



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

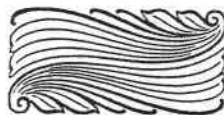
Just breathing ...

how life is wonderful - just being

Contemplating the thread of our fabric

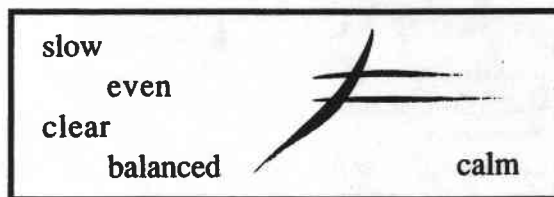
Where is the place between yin and yang -

flowing focus where they meet - one pointed?



CONTENTS OF *THE VITAL FORCE* SUMMER SOLSTICE ISSUE JUNE 1993

Spiritual Recovery, Healing (Ridley).....	Page 1
Reflections...Along the Way- (Salada).....	2
Contents; Shen Emerging (Chowka).....	3
Reader's Commentary.....	4
Chicago Conferece (Hyde); Just Do It (Brocklehurst).....	5
Classic Contemplations; Spiritual Growth (Ridley).....	6
Rest After Meditation; Poems (Ridley); Who Am I? (Stone).....	7
Meditation Retreat with Justin Stone (McAlister).....	8
Living Statues Among the Pines, poem (Braga).....	9
Dear Justin poem (Reeber); Take A Chance...(Garn).....	10
Love and Gratitude (Hyde); The Best of Times (Brocklehurst).....	11
Turning Point (McLain); Thanks (Jean Stone).....	12
Story from Justin; Spiritual Poetry (Ridley).....	13
The Mystical Journey of TCC-Part II (Brier).....	14, 15
Children and TCC: Preschoolers (Kieffer) Tutoring (Towne).....	16
What Do Children Know? (Brocklehurst); Including Children (Hyde).....	17
Trusting the Wisdom of My Heart (Peller).....	18
Quick Learners (Mahaney); Contemplation, Present Presence (Ridley).....	19
Calendar Notes.....	20
TCC Events Calendar.....	21
Developing Mastery: Letter to Teachers re Training (Ridley); Cartoon (Lawson).....	22
Teacher Notebook; Recommendation letter (Hudgens); TCC Research (Derby).....	23
Letter to Unaccredited TCC Teacher (Ridley).....	24
A Teacher Shares..., poem; Road to Recovery (Lenard).....	25
Art of Teaching (Moriarty); Creative Class (Sultar).....	26
TCC & Acupuncture (Halden); poem (Garn).....	27
Karmic Komments (Good Karma Publishing-Katus).....	28, 29
Essence of TCC Music (Good Karma); Local GKP Distributors.....	29
Seijaku Training (McAlister).....	30
Seijaku: Resisting Resistance, poem (Holden).....	31
Poem (Brocklehurst); The Smile (Garn); Thoughts During TCC Practice (Brodie).....	32
Memoriam- <i>Heising</i> ; Remembrance- <i>Ferrel</i> , poem (Nielsen).....	33
Teacher News.....	34
Making the News (Hudgens, Ridley); TC for Arthritis.....	35
Practice Suggestions; Meditation (Ridley); Albqr.Workshop (Shiver).....	36
Student's Remembrance (Merriman); poem (Ridley).....	37
Thoughts for Comtemplation (Ridley); TCC Contacts.....	38
VFJ Operations, Order Form.....	39
TCC Teacher Directory; Mailing/Subscription Information.....	40



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 SeiJaku 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?

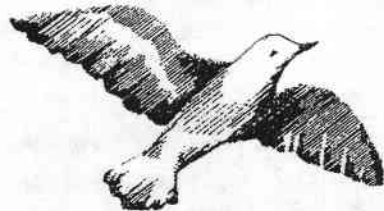
Justin Stone, *Climb the Joyous Mountain*

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

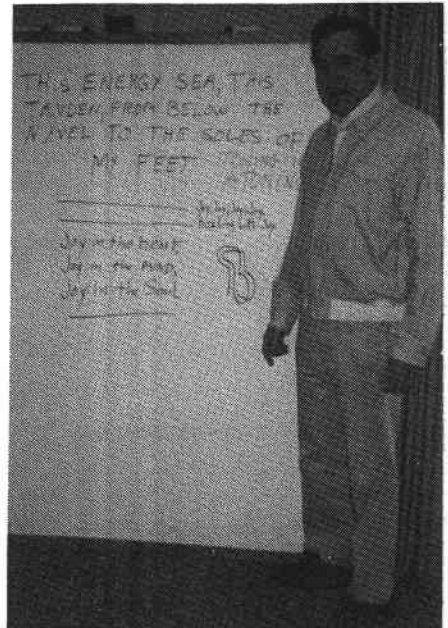
the silence
which comes when friends
meditate together

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 T'ai 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