

The Vital Force

JOURNAL OF THE T'AI CHI CHIH® COMMUNITY

Volume 29, No. 3

for teachers & students

August 2012

Justin Gave Thanks

More 20th Century Psalms

BY JUSTIN STONE

Ambition and competition, so revered,
are responsible for much of the misery
of the world. Envy is a natural con-
comitant.

~ ~ ~

Trying is not the way;
what comes, comes
by Grace. Not trying
is foolhardy; who else
but you must do it? So
what do you do?

~ ~ ~

Paul Reps says he
feels the equal of
every blade of grass.
Oh, to be a snowflake,
each one completely
unique.

~ ~ ~

Joy is always there; it
only has to be uncov-
ered.

~ ~ ~

We cannot picture a
beginning or an end-
ing to this inscru-
table energy – the *Chi*
(*Prana*). There is no sense of individu-
ality to it. Perhaps it is only the sense
of individuality, that which separates,
that dies.

~ ~ ~

The one who immerses himself in his
present task is wise. To think about
the future reward is a waste of energy.
What more can you do than do your
best – NOW!

~ ~ ~

If man should go
the way of the
dinosaur, the Life
Force would not
disappear – it
would continue to
manifest in mil-
lions of ways on
countless planes of
existence. There is
only transforma-
tion – no creation
or destruction.
Nothing comes
into being; it is
simply a transfor-
mation. People
think the Life
Force manifests
only in the forms
with which they
are familiar! What
conceit!

~ ~ ~

If one can hear the
sound from the hills, he will hear the
echo on the wind. One moon shines on
all waters; one silence pervades every
sound.

~ ~ ~

Most people introspect by worrying
about individual problems. This is
not finding out 'Who and What you
are.' This Life Force will manifest in
strange places, bursting out in isolated
plants springing from bare rocks. It is
almost absurd in its urge to express, to
transform. We move from 'potential' to
actual – essence to function.

~ ~ ~

At the moment before dawn, all things
seem possible.

~ ~ ~

The meaning of Life is that something
is manifesting, and its 'origin' is Joy.

~ ~ ~

The Jazz musician, like the spiritual
teacher, tries to express the inexpress-
ible.

~ ~ ~

The Zen Master, Chao Chou, being
asked what one should say to a traveler
carrying nothing, answered: "Tell him
to throw it out!" When the asker pro-
tested that, carrying nothing, he could
throw nothing out, he received the
reply: "Then let him carry it out!"

~ ~ ~

When you're early, all the lights
seem to be green.



Reprinted with permission from Good Karma Publishing. This title is currently out-of-print.

May The Vital Force Be With You

Justin kept teaching all the way to the 'end.' Quite a few months prior to his death, his caretakers decided he needed more rest and fewer visitors as he prepared to die. We were asked to stop coming to his house. As you can imagine, there were some private discussions between community members about this. I am not aware that anyone told Justin about this decision, but I am positive that he was utterly conscious of the conversation (and consternation) surrounding this.

I was among those who continued to go to his house for meditation and to



share a meal with him. One day upon arrival to his house, Justin was just returning (with Carmen and a caretaker) from an outing – to buy some magazines at a local cafe. Justin 'never' bought magazines. But today he just wanted to get out and get some things. He was impeccably dressed, with his sunglasses on, cardboard shade nearby, a big smile on his face and a slight spring in his shuffle. As if to say: I know what's going on here. I'm not dead yet. I'm still calling the shots. A "good" meditation followed.



KIM GRANT, ALBUQUERQUE, NM

Table of Contents

Justin Stone	1
May The Vital Force Be With You	2
Student Reflections	3
Justin's Influence	4
Idaho Voices (& Some Iowans)	5
Guiding Thoughts: Sr. Antonia	6
Sandy Says	7
Pyramid Poems	7, 14, 21, 22
Student Voices	8-9
Remembering Justin	10-12
Justin Stone:	
Gateway to Eastern Philosophy	13
By Teachers / For All	14-15
Conference 2013	15
Students With Justin	16
Events	17-19
Seijaku	20-21
Teaching Children	22
Karmic Comments	23
Community Calendar	24
Contacts / Subscribe	24

Submission Guidelines

Please send articles as Word documents, electronically, to tcc@kimgrant.com. If possible, please tailor your submission to a particular section; the newsletter will hang together better that way. A 1/4 page in this newsletter runs about 200 words; a 1/2 page is 400 words.

We are always in need of photos and artwork. Please send high resolution jpgs, which the Editor will crop and edit. If you have 10-12 pieces of related artwork – calligraphy, drawings, photographs, or something that will reproduce well in B/W – please submit them for consideration in an entire issue. *The Vital Force* reserves the right to edit submission for length and clarity.

Web Site Updates

The on-line database (for www.taichichih.org) will be updated within a week of the following deadlines: January 15, March 1, April 15, June 1, July 15, September 1, October 15, & December 1.

Editor: Kim Grant • Membership: Mary Ruiz • Submissions: Send articles, poetry and photos to tcc@kimgrant.com or to The Vital Force, P.O. Box 92674, Albuquerque, NM 87199-2674 • Memberships: Send membership subscription requests, renewals, remittances and changes of address to The Vital Force, P.O. Box 92674, Albuquerque, NM 87199-2674. Memberships are \$40/year, \$50/year for international. Members receive four issues of The Vital Force. The printed annual Teachers Directory costs an additional \$15/year. It is also available for free at www.taichichih.org. If, for some reason, you do not receive an issue, send an e-mail to: vfmembership@yahoo.com. • Design: Amy K. Brown

The Vital Force is a 501(c)3 nonprofit organization serving T'ai Chi Chih practitioners worldwide. • Board of Directors: Dora Derzon, Guy Kent, Lisa M. Otero. • Copyright 2008 The Vital Force Journal Inc. Not for reprint, redistribution, or reuse in any format without written permission. All rights reserved. • T'ai Chi Chih® is a federally registered trademark of Good Karma Publishing, Inc

Deadline: Oct 1

Publication Date: Mid-Nov
TCC Photo Text:

What do you like about it?
How do you use it in your classes?

Deadline: Jan 1

Publication Date: Mid-Feb
Overcoming Obstacles to Preparing
Teacher Candidates

Deadline: April 1

Publication Date: Mid-May
Climb The Joyous Mountain:

What do you like about it?
How do you use it in your classes?

Deadline: July 1

Publication Date: Mid-Aug
Spiritual Odyssey:

What do you like about it?
How do you use it in your classes?

Because of financial pressures, *The Vital Force* will now be shipped via Media Rate instead of First Class, which may result in a delay of one week or so, depending on where you live.

Between The Darkness & The Light

By LARRY BLOOM, SANDY SPRINGS, GEORGIA

[Editor's Note: As an observer said, "The image that Larry created of Justin after the experience he describes below calls a person into the light. It has the powerfulness of an image of becoming."]

The faint background lighting from my living room shapes my dark shadowy reflection in the oversized glass windows as I begin my almost daily T'ai Chi Chih practice in the pre-dawn darkness. It is a time of day that has started to communicate with me as I am gradually learning to quiet my mind and listen.

With each movement I get the sense that the world around me is waking from a mighty slumber as planet earth continues to turn and increasingly inaugurates the light of day. For a few fleeting moments the world is dark and then the magical transformation begins with the first rays of light. At first I am uncertain, but I then become aware my reflection has changed confirming light is breaking through the darkness. Now with a small degree of outside backlighting the images on the glass have doubled with a new lighter reflection in front of the original. I notice that a spider that was perched in its web outside the window is abandoning its predatory position to seek a safe hiding place from the ensuing daylight that transforms it to prey. A thought surfaces and then quickly departs; what striking examples of *yin* and *yang*.

My practice continues, every now and then the sounds of birds in my backyard fill the air and the world continues to be bathed in the growing light of day. I can't help but reflect, wondering what the birds are saying to each other. Are they calling a mate, warning of a predator or maybe vocalizing the location of food? But the thought quickly passes as I redirect my attention to the soles of my feet and become aware my now multiplying reflections continue to grow lighter on the window glass.

The sun cracks the horizon; its rays kiss the glass and then enter the room. My reflection fades as somewhere a dog barks and a motorcycle races. I assume the Cosmic Consciousness pose and am immersed in gratitude for the rarified gift of experiencing the beauty of the earth emerging from darkness. **It is almost like sipping a Chi-filled elixir formed between darkness and light.** I feel the energy between my hands and develop the sense to create an image to capture the moment. Learning to listen to myself I let go and let TCC be in charge.

