due to Justin's excellent instruction, I had tools to use that could help me to resist resistance! For we had learned not only Seijaku, but also warm-ups, meditation practice and more. I am grateful.

I then went on an artist and writers' retreat directed by an excellent author, Madelaine L'Engle. When the leaders of the weekend found out that I taught T'ai Chi, I was asked to lead the 80+ retreatants in morning body-moving prayer. Now I'm being asked to direct these folks to TCC teachers in all parts of the country. (The Teacher Directory helps!)

A week or so later I attended Women-Church, a gathering of about 2500 women from across the country. I lead two groups of 30-50 women in T'ai Chi Chih. On Sunday morning I was joined by two Albuquerque TCC teachers, Janet Yannacone and Karen Scharf in the session. I had a wonderful feeling of belonging to a large family of T'ai Chi Chih practitioners as I met and was assisted by Karen and Janet. (See photo below.)

You folks impress me. I'm hooked on Chi! Oh yes, I must also say THANKS to Justin, Steve and few teachers who had the love and courage to correct me on some of my movements during the Seijaku weekend. I'm a better teacher now because of them. Many thanks.

Stay well and keep up the good work of *Vitalizing* us. Some of us sometimes feel alone and then we read *The Vital Force* and remember. Love and prayers,

Sr. Alice Holden, San Antonio, TX

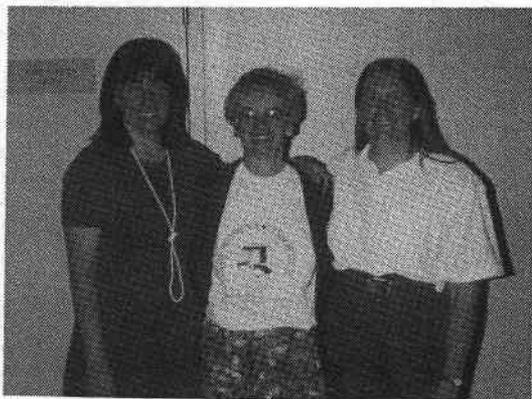
Seijaku Workshop Sr. Alice Holden, CCVI

I see the picture.

The uncarved block
The line of resistance
The future of light, live colors

And now I know

To resist resistance
to follow through
To be
To do



Janet, Alice and Karen

SEIJAKU

Finally
 finally
Quieting
 quieting
hard
 very hard
 Soft



-Carmen

THE SMILE

Noted the new 'Mona Lisa' type smile on my face as I was doing 'Seijaku' this morning. What brought this about" (I ask).

The feelings are 'benevolent' and the reward simply 'shows' ...

How many times past have I grunted my way through T'ai Chi Chih practice?
Spirit knows!

My class this past week noticed the 'difference' and mentioned the moves were 'smoother'. Seijaku???

Ralph Garn, Syracuse, NY

TCC JOURNAL ENTRIES

June 20, 1992

Vicki Brodic, Burlingame, CA

*Birds making a cacophony of sound
While a spider's silken thread is blowing to and fro.
A car whizzes by.*

*The chorus continues while a gentle breeze
Blows through the trees.
A human voice utters in the distance.*

*A cat saunters out, surveys the scene and trots off.
A crow's raucous sound is heard from up above.
A jet goes by.*

*Leaves drop from a willow as its branches sway in the breeze.
The birds are singing.
A siren wails then fades away.*

*There are more planes now.
A bird, perhaps a sparrow, lands on the birdbath.
Bird and bath are swathed in sunlight.*

*The sun approaches
Soon the mild morning shade
Will give way to hot afternoon sunlight.*

IN MEMORIAM

Colleen Heising, Tai Chi Chih instructor, student of Christeen McLain, who worked primarily with elderly at Villa Maria Health Care Center, Fargo ND, until going into Youth Ministry at Church of the Nativity in Fargo, has died. She passed onto the other side of life in January 1993. Her energy and sharing remains active in us whose hearts she has touched and the relatives of those whom she guided gently into the other side of life prior to her passing.



IN REMEMBRANCE OF Sr. Dorothy Ferrell

Sister Dorothy Ferrell, 69, of Rochester, MN passed away, Sunday, March 14, 1993. Many people will remember Sr. Dorothy for her many years of devotion, teaching, and service to the Franciscan congregation. I, on the other hand, will always remember her as my Tai Chi Chih teacher.

