

The Vital Force

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for teachers & students

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Justin's Words

It's Not For Nothing BY JUSTIN STONE

When students begin T'ai Chi Chih lessons, they think of them as exercise that will get them into great shape and help them lose excess pounds without effort. But there is a good deal more – something that is much deeper.

*Life
begins
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meaning*

I hesitate to say it is a deeper spiritual feeling because that word is often misused. As the *Chi* begins flowing through the system, something flows through with deep effect. The *Chi* is the basis of life. Not only is there a spark and increased energy, but life begins to have a deeper meaning. There is a much deeper feeling; we feel a warmth and, to reveal the

truth, a love for all things, plants, events and other people. At first this is doubted, but with physical fitness comes a spiritual fitness. It's not for nothing. Children reveal that their mother doesn't "kick the cat" and yell at them anymore. Family life becomes more enjoyable and meaningful.

Opening oneself to these changes comes without effort, bringing a spiritual result into being. If one reads *The Vital Force*, he or she will read many articles pointing to happy outlooks. Attack TCC lessons without hesitation. *Chi* is the great secret of life. As lessons spread through the world (which is happening joy-fully), the correct flow of life-giving *Chi* will bring peaceful happiness – and it brings us more closely together.



Two old Masters -- Justin (94) and one of his teachers, Kyozan Joshu Roshi (104) of the Bodhi Manda Zen Center in Jemez Springs, NM -- in a meeting of Mind. Roshi said, "Ears and eyes no work, but Heart strong," as he beat fist to chest. Roshi also takes a good look at the new edition of Justin's *Spiritual Odyssey*.

Have you heard or read the news?

AARP, *The Magazine*, published a full-page article about T'ai Chi Chih written by teacher Rosealee Blooston in all three of their November/December 2010 issues (one each for age 50+, age 60+ and age 70+).

See page 2 for details.