TCC Metaphors

Reflections from the Spring 2012 Class at Widener University

COMPILED BY APRIL LEFFLER, PROSPECT PARK, PENNSYLVANIA

T'ai Chi Chih is like your heart. You might not know it's there, but if you concentrate enough, you can feel it. – TYLER B.

~ ~ ~

TCC reminds me of a white, fluffy cloud in the sky. When the sky is a pristine blue and the clouds are forming into shapes that we will later interpret, they remind me of TCC because they are moving slowly and aimlessly across the sky. They move slowly like we do in TCC.

Clouds also remind me of TCC right before a rainstorm. The clouds fill up with rain that soon needs to be released. Before class, I feel stressed and TCC helps me to let it all go just like the clouds let go of rain. These storm clouds are also moving through very heavy winds – just like when performing TCC movements. – ELISE G.

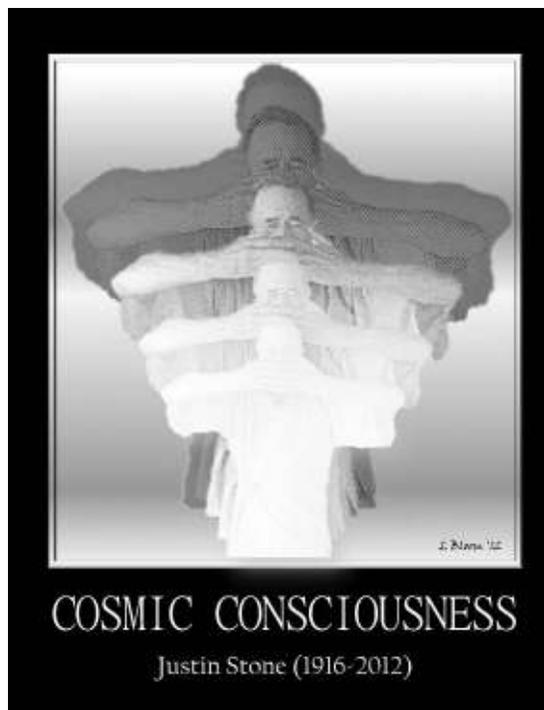
~ ~ ~

Air inhaled makes the body feel lighter. With a simple graze upon one's skin air sends a tingling sensation down one's spine. Air has the force and ability to move many objects to show its mesmerizing existence. It is one of the most powerful elements known to man, for it is our breath of life. Although one does not experience air with all the five senses, its presence is understood.

TCC deals with this invisible energy called *Chi*; it is a vital force that flows through us. Like the air around us, it is not visible but it exists, giving us life and energy. Some might not believe that *Chi* is possible but this force that gives us life from within is just as possible as a force that gives us life from the outside. – ILIAENID G.

~ ~ ~

TCC is an ocean wave that lifts us up and lets us feel light. TCC gives me that feeling when we do some of the moves. I feel the stress and weight float off of me as if I am swimming in the ocean and the wave comes and takes it away. – CLASSICA C.



ABC's Of Practice, Practice, Practice

By PETE GREGORY, HIGHLAND, INDIANA

“Practice, practice, practice,” one of Justin’s many memorable thoughts, can come across as advice from a teacher, right? Looking for Carnegie Hall? Practice. Want the next totem of mastery? Practice. Parade? Funeral? Practice. Practice.

But, I also feel this simple suggestion to be understood as a request from a friend, a summation of a life of ... practice.

*you can't
watch
or read
your way
deeper,
you go
deeper*

We practice T'ai Chi Chih to activate, circulate and balance the *Chi*. The teacher is saying balance can yield Good Karma and enduring peace, provided we know who and what we are, and can adapt to change.

The friend implores us not to be fooled by not practicing, and to continually improve our grasp of the form.

The teacher shows us how and what to move when we practice circulating the Vital Force, repeating principles and cultivating awareness. Circulation is all-important, and we practice regularly, whether we want to or not. Practice leads to a better next practice, which can lead to empirical knowing, or Chih.

The friend pulls you back down from your brain, makes sure you are grounding the *Chi*, and slowly blinks when you enjoy glimpses of Chih. Knowing through movement, is there any other?

Lastly, but first and always, the aim of practicing T'ai Chi Chih-Joy thru Movement is to refine and balance the vibrational energy of the super organism that is you. The teacher imparts what can be construed as knowledge, but the friend is shouting, “There’s more, and it’s happening right now! You can’t watch or read your way deeper, you go deeper. Let the inner experience show you what is Real. That is Knowing.”

The path to experiencing any dimension of your life more fully becomes more pronounced as you walk the path, over and over; the fact is the act. Practice, practice, practice, and your act may come together.

Ongoing Blessings

By CARMEN L. BROCKLEHURST, ALBUQUERQUE, NEW MEXICO

The blessings continue. Each time I receive a communication from anyone in the T'ai Chi Chih community, I also receive a blessing of love and concern for everyone in New Mexico, especially those who spent a lot of time with Justin. It is such a thoughtful TCC act. It is another way that Justin/TCC has touched our lives. Being thoughtful isn't an automatic thing. It is a special act of opening our hearts, reaching out in kindness, thoughtfulness, forgiving, giving, loving, embracing and sharing. TCC helps us touch what is in our hearts, minds and bodies. And then it goes another step farther, inviting us to be aware of the cosmic within us. And another step farther, inviting us to touch the eternal within. We are multi-dimensional. All of this is within us and it joyfully comes to conscious awareness through Justin/TCC.



One minute our heads are down in the daily. And in the next minute our beings have opened joyfully to the eternal. TCC is the path that opens us. A student in my summer class said, with gratitude in her voice, how fortunate she feels to have both the class and Justin's DVD. “I never met him in person, but I feel so close to

him because of my practice. He demonstrates not just the movements but the essence of TCC. Both come across so clearly in the DVD.”

We all have said how grateful we are for TCC. **Some also understand that Justin/TCC are one and the same.** They are not two separate entities; there is wholeness, a blessing. To everyone everywhere, we in New Mexico also hold you in our hearts, with love and concern, because Justin/TCC means so much to all of us. We are grateful that you continue a daily practice (and share the practice if you are a teacher). If you are not a teacher yet, we know you are sharing the *Chi* simply because there is so much *Chi* to spare and share. There is enough for all.

We keep our beings open to the ongoing blessings, knowing that Justin/TCC lives within all of us. As we do, we know how to love and share the *Chi*.

Resting In A Boise Sunrise

By STEPHEN RYTER, BOISE, IDAHO

Blue Cross of Idaho believes in wellness, and they have graciously allowed me to offer T'ai Chi Chih classes to fellow employees. The one small gym available for this is filled with kettlebells, boot camps and Zumba at the end of the workday. TCC sessions are for those who want to start the day with a 6:45 a.m. class. In the winter we assemble in the darkness; we begin our practices and instruction in various states of wakefulness. One November morning we enjoyed a magnificent sunrise over the Boise foothills, a blue sky contrasting with orange reflections of a not-quite-risen sun on clouds. It was "A Bronco Sunrise" (Boise State), said one student, fully absorbing the beauty of our surroundings. There are days when the flow of Chi is stronger than others, when there is no need to visualize energy flowing into my fingertips during Pulling in the Energy ... because I feel it strongly from the group.

The somewhat drowsy and often harried (due to attempting to get to class on time) students find themselves at peace and relaxed as we end our lessons. Cosmic Consciousness Pose starts in a subtle and gentle manner with the left heel gently rising to the right ankle bone balancing 60/40 more on the right foot. Raising the arms slowly and gracefully towards the face, palms inward. Remembering the right hand is farther away, and the thumbs are up. It's a time for smiles, quiet gratitude and some deep, slow breaths. It's a time to think about the joy of the practice and perhaps regret that the workday is at hand. When ready, the arms come down, the feet resume their original position, and we again find ourselves in the rest position.

Spinal Stenosis

By JOAN HUTCHISON, EAGLE, IDAHO

I was diagnosed with spinal stenosis in 2009. At the outset I was unable to walk; I'll never again achieve anything resembling aerobic exercise. To avoid surgery I began intense physical therapy, and I'm walking well now but still cannot exercise freely. I was introduced to T'ai Chi Chih and found this to be a physical exercise I can perform. TCC provides circulation and balance. I'm more stable and more flexible now, and I am able to improve my core strength through peaceful, graceful movement. At last I can exercise and regain fitness and increased energy. Thank you.