Sr. Dorothy loved to do TCC. She found deep purpose and fulfillment through daily discipline and teaching. She taught numerous people through community education and public service programs, as well as private instruction. In my own words, Sr. Dorothy was a spiritual healer of the heart. She possessed the rare gift of opening people's hearts through her love and sensitivity. She accredited this to her own healing through TCC. The night Sr. Dorothy died, she had been to a play with several other sisters. On the way home they stopped at Baker's Square for pie and coffee. When they got in the car to go back to the convent, Sr. Dorothy expressed to one of the sisters that this had been the happiest day of her life. She then laid her head back in the seat and died.

In closing, I would like to thank Sr. Dorothy for teaching me how to love again and for opening me to the spiritual healing of Tai Chi Chih. May we always be together through energy and spirit.

Love always, your Tai Chi Chih student
Laura Jacobson, Rochester, MN

Bill Nielsen, New Lenox, IL

If this river could talk what would it say
of the moment it's bed was went away
A river more like you and me
plagued with insecurity

With no hope of heaven or fear of hell,
no leaps of faith, it simply fell
in thundering, rainbowed majesty
Ever homeward to the sea

TEACHER NEWS

Pat Hill, Denver CO--The Denver Teachers have continued to meet once a month for practice, sharing, and future planning. At the Minnesota conference, Bryan James and Pat Hill said they would consider having a Teachers Conference in Denver in 1995 if they had more teachers to help out. Now that there is a sizable group in Colorado, efforts are being made to gather information on possible sites. If anyone else wants to have the conference in 1995 please let Bryan 303/989-4695 or Pat 303/231-9951 know so the group can postpone their efforts. A few of us will be going to Chicago and will talk more about our plans then.

Chris McLain, Fargo, ND T'ai Chi Chih classes continue actively in Fargo with Youth Chi, specifically for teenagers, with which my daughter Kathryn, age 11, aspiring T'ai Chi Chih instructor, assists! She worked with the elderly from 1985-88 with me prior to Colleen's certification! At South East Human Service Center where I am working part time I have two classes for the clientele. Incredible relief is experienced and documentation on blood pressure changes, mood stabilizing and decreasing anxiety symptoms are being collected. In the community, there remains a consistent request for classes. The chi is spreading joyfully!

Pam Towne, Camarillo, CA: TCC is going to Russia! I'll be teaching TCC daily for two weeks at a Religious Science Conference. It is being held for the Russian people outside Moscow-- May 23 -June 5.

Verna Wenger, Sidney, BC Canada I have had to give up my teaching except for my own class; I was diagnosed with inoperable cancer in September and have had "Kemo" treatments and now I'm on a new drug called Taxol. Yesterday my husband found out he has lung cancer. We don't know how badly yet. Thank God for T'ai Chi Chih--it is helping me cope. I did so want to go to Chicago in July. Who knows? Maybe I'll make it.

Serena McKinney, Munds Park AZ Great to be ordering the *Vital Force* again--after several tries, I have a class of ten going! Talked to Steve this a.m. and will be planning to attend Teacher Renewal course this June in California. Since last May, I have been playing piano in the dining room of Little America Hotel in Flagstaff Looking forward to seeing all of you in June.

Sr. Francis A. Kay, Little Falls MN Time is so elusive. Our Wholistic Growth Resource Program seems to claim most of my attention, and to witness transformation of our residential participants in their lives, is worth all the demanding attention. I am indeed looking forward to our 8th International Teachers Conference in Chicago, and being with you all again.

Daniel Froese, Lethbridge, AB, Canada Like Lavana from Port Alberni, BC, I have also been working with people whose mobility is limited to a wheelchair. I have adapted and incorporated as much TCC as seems appropriate. The most popular are modified forms of 'Light at the Top of the Head/Temples--I describe part of the move as "shining up our halos." Modified Six Healing Sounds is also well received. I also use some sound exercises with these people and begin and end each class with "Joy, joy, joy" ;as we rock back and forth in our wheelchairs. (I also sit in one while doing the class. It seems to work better--level playing field.) Regards and Love.

Going through the motions



T'AI CHI CHIH enthusiasts participate in a routine at the Milpitas Senior Center. Left to right are: Eleanor Sorby, Peg Ceresa, Fred Muckel, Neola Swanson, Bruce Hudgens, Frances Woodworth, instructor Susan Hudgens and Ruth Aukschun.