Lifelong Promise

By SHERRY VENTRIS, EAGLE, IDAHO

T'ai Chi Chih has been a wonderful experience. I was not sure exactly what I was getting into when signing up for my first class, but I am very glad I did. In our hurried world both at home and work, TCC offers a quiet personal retreat where we can balance our energies and become grounded. With each practice I feel Chi flowing more freely and without restriction. This cannot help but be a positive experience for one's body, mind and soul. I have found TCC to be an energizing and centering practice for which to start each day. I love it and plan on this being a lifelong practice.

T'ai Chi & TCC

By KATHLEEN YOCHUM AND STEVE COX, EAGLE, IDAHO

Having attempted traditional T'ai Chi and having found it too complicated for effective performance, we found T'ai Chi Chih to be much easier to learn and perform consistently. The simple repetitive movements give a sense of centeredness and balance, allowing the practitioner to go through the sequences without the tension of trying to remember what comes next.



T'ai Chi Chih

By JOE MICHAUD, IOWA CITY, IOWA

It is the silence
Her body moves in,
That moves us.

With liquid smoothness,
Precise control,
She glides in and away.

The power of grace,
The strength of strength unspent,
Draw us into the flow.

It is not the woman
Who dances the dance,
But the dance

That dances the woman.

Taiji *

By JOE MICHAUD, IOWA CITY, IOWA

From moment to moment
We die, then come back to life.
From something to nothing
And back again.

Or are these thoughts,
These words, these actions,
Our death,
And stillness life?

Master Chang awoke one morning,
And did not know:
Was he a man dreaming a butterfly?
Or a butterfly dreaming a man?

Two fish, forever bound to a wheel,
One dark, the other light,
Go chasing each other's tails ...
Quickly, say something apt!

[*taiji: in this case the symbol of the Great Ultimate]

Revelations

By Sr. Antonia Cooper, OSF, North Plainfield, New Jersey

During various TCC retreats we examine the pause in between moveThose who attended the Albuquerque 2005 T'ai Chi Chih annual conference heard Justin put into words his experiences that he had while in spiritual practice. His talk entitled, "Play Within the Play," explained some of those revelations. On page two he said, "It was very hard to assimilate them" (the revelations). Reading further at conference he continued, "What am I supposed to do with this information? The only person who has a record of it is Sister Antonia [Cooper], and she's agreed not to reveal it until after I'm no longer here." I was rather surprised to hear him share many of the revelations at that conference, which are recorded in this article and the "Play Within the Play" booklet too. Justin expressed his difficulty in using words for experiences that do not resemble this world. Words simply fall very short.

At the recent Portland conference I shared the revelations that Justin wrote to me, and I want to share them here with the wider group of TCC students and teachers. **Justin had meditated since 1954 when he wrote, "Certain things were revealed to me" and "Things are as they always have been."**

A few months prior to 2005 conference, Justin had another revelation: "This is not the only universe. There are countless universes." By entering the state of *turiya* (no thought, the fourth degree of consciousness), one enters the state of Reality as well. He experienced "Panels of Light that went into Infinity" – according to his 1991 talk transcribed in "Spiritual Life."

Justin also emphasized spiritual practice through which one can "reach the Vertical Plane to take us to great heights (where we all would like to stay) but it is so important to return to the horizontal – to integrate and come back to the Marketplace, bringing spirituality with you." That is true spirituality: "Be the big hermit, not the small hermit."

"Time is a great illusion." When we are in deep meditation, or deep TCC practice, time plays no role, and we are surprised at how much time has passed. "Knowing who and what you are is recognizing Divinity within" – according to his 1991 talk transcribed in "Spiritual Life."

"If I wanted to give you a gift, the greatest gift that I could give you is the touch of Reality, to have you enter the state of Reality ... [it is] a different vibration. If you do work to raise your vibration, you will experience these things – according to his 2005 talk transcribed in "Play Within a Play."

"In your ordinary life, it's very easy to have a good life. One word tells you how: Gratitude. If you live with gratitude, and express the gratitude, you can't be unhappy."

Justin further explains: "After the last revelation, which I discussed with Carmen at some length, I said, 'What am I supposed to do with it?'" After sharing the above with the assembled teachers Sunday morning at the conference, I asked Carmen if there was anything she would like to say. She declined.

You are invited to reread the two talks (available from the New Mexico T'ai Chi Chih Center for a small donation, and free on line at <http://www.gkpub.com/talks.php>.)

Several teachers shared that they have recently begun to reread Justin's books and have gained greater insights now than they first read them many years ago. I invite you to go to your private library and reread Justin's works. If you do not have the books, order them from Good Karma. *Spiritual Odyssey*, *Climb the Joyous Mountain* and *Gateway to Eastern Philosophy & Religion* are available on Kindle through Amazon. Wishing you peace and all good.



Pyramid Poems (from Black Mountain)

stand
up for
T'ai Chi Chih
to bring you joy
to all who
seek out
peace

peace
is yours
if you will
do your practice
every day
of your
life

life
of joy
will be yours
if you let go
and flow with
vital
force

force
is not
conductive
to feeling *Chi*
but softness
is the
key

Qi
opens
the door to
the inner realm
and unlocks
our true
self

self
awakes
as *Chi* flows
thru soles of feet
removing
ego's
voice

voice
be still
and listen
deep within as
T'ai Chi Chih
speaks your
truth

truth
rises
within us
as the *Chi* flows
Justin says
take a
stand

TCC's Transformative Nature

By SANDY McALISTER, HAYWARD, CALIFORNIA

The re-dedication ceremony, held on Saturday night of the teacher's conference, is a time to examine from where our T'ai Chi Chih practice has taken us, where we are now and where we see ourselves moving through this transformative practice. We come away from conference with renewed enthusiasm for our own practice and our teaching.

On the plane ride home after conference I found myself not so much reflecting on TCC but more on where I am with my own journey in this life, the kind of person I am/my habit patterns and the kind of person I would like to be/letting go of attachments, etc. At conference I witnessed **acts of compassion and generosity**; I heard of **other's struggles** and blessings received over the past year; and I experienced more **heartfelt openness** and love from people in three days than I might have in

*where I
am with
my own
journey
in this
life*

six months. All these experiences, all these examples of fine human beings, with all our humanness, make me want to be a better person. It is funny, but I feel conference brings out the best in me and the worst in me. Being together, moving lots of *Chi*, seems to **magnify life**. Those moments of clarity just hit me in the face. (An old western comes to mind, "The Good, Bad, and the Ugly.") Actually it's all good; it just is what it is.



The next issue of *The Vital Force* will be the conference issue. I encourage those of you who attended to express how conference might have affected you in a spiritual way. The transformative nature of moving and balancing the life force has left its mark on all of us who practice TCC.

Pyramid Poems (about silence)

shhhhh
listen
be still and
know the answers
are soon to
come your
way
– Bo

well
practiced
deep silence
tames the wild mind
joyous bloom
of no
self
– TUDOR OPREA

wind
water
grass and wood
sing with their souls
in silence
Justin
plays
– ROSE J ALVAREZ DIOSDADO

all
music
begins with
first silent note
hear the heart's
sacred
song
– PETE GREGORY

the
quiet
solitude
affords lessons
that may have
been missed
truth
– STACEY MOORE

Szu
silent
do not speak
resonates all
with hearts not
asleep
joy
– JON FORTUNE

move
softly
carefully
circularly
skillfully
gently
one
– Barbara Dinehart

quite
quiet
silence speaks
to the core self
plumbs the depth
of heart
Chi
– MAGGIE BREIMSHURST

sit
quiet
peaceful now
windless water
no ripples
nothing
here
– BROCK BROCKLEHURST

yes
to love
yes to peace
yes to stillness
yes to earth
mother
Chi
– BARBARA DINEHART

Seated TCC

By ADABELLE RYCHTARIK

In late 2011, as I prepared for an intensive by working on my waist turns, I was having great difficulty achieving a full turn. After experiencing some dis-ease in several areas, I discovered I'd developed Sciatica, tight dura in my lower back, Plantar Fasciitis and an inflamed Iliotibial band. As I progressed through the healing process, I couldn't continue a full daily standing practice. But a sitting practice brought much delight; the continuity, softness and ability to feel each movement fully was ever present.