The *Milpitas (CA)Post* in an article headlined "Seniors tout benefits of T'ai Chi Chih" reflected the feelings of students in Susan Hudgens's class at the Milpitas Senior Center. One student said that he was very skeptical, didn't really want to take the class, but his wife insisted. Now he says, "It's very relaxing. It really makes you feel calm and better all over. I have a lot less stress."

"T'ai Chi Chih: An Eastern art, sans the combat" was the title given to a two column article in the San Mateo Times recently. The columnist, Al Stanbridge visited Hope Ridley's class at the Foster City Recreation Center and developed the article which caught the essence of TCC. He also referred to Bill Moyer's recent TV show entitled "Healing and the Mind" which apparently generated large classes for many of the area teachers. Hope keeps hoping to break into the "Lifestyle" section but each time she has an article in ends up in the sports section.

T'ai Chi for arthritis was the title of an article in the San Francisco Chronicle in April. It stated that "The newest weapon in the fight against the effects of arthritis may be ancient Chinese tai chi. A report in Arthritis Today says it may be ideal for arthritis sufferers who can't tolerate the jarring movements of other forms of exercise.

Another article in the Contra Costa Times (CA) headlined "*Chinese exercise is used in rehab therapy for people with arthritis*". Tai Chi's emphasis on gentle motion and relaxation can restore flexibility and conquer stress. The article goes on to talk about ROM which stands for 'range of motion' and Patricia Yu, a tai chi instructor in Madison who has developed a ROM Dance which is used with imagery and a strong relaxation-meditation aspect. The routine is used in the occupational therapy program at St. Mary's Hospital Medical Center, Madison, Wisconsin.



TCC Practice Suggestions

Continually adjust your body
to fluidly move with refined lightness.

Rooting with the ground
solidly with open ease.

Abide in the freshness -
present presence

Steve

TCC MEDITATION IN ALBUQUERQUE

The TCC Meditation workshop with Steve Ridley on April 17 was a beautiful and enriching experience. The day alternated between TCC practice and meditation, with Steve's gentle words helping us along. We sat quietly inside, breathing, relaxing and letting go, allowing ourselves to recognize and touch the larger life, the loving energy that surrounds us always. Then we went outside to embrace the sky, to practice TCC with open hearts in the bright New Mexico sunshine. Steve read to us, talked to us, answered questions and clarified a few movements. What a wonderful day it was!

It is such a treat to spend a day like this. More than that to me, and I'm sure to many others. It is absolutely essential to maintain a strong connection and to provide opportunities to step away from a busy and demanding life. As a working mother who tries to express creative urges of my own, I need a strong practice that will keep me strong and in balance. I need to feel and know that the love I spread around all day to my family and students is easily replenished. I walked away from the day happy, content, rested, definitely replenished and filled to the top with love. Thank you Steve for sharing yourself with us here in Albuquerque and showing us what we are capable of.

Loretta Shiver, Albuquerque, NM

MEDITATION

Meditation practice offers us the opportunity of shedding the superficial orientation of limitation consciousness. We rest, self-complete as immortal beings.

- Steve

A STUDENT'S REMEMBRANCE OF WORKSHOPS PRESENT AND PAST

In 1991 I attended a T'ai Chi Chih/Meditation Workshop at the suggestion of my T'ai Chi Chih teacher, who just happened to be leading the workshop. To be exposed to so many wondrous flows of energy and peacefulness was awesome to me! How could anyone feel so good, so peaceful, so centered. At the time I didn't know the real effects this day would make. Now I can see how everything in my life has unfolded, and see that this was a major turning event in my life.

From that weekend on I was more diligent in my practice of T'ai Chi Chih. I didn't always "feel" the energy moving (I thought maybe something was missing) but I was assured by Steve that all was well. A year later (June 1992) I went through the teachers certification process with Steve. Since that time I have studied with Steve learning more about meditations, breathing techniques and other Chi Kung movements on a regular basis.

I recount the happenings of the last two years to illustrate how a simple suggestion, followed through with by the student, can open a vast new perception of Life. A Life not yet perceived by this student at that time, but knowing I was intuitively drawn to the Teacher.

When Steve announced that he was having another workshop in Denver, April 14, I knew that I would be there, not only to support him in his efforts, but to renew my unfoldment on a personal level. What I got was even more than expected.