Earlier, when reading articles in *The Vital Force* about sitting practices, I had I wanted to learn more about the differences between a standing and sitting practice. Little did I know that I would soon have that opportunity, one to deepen my practice and be more respectful of my health and body. I now graciously ask my body to move in unison with softness, and I thank it for supporting me throughout my practice and each day.



grace
was rare
for a man
with two left feet
T'ai Chi Chih
makes one
right

Belief

By DANA DILLER, PRESCOTT VALLEY, ARIZONA

Thanks to my family doctor for suggesting I learn a form of T'ai Chi. My blood pressure was not under control with medication and exercise; it was consistently far too high. My severe back pain was being treated with physical therapy, pain medication and muscle relaxants. But none gave more than the briefest freedom from pain.

It was with a skeptical mind that I tried a nonmedical form of healing: I took a community college class on T'ai Chi Chih. I have a science background and TCC seemed to be non-scientific. But since traditional western science and medicine were not working, I persisted in my TCC.

From the beginning, even with poor form and a limited ability to meditate, I found improvement in my blood pressure. Although still too high, my systolic pressure was 15 to 18 points lower after practice. Science was present, and I was starting to see the results.

I now practice TCC daily and have a better ability to meditate. My blood pressure has come under control enough to keep my doctor happy, but my goal now is to have it normalized without medication. My back pain has become more bearable. I am no longer a skeptic, and I am even thinking of teacher accreditation.

TCC & Chess

By JON AND BARBIE FORTUNE, PORTLAND, OREGON

Stepping into a friendship circle on an early spring morning in the Portland Rose Test Garden, we begin our weekly T'ai Chi Chih practice, as we have done for six months. We smile, start Rocking Motion and gently flow into nineteen movements and the final pose. It has been a journey of discovery and learning to complete a full practice. For some it was hard to remember the movement names and how to position the body. Some move right when the group moves left, but with practice things get better. Eventually we develop a sense of order and the flow of *Chi*. Following Justin's mantra of "Practice, Practice, Practice" leads us towards Justin's goal of "Letting T'ai Chi Chih do T'ai Chi Chih."

This quiet flow of energy and Chi has helped our chess play as well. Letting go and focusing has improved our planning and creative vision, and the spontaneity of solutions in our international correspondence chess games. It has increased our clarity of thought along with our feelings of balance between thought and action. Surprisingly and without effort a much improved chess tournament results.

move
chess piece
hands gliding
softly thinking
carefully
skillful
joy

Jitters Abated

By S. ROSS, OLD BRIDGE, NEW JERSEY

A daughter's wedding is always a time of joy and excitement, as well as anxiety and anticipation. Our daughter was married recently in Ocean City, New Jersey, and it involved travel and sleepless nights before, during and after the joyous event. When I couldn't calm myself down, I did a 20- to 30-minute T'ai Chi Chih practice and, amazingly,

CONTINUED ON PAGE 9

CONTINUED FROM PAGE 8 it allowed me to experience the wonderful weekend without being tense or exhausted. I originally practiced TCC for the physical benefits, but my emotional feelings of calm throughout the wedding were definitely attributable to TCC.

Cells Are Free

BY CAROL SPICER, FAIR LAWN, NEW JERSEY

T'ai Chi Chih practice teaches me how it feels to not create barriers, but rather to let the flow of energy and Knowing enter. I picture each cell of the body, gently holding hands, with a trusting smile, grateful to softly and continually be a vessel of *Chi*. If I sense tenseness or hesitation, I appreciate the awareness, for it's the start of transformation. With practice and time, letting go happens. Each cell is forever free to simply relax and let the flow.

Cells settle and allow for movement. There's no need for me to pull, push, hold, create, find or use effort of any kind – because space is filled with ever replenishing *Chi*, which the *tan t'ien* loves to provide. The cells know their roles, without command, as the *tan t'ien* provides their energy and silent knowing. At the center is my source and support. I feel the comforting strength of joyous cells and soft *Chi*, flowing unencumbered ... letting. Thanks to my teachers and to Justin.

My Journey

BY PHYLLIS POHLE, BRIDGEWATER, NEW JERSEY

I have been on a spiritual quest since 2008, when I was ejected from corporate America. I am an apprentice in Healing Touch, working on my certification, enrolled in a spiritual studies degree program and studying T'ai Chi Chih. And I recently completed a professional life coaching certification program. All these outlets have been pivotal in my spiritual development at this time. My intention is to become an accredited TCC teacher.

At a recent TCC group practice, we were challenged to identify the next point of focus in our practice. I realized it was to feel the *tan t'ien* as the center of my movements. Of course the practice of TCC is a journey that begins with learning the 19 movements and one pose. As one refines the movements and applies the foundations of movement, a good deal of focus is still within our minds. The time has come for me to get out of my head and into my body.



slow
movement
circular
restfully sweet
replenished
balanced
ahhhh

TCC & COPD

BY STU GOLDMAN, FLORIDA

My COPD is not at a horrible stage; it was caught early, a few years ago, because of a heart condition. My cardiologist, unhappy with my heavy breathing, wanted to eliminate the possibility of lung issues. But lo and behold, I had lung disease as well. My experience at the TCC retreat in Prescott, Arizona, last year had a definite, but not unexpected, affect on my heart and lungs mostly due to the altitude change from Florida. Two stents were inserted within a week of returning home. That said, what has TCC done for COPD and me?

CONTINUED ON PAGE 23

Remembering Justin

The day before [we visited] Justin was not speaking or getting out of bed, so we were quite delighted he wanted to see and meet with us. He was in amazing form, dressed to the nine's. He came out from the bedroom using his walker and went straight into the living room to welcome us. He gave us a tour of the house and spoke about his art and the art of other artists he had collected. I asked if we could do T'ai Chi Chih with him, and he said it made him sad that he couldn't do the movements anymore and that he really missed it. I asked him if we could do the practice for him and he said yes. He watched attentively, broke into a smile at one point and said, "That's pretty good. You must have a good teacher." and he looked over at Lisa (our teacher) with a smile. As we said our goodbyes with hugs and little kisses, he said, "I'm sure I'll be seeing you again." I see him everyday during my I practice. Perhaps he can see me too. – JENETH RUNDLE



I just heard the news of Justin's passing. He offered me a great perspective on life, and my interactions with him were always positive. And the practice of T'ai Chi Chih has benefited me in many ways. I will always be grateful to Justin and his teachings. – AUGE HAYS

T'ai Chi Chih has been a wonderful gift to me, and I am so grateful to Justin for bringing it to the world. The practise has brought me healing both physical and emotional. The same has happened for my students. I will always remember Justin as a very humble and self-effacing man who wanted only love and peace to permeate each person and the world. He will be very much present to us tonight as our group in Humboldt has its weekly practise. He is in peace and at one with Love. – VIOLA BENS



As the ship reaches the horizon, and the land disappears, I watch as the sea gull rises, up and higher still until it is no longer visible, but still there, just the same, only higher. For all Justin has done and is doing, thank you. – CHILESANDS

For many years I have been a practitioner of T'ai Chi Chih, and it has enriched my life spiritually, physically and mentally. I am grateful to Justin for sharing this wonderful practise with me and with all who participate in it. Rest in peace, Justin. With deep affection. – CAMILLA MARIE GARTLAND

We never had the privilege of meeting Justin in person, but through learning and practicing T'ai Chi Chih and reading his books and essays, we have met him in spirit. We will always treasure the gift of his teachings and of TCC itself. – DANIEL AND SARAH LONG

I did not know Justin on a deep personal level, having only met him during my accreditation week. I did get the idea that he wanted no disciples; he did not need followers. I have felt that he wanted us to know, learn and teach T'ai Chi Chih. I will continue to thank Justin for his life and the contribution of TCC by being thankful and by continuing to learn and teach. I celebrate his passing on to the next adventure, the next opportunity. – CHRIS

My condolences on the death of Justin. He will always be remembered for the gift of T'ai Chi Chih and for his devotion to the TCC community. Thanks for all you have done to take care of Justin and all you do to take care of the TCC community. – MARILYN P

I heard about Justin's passing ... Somehow I wasn't sad at all. I felt he was finally free of the body. Friday morning I walked down the hill to a lovely spot where I often practice. It has a gorgeous view of Richardson Bay and San Francisco, and beautiful birds are always flying about. I dedicated this morning's practice to Justin, as always. As I practiced very slowly, I felt and saw in my mind's eye the presence of Justin who said with that slight smile of his, "It's great to let go of that old body. Body is finite. Consciousness is eternal and all is well." Needless to say, I was delighted and smiled throughout the practice. It's exceedingly liberating to know that death is safe and consciousness is our true identity, one with God. – SHERRY BRIER

I am very grateful for Justin Stone's contribution to the world through his practice of T'ai Chi Chih as well as his teachings and writings. I now feel an even stronger connection to Justin Stone by practicing TCC since his passing. – MARK TUCKER

I never met the man, only through DVDs
I can only imagine what he would be like in person
I came to t'ai chi chih within two or so years
it has been wonderful
the words which first struck me from the beginning
and have remained through my practice
how he used the phrase "graceful conclusion"
peace – AJ

The evening I learned of Justin's passing I opened *Spiritual Odyssey* and saw a couple of sentences I had previously highlighted, including "Grateful for being alive, enjoying the beauty of each new day, we can be ready to let go when our time has come." Justin's amazing legacy will continue to make a positive impact on many lives. I look forward to the privilege of sharing T'ai Chi Chih and helping pass on that legacy. With gratitude, we thank you Justin. – LEE BERGMAN

I am so sorry to hear the sad news. Just last night I was talking to a group of my students about Justin and the amazing things he did. I often expressed my wish to meet him some day in person, but I think I've met him already through the wonderful forms of T'ai Chi Chih he has passed on to my teacher. I agree full-heartedly that his T'ai Chi style is a service to humankind. Both Justin Stone and TCC have inspired me greatly. – AJIAN

CONTINUED ON PAGE 11

CONTINUED FROM PAGE 10

I had not done T'ai Chi Chih in a number of years, however on March 28th on an Indian reservation in New Mexico, I had the sudden urge to do Rocking Motion which I did for some 20 minutes. A strange sadness and calmness (and eventually a relaxing peace) came over me that stayed with me throughout the rest of that day. Thank you for that day, Justin, and all of the days since 1988 when I first met you and experienced the unusual spirit you were. Enjoy your continuing journey. – JACK R



For the first ten years of practising Justin's form of T'ai Chi Chih I found I was suddenly leading a more joyful balanced life. Later, after noticing advanced scoliosis, this last ten years has been a time of healing and using TCC to help maintain optimal health. An entire decade of my life that would have been much different, had I never learned to practise his wonderful system. I urge all students, wherever possible, to become certified teachers and to learn to give the gift that was given to us to the future generations. – MARTIN

I first saw the movements of T'ai Chi Chih in Santa Fe, New Mexico, at a park and said, "That is what I need." It was great to find Rose as an excellent and accredited instructor in Las Cruces. Thanks, Justin, for the many benefits and the knowledge of joy through movement for the past year. My balance has returned. – KEITH BURKE

Justin, you have passed out of the earth-plane, and you left us a great light on this planet, harmony with the universe, as we do the gentle movements of T'ai Chi Chih. This was true for me in Albuquerque twenty-five years ago, when I first learned the form. This is even more true for me today, as I relearn the form in Las Cruces. My gratitude is a song that flows into the universe ... – DOVE FLOWERS

I am somewhat new to T'ai Chi Chih, yet I feel it is a way to peace, serenity and calm. My teachers give me hope that this is so. Their devotion to TCC and to Justin are almost mystical ... and I believe (hope) that I, too, can experience the joy and comfort they so clearly enjoy from the practice. I will do my best to be a worthy student. – LINDA PEROFF

My experience with T'ai Chi Chih has touched my body, energizing and restoring a feeling of improving health. It has touched my mind, improving concentration and depth of thought. It has touched my soul, restoring my relationship with God and recognizing His presence in and around me always. It has helped me to let go of negative resentments, habits and mind sets. Thank you for being a servant to so many, especially to me through your development of the 19 movements of T'ai Chi Chih. – STUDENT

Justin: T'ai Chi Chih has helped me so much. My shoulders have been down not up by my ears. Also I can walk away from an argument much easier. Thank you so much. Go in Peace. – VICKIE O'KEEFE

Justin, T'ai Chi Chih is wonderful. It has made such a difference in my life. The joy I feel is truly amazing. I want to thank you for all it has done in my life. I am so much more with TCC. – SUSIE WILLSEY

A Remembrance

By GAIL TERRIFF, EDMONTON, ALBERTA, CANADA

I became a T'ai Chi Chih teacher in 2005 after starting a practice in 1992. Sometime before my accreditation, I had a dream that Justin visited me, acknowledging my practice and training as a TCC teacher. After my accreditation, I wanted to travel to Albuquerque to meet him and the local teacher group and see the New Mexico center. In November 2010, I got my wish. During the intensive, we all waited to meet Justin, who stopped by on the last day to check us out. I think he felt satisfied with the group; some brief words about TCC were shared.

Another highlight included going to Justin's home for two meditation evenings. Although I was excited but nervous doing this, everyone quietly arrived and settled into Justin's home and then into his meditation space. It felt so right to be there. I felt honoured to see this still-strong man, his beautiful paintings and his lovely home. His home was so calm, full of good, strong, quiet energy. Seeing his musical instruments and where he worked was something I will always cherish. This is where it all happened – the movements that are an integral part of so many people's daily lives.

And to top it off, there was a celebration of Justin's birthday at the TCC Center. This was a time and place to honour his work and the continued sharing of the movements and community. What an honor. I felt grateful to share my meal with him and have a conversation with him. At the end of the meal, he stood up and found his strong teacher voice, shared some personal thoughts and talked about teachers moving TCC into the future. He emphasized the importance of our own daily personal practice. Then he demonstrated a seated movement he had been doing to increase the flow of *Chi*.

I will always remember his words "to practice when you want to and to practice when you don't" and to "practice, practice, practice" and "If you don't think you have enough time to do TCC in the morning, just get up a little bit earlier." I always mention this to my students. Justin was a great teacher, with words spoken from wisdom and experience and with wit and humour.

Pyramid Poems (about Justin Stone)

a
 true sage
 passing thru
 left our hearts with
 gratitude
 our true
 joy
 – ROSE J. ALVAREZ-
 DIOSDADO

stone
 solid
 gives way to
 water softness
 yin and yang
 balance
 all
 – JOYCE VEERKAMP

he's
 gone now
 Justin free
 transformed always
 with us now
 flowing
Chi
 – MARY RUIZ

he
 taught us
 go within
 know the silence
 find out who
 you are
 now
 – JUDY HENDRICKS

this
 season
 he leaves us
 next spring will come
 blooming the
 tears of
 life
 – SHERYL ADAIR

feel
 movement
 flowing to
 all of us now
 thankfully
 Justin
 knew
 – STACEY MOORE



if
 we would
 only move
 as he has shown
 we would be
 grounded
 now
 – JERRY GRANOK

Stone
 Justin
 one with *Chi*
 encompassing
 all that is
 with love
 be
 – ROBERT MONTES
 DE OCA

the
 house is
 empty now
 our teacher friend
 left us all
 or did
 he?
 – BROCK
 BROCKLEHURST

eyes
 twinkle
 full of joy
 ancient wisdom
 shows us how
 to be
 true
 – CAROLINE GUILLOTT

broad-
 way and
 forty sec-
 ond street, be the
 big hermit
 not the
 small
 – ROBERT MONTES
 DE OCA

T'ai
 Chi Chih
 energy
 knowledge supreme
 love and joy
 thank you
 Stone
 – MAGGIE
 BREIMSHURST

from
 Justin
 T'ai Chi Chih
 service to man-
 kind, a gift
 thank you
 Stone
 – RICH ASHMAN

gift
 of joy
 T'ai Chi Chih
 service to all
 Justin lives
 on in
 all
 – MARY RUIZ

Just In Stone

BY DAN PIENCIAK, HOWELL, NEW JERSEY

“Just” Flow:
 Enter the Cosmic Rhythm
 “Let T'ai Chi Chih do T'ai Chi Chih”
 Move softly – no tension – let go
 Get yourself out of the way
 Be on the path
 Be yourself
 It is the scorpion's nature to sting
 It is in our nature to love
 Help others
 Inner Bliss.

Be “In Stone”:
 With feet solid on the ground
 Focus on the soles
 Move from the waist down
 Bubbling spring – up through the stone
 A little plant springs from a crack in the rock
 High on the mountainside
 In cold, in wind, in scorching sun
 “If that isn't love, I don't know what is”.
 Know who and what you are – the growth of certainty
 Integrity of *teh*,
 Inner voice of *Prajna*.