It was another beautiful day in the Rocky Mountains, this student was eager to share the day with his teacher. What I noticed most during the workshop was how Steve shares all of who he is with those who attend his workshop. Sharing himself beyond ego-personality, T'ai Chi Chih/Meditation techniques, and social graces. Steve shares the Truth about who we are, how to be grounded in Truth at all times, that we can live our lives from a different perspective of Higher Self, and most of all - to have fun doing what it is we are here to do - Express the Truth of who we are. Steve expresses the Truth about himself by seeing it in everything/everyone and by being a living example for others.

I share with everyone that the T'ai Chi Chih teachers around the world have a wonderful opportunity to share in this experience when Steve has a workshop in your area.

Thank you Steve and Lia for presenting another wondrous workshop in Denver.

Michael W. Merriman, Denver CO



TO HARMONIZE WITH TAO

Whatever arises ...
LOVE IT AND BLESS IT.

Remembering and practicing this,
Purification proceeds

Loving this,
One is free.

- Steve

THOUGHTS FOR CONTEMPLATION

Steve Ridley

To truly comprehend the manifestation-activity of the Universal, one must know the Transcendental, and only through true comprehension of the Universal can the Transcendental be fully recognized.

*Disharmonious . . . joyous-less,
we avoid and deny the honoring the way of Life.
Living as the way of Life
all beings of the one Being
are honored.*

Spirituality:

The instant of Enlightenment disrupts the continuity of our primary, customary and therefore habitual, mind-body orientation, but does not disrupt the continuity of the individualized mind-body.

What formerly seemed primary is viewed as a means of creatively accomplishing and sharing in our world.



CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih

and conductor of Seijaku (Advanced TCC) Courses

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Steve Ridley: (303/322-7717) Spiritual Head of

T'ai Chi Chih and conductor of

- Teacher Accreditation Courses
- Teacher Renewal Workshops
- Exploring Meditative Ways Workshops
- Lectures & group practices in T'ai Chi Chih
- his creative works and supportive materials

Liz Salada: (510/278-3263)

- Publisher, The Vital Force, journal subscriptions and submittals
- Publisher of T'ai Chi Chih Teacher Directory

Jean Katus: (701/854-7459):

- Publisher, Good Karma Publishing, Inc.
- Distributor of T'ai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- conductor of 1991 Teacher Survey

Lois Mahaney: (510/276-5718)

- Editor, The Vital Force,
- contact for teacher referrals
- update to mailing list and Teacher Directory

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We are offering a **first class mailing option** to those who regularly have difficulty receiving bulk-mail. If you choose it, your subscription rate will cost an additional \$5.00/year to cover the extra expense for special handling (and you'll have 'guaranteed delivery').

SUBMITTING INFORMATION: Deadlines are now by the 1st of the preceding month of issue (i.e.

February, May, August, and November), unless indicated otherwise. Lengthy articles should be typed and double spaced to be considered for print. FAX service is available, if you are in need of fast delivery of your VFJ submittal. Our FAX is 510/276-5541. You will also be responsible for covering our expense for receiving your FAX.

Cost: \$2.50 for first page, \$1. each additional, plus 25 cents for cover letter which should be addressed to VFJ/Liz Salada and include our phone number 510/278-3263. This way we will be informed when your communication arrives. Thank you.



Summer

SUBSCRIPTION FORM for THE VITAL FORCE JOURNAL of Tai Chi Chih

- () I am a teacher; send me the New 1993 Teacher Directory. Enclosed is \$5.00
- () I would like to make a donation of \$_____ to assist VFJ projects (outreach and referral to teachers).
- () Renewal or
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Make checks/money order in U.S. dollars payable to: The Vital Force
and send to: 1477 - 155th Avenue
San Leandro, CA 94578

Your new copy of the TCC Teachers' Directory is now available. The Directory is to be used for referral purposes and communication among accredited TCC instructors. It is not to be used for or sold as a mailing list.

Teachers may request a copy of the new directory by sending \$5.00 to: The Vital Force, 1477 - 155th Avenue, San Leandro, CA 94578.

Consult VFJ for updates to information contained in the Directory. Each quarterly issue will include new listings of recently accredited teachers, changes of name, addresses, and phone numbers. Please keep us up to date on any changes to your listing by sending all new information to our address above.

This is a wonderful referral tool to support the widespread teaching of "Joy Through Movement!"

The Vital Force
Journal of Tai Chi Chih
1477 - 155th Avenue
San Leandro, CA 94578

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