Justin Stone teacher
 Trying is not the Way – not trying is not the way
 The effort of no effort
 So in life –
 Spring follows winter –
 Why do I have five fingers?
 Where is my True Home?
 “Love energy is the fruit”
 A hard heart learns softness.

The spiritual path leads to *Seijaku*.
 True Joy is “Gratitude”,
 forever etched In Stone.

light
 flowing
 from within
 sharing caring
 touching all
 with love
Chi
 – MARY WHITE



Gateway To Eastern Philosophy

BY JUSTIN STONE

~ YIN YANG ~

My great friend, Professor Huang, wrote, "The principle of *Yin* and *Yang* is the basis of the entire universe. **It is the principle of everything in creation.** It brings about the transformation to parenthood. It is the root and source of life and death. Heaven was created from the accumulation of *Yang*; the earth was created by an accumulation of *Yin*. The ways of *Yin* and *Yang* are to the left and to the right. Water and fire are the symbols of *Yin* and *Yang*. Water is *Yin*; fire is *Yang*. They are the sources of power of everything in creation. *Yang* ascends to heaven; *Yin* descends to earth. Hence the universe, heaven and earth, represents motion and rest, controlled by the wisdom of nature. Nature grants the power to beget, to grow, to harvest, to store, to finish and to begin anew." Professor Huang translated the principle of *Yin* and *Yang* beautifully, but Emperor Huang Ti originally developed the *Yin Yang* cosmology three thousand years ago.

~ A STORY: SACHER TORTES ~

I'm going to tell you a story that will illustrate what nonattachment to the world means. There was a woman, Lynette, living in Santa Fe, who was one of the most advanced people I've ever known. When she lived in Los Angeles, she had some guests from out of town and decided to take them to lunch up in Laurel Canyon to a nice little restaurant. We had lunch and then decided to order Sacher tortes. The owner was Viennese so he made excellent Sacher tortes. They're so good you seldom can stop at eating just one! So we had Sacher tortes brought to the table. Everybody looked at them. I had just lifted my fork when Lynette turned to me and said, "Can we do without this?" I said, "Sure," put my fork down and pushed the Sacher torte away. She put *her* fork down and pushed the plate away. Of course, everybody was salivating. When she saw me push it away she said, "Well, in that case, we might as well eat it!" And we took it and ate it. The other guests were all puzzled. Lynette gave us a wonderful lesson. She was a real teacher. If something (in this case, eating the torte) doesn't make any difference to you, you're not going to be captivated by it. You might as well eat it if you want to eat it. **Just cease to pick and choose.**

People feel that money is so terrible or that success is terrible because money and success are things of the world. If you're not attached to success or money, they don't have any power over you. Some of the most spiritual people I've ever known have been economically very successful; some of the least spiritual have been unsuccessful. But if you're attached to the fruits, that's another matter!

~ EXPANSION AND CONTRACTION OF TIME ~

Yoga believes that life is nothing new. It is an expansion of what has always been. What we see, what there is, has been before. That

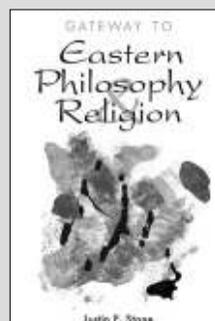
means that time is a circle, not linear with a beginning and an end. This notion is difficult for us to imagine. Life is nothing new; it is an expansion of what it has always been. My experience in meditation was that there are two things going on: expansion and contraction, Yin and Yang, heat and cold, etc.

The contraction is the cosmos retreating into just potentiality, and the expansion is the cosmos manifesting itself in activity. Man sees only the present stage. He does not take notice of the past and the future. This is true. We always talk about what is at present. The true teacher, however, isn't like that. The true teacher looks at you and can see into your past and therefore knows what the future will be. Cause makes effect. **Without awareness of cause and effect, man sees only the present stage.**

The individual is the result of a stress in universal consciousness. That's a little hard to accept! Ramana Maharshi said, "Individual life is a mistake." The individual is the result of unaccountable stress in universal consciousness. Individual spirit, the *Jiva*, comes from the root "*jiv*" meaning "to live." *Jiva* is one who lives. *Jivatman* is the realized man, the one who has attained salvation while he is alive. In universal terms, the *Paratman*, "beyond the Atman," is the universal. Here we have the *para*, the universal; here we have the *jiva*, the individual. Only in quantity do they differ. They are the same. One of the bases of Indian thought is the expression "*Atman is Brahman and Brahman is Atman.*"

If you really want to know Yoga, the Yoga Sutras should be read. Patanjali, the father of Yoga, wrote the Yoga Sutras. He defines Yoga as "restraint of mental modifications." Mental modifications are called "*Vrittis*" in Sanskrit. Yoga also talks about mind, *chitta*. And from mind comes name and form. And finally comes *buddhi*, which is the seat of intelligence. First comes mind, then name and form, and then intelligence.

The *Yoga Sutras* say, "Then comes *ahamkara*", which is the ego, the sense of "I", which all Indian philosophies feel is false. And Yoga, like *Samkhya*, also talks about the *tanmatras* which one recalls is the essence of sound (*shabda* or *nada* in Sanskrit), touch, form, flavor and odor. So you can see yoga has much in common with *Samkhya*. None of these systems is opposed to one another. However when we get down to *Vedanta*, *Vedanta* does disagree with some of the other philosophies.



From the book **Gateway to Eastern Philosophy & Religion**, excerpted and reprinted with permission from Good Karma Publishing, and available on www.gkpub.com.

Kindle version now available for \$9.99 at www.amazon.com. See p. 23 for more details.

Returning To Community

By STAR RIPARETTI, SANTA BARBARA, CALIFORNIA

I was accredited to teach T'ai Chi Chih in 1990. I haven't taught a lot, and in the last decade have practiced intermittently. I have always loved it, and I've kept it in my consciousness. I recently felt strong guidance to renew my practice. About that time I saw the information about the Santa Barbara teacher retreat, and I said "yes." Then I realized that I was leaving for Peru (and taking a group) three days after the retreat. I have taken groups to Peru many times, and I know there is always a lot to do at the last minute. I almost didn't sign up, and I am so glad I did.

I love doing TCC at sacred sites, and we will be in Machu Picchu for the March equinox. I knew that if I wanted to do TCC with my fellow travelers, it would behoove me to be doing it correctly. I didn't even remember the exact sequence, and for some reason couldn't remember how Carry the Ball went. (Thank goodness for Google.) I didn't want to look like a complete novice when I showed up with other teachers.

Once I got to the retreat I remembered how nice TCC folks are, and I felt welcomed. All of the intervening time disappeared. I built up a lot of Chi during the retreat, which was one of my goals. Each practice got more and more beautiful. Being in the energy of the teacher's movements was brilliantly uplifting and made the practice glide (softly and continuously). All I wanted was to re-learn and improve my movements and to build my Chi. I certainly got that and a lot of fun. Then there was another gift.

Each year I feel more strongly in my heart about community. I have come to realize that doesn't always mean communal living or even local community. And of course, we can belong to more than one community. I feel very blessed to have reentered the TCC community, and I'm even thinking maybe a conference.

Justin As Coyote

By LINDA WATSON, WESTMINSTER, CALIFORNIA

At the November 2010 intensive in Albuquerque, I watched through the window as a slender, dark-haired woman helped a frail old man from a car to a walker. Slowly they negotiated the step up to the sidewalk and crossed the walkway. Leaning on his walker, the man entered our classroom and was guided into a chair. Pam Towne and others welcomed him, and introduced us to Justin. Students approached and thanked him for T'ai Chi Chih. Justin listened but seemed a bit impatient. Finally he asked, "When are they going to move?" On

Unseen Essence

By JUDY TRETHERWAY, SACRAMENTO, CALIFORNIA

The hollowed out charred stump
where I'd sat before
asked for Cosmic Consciousness Pose today
It felt, as I felt
The me, my body
was there in its embrace
reaching, hugging, enclosing
so much more unseen essence
of all of me
that is unseen
the heart, the mind, the spirit, the essence
that could expand
to surround anything
Fuller than full
infinite, endless
beginning less
infant, aged, cycling, eternal
rooted and secure
weathered and burnt
throughout all the changes
time had wrought,
the essence remained.



Pyramid Poems

how
do we
silence our
monkey minds now
Justin says
Mu Mu

...
- JERRY GRANOCK

breathe
the sounds
of silence
expanding us
nourishing
us to
grow

- SHERYL ADAIR

spring
retreat
delicious
dark chocolate
both sweetness
for us
all

- JOYCE SHAR

in
silence
and in noise
always quiet
inner strength
power
clear!

- DORA DERZON

shhh
stillness
harsh critic
rest for awhile
you are not
always
right

- DIANNE MOODY

CONTINUED FROM PAGE 14

cue, we lined up and did TCC. He watched us intently. Where had that frail old man with the walker gone?

After he said goodbye and we returned to our class, I noticed out the window that Justin was in a rather animated conversation with Carmen, the woman who had brought him. I could see the force of Justin's intention and the uselessness of her resistance. Unexpectedly, Justin came back into the classroom, an impish grin replacing his walker. Carmen followed, apologizing and trying to explain, as Justin trotted across the room waving to us and headed towards the bathroom. A few minutes later, he ambled back through the class, smiling and waving. It seemed he was thoroughly enjoying the interruption.

Justin in that moment was the Southwestern truckster character, Coyote, in broad daylight. In the gravity of awe and reverence surrounding Justin, here was the mischief-maker who brought TCC to a Western culture too impatient for 108 other T'ai Chi movements. He offered the gift of TCC and when asked "Why?" he answered by holding up his hand and saying, "Why do I have 5 fingers?"

TCC To The Rescue

Coping with Trauma and Abuse

By LINDA BRAGA, CASTRO VALLEY, CALIFORNIA



T'ai Chi Chih students confide that they have found ways to cope with childhood issues of trauma, abuse, fear or neglect by going numb in the body, by separating themselves, even disowning part of their body. In TCC class, when their teacher asks them to approach movement with feeling awareness, to focus on the soles of the feet, to move from *tan t'ien*, this challenges them at a deep level of consciousness.

In TCC class, when their teacher asks them to approach movement with feeling awareness, to focus on the soles of the feet, to move from *tan t'ien*, this challenges them at a deep level of consciousness.

This ongoing dialogue with TCC students has led us to this conclusion: we are all carrying the wounds of our culture – the scars of war and interpersonal conflict, the sadness of loss and grief, the negative messages of not being good enough, smart enough, etc. Every person has these wounds. No one is exempt.

The practice of TCC invites everyone to soften, to let go, to connect. This is no small thing. Justin Stone used to tell us this story that illustrates this point, this letting go:

Two monks were on a journey together, walking along the road. They came to a section of the road where the river had flooded and deep water covered the roadway.

There was no boat and no boatman to take them across. A woman approached one monk and pleaded: "What shall I do? I can't swim and I must cross over!"

Without thinking, the first monk picked her up in his arms and carried her across to the other side. The other monk followed.

They continued on the road for some miles when the second monk exclaimed to the first monk, "I just can't stop thinking about what you did back there. You touched that woman and carried her across the river! You broke your vow of

CONTINUED ON PAGE 23

An Invitation To The 2013 Minnesota Conference

By JUDY GEORGE & DEB BERTELSEN,
CONFERENCE CO-CHAIRS

In Abandon Hope, Justin writes:

"To the mind that is still the Universe surrenders!

Then the Spirit is an emptiness ready to receive all things."

"Surrender is the simple but profound wisdom of *yielding* to rather than *opposing* the flow of life. Letting go ... the effort of no effort T'ai Chi Chih."

Henry David Thoreau said:

"Happiness is like a butterfly – the more you chase it the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder".

Zen writer, Paul Reys writes:

"It is easy to be happy. It actually takes only 15 seconds a day to insure happiness."

"What do you do, Paul?" asked Justin.

"Every morning get up and say three times, I am grateful, I give thanks."

In Climb the Joyous Mountain, Justin writes:

"How can we build a better world? Unless we change ourselves."

~ ~ ~

Come => allow yourself to Go With The Flow, walk over The Bridges to Joy.

Come => join us in a place and time where your mind will be still, where your total presence is desired, where you can experience a state of no-mind – satori – where you can receive a taste of enlightenment.

Come => be *Encircled in Chi* as the Minnesota community welcomes and embraces your presence, where you can receive and experience growth and inner contentment.

Conference Dates: August 1, 2, 3, 4
Seijaku Training: August 4, 5, 6

Embracing The Moon (& Justin)

BY JAMI MORGAN, NEW MEXICO

I discovered T'ai Chi Chih the way I'm sure many others did: with Carmen Brocklehurst's teachings on KNME (our local PBS TV station). When I went to the TCC Center to study and practice, I met Justin, the originator of TCC. I knew we were

*Like the
moon,
I am a
reflection
of all
that is*

blessed to have such an amazing resource in our midst. So for Justin's 85th birthday, I wrote a part-poem, part-prose piece called, "Embracing the Moon." Justin liked it enough to send me a postcard about it, and I have kept that card in my yin/yang TCC journal since 2001.

Justin's **Heightened Awareness** begins with a quotation about the moon: "No matter how small the drop of water, it reflects the entire moon." It was the first book of his

that I read, and it inspired my piece, a brief excerpt of which follows:

"The moon is simply the moon – an orb in the sky, but from our perspective its form is constantly changing. We watch the moon wax and wane, *yin* and *yang*, from fullness to a sliver of new moon; a graceful, cyclical, circular, ever-changing process. We embrace that motion in T'ai Chi Chih.

Justin tells a story of a time while he was in the Far East. Zen monks invited him to stay and sit *zazen* (meditation) with them. Justin noticed the sun was setting and he had a long way to travel. He told the monks he felt he should leave while there was still daylight. An old monk, the Master, told him not to worry, to stay and sit. "After all," the master said, "the moon gives light too."

Moonlight is soft, reflective light. Like the moon, I am a reflection of all that is. I am learning to embrace the moon. Today, after seeing you, Justin, at the Center for practice, I thought of this Haiku for your birthday:

*Fall moonlight is soft,
reflective of All That Is.
We embrace the Moon."*

I have many delightful memories of Justin talking, sharing his "stories of the East." Thankfully we have his books, tapes, CDs and DVDs to always gently remind us of our path and practice. Whenever I see the moon, Justin, I will think of you and that soft reflective light. Namaste, Justin.

Thank You Justin & TCC

BY ESTHER MATASSARIN-JACOBS, SKOKIE, ILLINOIS

T'ai Chi Chih has changed my life in so many ways. I was diagnosed with breast cancer at age 50 and the chemotherapy I received left me with numb feet and partial numbness in my legs. My balance became less steady by the day. I knew about the TCC class at my local Cancer Wellness Center, but I was still teaching full time and unable to make the class on Wednesday mornings.

At age 60 I retired early. I was having more trouble walking and fell one or two times a week. My oncologist reminded me that I was now free to attend classes at the Wellness Center. So I started TCC with Donna McElhose, which was a turning point. I began doing seated TCC because my knees were arthritic and my balance so bad. I could not believe the change. After six months of taking the weekly class and practicing at home, I realized I had not fallen recently.

For the next two years Donna pushed a number of us to move to the intermediate class. By then I'd had bilateral knee replacements and missed about six weeks of class. I could not practice normally, but Donna suggested doing it mentally, which worked out very well. My therapist was amazed how quickly I progressed.

Returning to class was absolute joy. Not only had TCC become a part of my life, so had my classmates. Within a month, I started doing more standing TCC. When I completed my first standing practice, the class burst into applause. I had found a home for my heart and soul. The group has been together almost six years (we call ourselves the "Circle of Lights"), and I am not the same person. Justin Stone has given me the gift of mobility without fear. I can walk without falling. My feet are still numb, but during TCC practice I have some feeling in them.

As a Professor Emerita of Nursing, I have noticed other health benefits. Although I was on a medication known to cause bone density loss, with TCC my bone density has improved. Instead

of the bony breakdown in my wrists from psoriatic arthritis, my latest x-rays showed remodeling of the bone. My rheumatologist is amazed. I have also noticed fewer colds and minor illnesses.

Thanks to Justin, whom we all came to know through Donna's teaching, I have my life back. It is a wonderful feeling. I will never stop my practice and growth.



Workshop On Guiding Principles

April 2012; Chicago Area, Illinois

BY DONNA McELHOSE, WILDWOOD, ILLINOIS

Sometimes we heard early feedback like, “Why another workshop?” And yet we decided to have two events back-to-back, each with a different focus. Guess what? Students and teachers from five local states to Hawaii quickly overflowed our capacity for each and settled in to explore deepening their form. Friday’s workshop focused on the “Guiding Principles of T’ai Chi Chih.” Participants commented:

- Everyone was happy to help one another. Teachers seemed just as eager to learn as students. It was very positive with everyone working on the common goal of improving movements. I really enjoyed it
- Exploring guiding principles in each movement was very helpful. Understanding the mechanics of no effort and integrating the sensing/feeling of the *Chi* according to the principles helped bring the experience to a more complete, deeper understanding.
- The internal focus deepened the meditative aspect of the practice.
- The suggestions about polarity were most helpful.
- I loved the ideas being exchanged and the clarification of technical points.
- “Less really is more” in TCC.
- The review and demonstration of each movement was very helpful. I feel so united with other T’ai Chi Chih participants.
- This workshop has helped me to get more of the essence of Joy through Movement.
- The stories of other students’ issues was very helpful, as it helped me understand what was going on with me.
- I appreciated the in-depth explanations of movements and the time al-



lowed for questions.

- I took lots of notes that will be valuable in my home practice. I felt more *Chi* by making minor corrections. The handout on principles was very helpful.
- Even though many levels of expertise were present (teachers and teachers of teachers), it became apparent that we are all learning. The road ahead is unlimited.
- The careful review of principles and their applications to each movement was appreciated. Guiding us through “refinements” and emphasizing their connections to Justin’s exact words.
- Even after a decade of practice, there are always continuous growth opportunities. Completion is attained when I get tired of trying – therefore TCC is never a complete process. It is an ongoing living, breathing practice.
- For 25 years, I have attended at least one annual event. Each one deepens my appreciation for our organic TCC community. This workshop attracted such a diverse group of sincere spiritual seekers. The mix of veterans, new teachers and students portrayed the peer support that is the hallmark of our gatherings.

Intensive With Sandy

February 2012; Black Mountain, North Carolina

HOSTED BY VICKI SCHROEDER (TRAVELERS REST, SOUTH CAROLINA) AND STAN CORWIN (ASHEVILLE, NORTH CAROLINA)

This was our first T’ai Chi Chih intensive as teachers, and our perspective was very different from when we attended as teacher candidates. This time we immersed ourselves in the experience. Within a few short hours, the group bonded into a wondrous community. Where else can you get a life changing experience within 3 ½ days? Some comments from participants include:

- I’ve found my tribe and learned so much at the same time.
- Being with students from all over the country brought my awareness to a higher level.
- I went to the intensive to change my life. I never expected such a deep degree of changes.
- I made connections that will continue beyond the intensive.

Maybe it’s time for some teachers to think about hosting or co-hosting. (It’s fun to bounce ideas off of a co-host.) One participant said it best: “Treat yourself to an intensive. You will never regret it.”



Life Lessons From Accreditation

May 2012; Aston, Pennsylvania

By DANIEL PIENCIAK, HOWELL, NEW JERSEY

In thinking about accreditation courses over the last 12 years, it became apparent that there is a recurring theme in this profoundly life-changing process of becoming a T'ai Chi Chih teacher. There are always expressions of gratitude and appreciation; Justin often stated that one cannot be grateful and unhappy at the same time. However, I would like to highlight the real clinchers of maturation in learning, practicing and teaching T'ai Chi Chih:

- Be keenly aware of your core (*tan t'ien*) and move with certainty while remaining flexible and open. It is not possible to hold on tightly while allowing giving. If we are inflexible in our lives, we close ourselves to growth. Although candidates were well prepared, I observed in the first practice varying degrees of lack of waist and pelvic flexibility. (This had improved by the end of the week, with much focus and refinement).
- Be solid on the soles of the feet. Trust the legs and feet to carry the weight effortlessly. Justin always said that we do TCC primarily from the waist down. In life, this means that we must know and accept who and what we are, and stand firm in that knowing while being able to shift and adjust as needed.
- Be soft with no tension, most notably in the waist and the wrists. We cannot be soft and relaxed while refusing to let go of harsh and unyielding directives of the ego. One cannot allow oneself to feel threatened by corrections, nor feel beaten down about over self-criticism.
- Carry nothing in the upper body (the shoulders are always "relaxed and drooping," Justin reminds us). An upright posture with

awareness of emptiness (openness) and surrender leads to the *Chi* taking over and teaching us how to move, and allowing us to feel the TCC way of moving.

- Be dedicated to your practice. "You cannot appease the hunger by reading the menu," Justin reminded us. Practicing when we "don't feel like it" is sometimes the most challenging but often offers the greatest benefit.
- Stay on the path of growth. While preparing for accreditation, attend at least one intensive and work regularly with teachers. After becoming accredited, continue to attend events and conference. If we do not put our lessons learned into practice, we stand in danger of forgetting them.
- Be of service. It is a great responsibility and a great privilege to be an accredited teacher. We come to know TCC intimately when we teach regularly, and we offer a precious gift to humanity.
- Be an active part in spreading TCC. What you can do to give TCC more exposure and make TCC more available.



Top L to R: Siobhan Hutchinson, Fran Alexander, Denise Miller, Ray Sharp, Michele Christeler, Charlotte Livingston, Alma Zerboni, Lee Bergman and Carol Spicer. Bottom L to R: Antonia Cooper, Ami Sarasvati, Gerry Solazzo, Pam Towne, Rae Marie Padelski, Jeanette Miller and Barbara Flynn.

Retreat With Antonia

March 2012; Santa Barbara, California

By LINDA WATSON, WESTMINSTER, CALIFORNIA

"Love Energy," Antonia read from *Spiritual Odyssey*, "is the fruit of T'ai Chi Chih." The retreat began with a silent practice followed by a talkative dinner meeting with new friends, and embracing old ones with lots of laughter and a few tears. After dinner, we shared our personal intentions for the retreat: greater awareness, going deeper, learning more about "loose hips" and getting the ongoing litany of teaching out of personal practice.

Each day began and ended with a silent practice. In between,

we looked at form and shared teaching methods. Each sharing became a teaching, as we learned not only better ways to teach, but also gained insights into our own form and our own way of living TCC. There were also conversations about non-principle principles. These notions aren't part of the six principles, yet function as if they are. Ideas include "the effort of no effort," or "if there's tension, that's too much" are two examples. These discussions were helpful in focusing awareness on what happens in our body and validating personal experiences.

When I look back, I see a circle of softly smiling faces, hear joyous sounds of singing and feel warmth from connection. I feel *Chi* moving through us and experience the deep silence of practice. The fruit of Love Energy is the harvest of those days.

Workshop On Five Ways To Explore The Form

April 2012; Chicago Area, Illinois

By DONNA McELHOSE, WILDWOOD, ILLINOIS

The second workshop reflected the theme and what is great about attending T'ai Chi Chih events – regardless of how long one has been practicing:

- I enjoyed working with other students; this practice helps build connections and keeps us humble by learning from each other.
- I benefited from how *not* to move the waist and wrists. The repeated demonstration of how to “flow from the center” and “move from the center” was a benefit to everyone.
- Our group work gave each a chance to share our understandings and address our various ages, injuries and related limitations.
- There were good details, demonstrations and practice of the principles of the movements.
- I found both days well worth the time and effort. Topics were very pertinent to bring my practice to a deeper experience and to feel the practice.
- Hearing information from a different voice reinforces or collapses what I expect to hear.
- The second day was exhilarating because we did a complete practice in the morning and afternoon. Anticipating these helped me experience flow, circularity and *yin-yang* more fully.
- I enjoyed exploring the concept of expansion and contraction.
- The attention to wrist-softness in the resting position and other movements made a huge difference. Hip turns in Pulling Taffy became softer. Bigger and smaller versions of movements helped me find the middle way.
- The expansion/contraction exercise was really helpful. I'm more mindful of the *tan t'ien*, forward-to-back and side-to-side. Having several teachers present to offer advice was very helpful. The adjustments to my practice are true enhancements.
- I so appreciated the methods of allowing and encouraging exploration of the TCC movements. The special tone set allowed incorporating our experiences, mistakes and connections in a positive way.
- It was so much fun; I learned some great new approaches for my teaching and met some lovely people. I'm hoping we can somehow expand this region to keep in touch with all the teachers who share TCC.
- I rarely think about the resting position, so focusing on the hips and wrists in this position made a world of difference. Bringing the forearms up and then down with soft wrists really helped me find the right position. Friday's potluck was a great idea for connecting with others.
- I loved the emphasis on how to create a working practice and the idea of different ways to explore the form. Having a potluck was very cozy.



Jersey Shore Teh

By SKY YOUNG-WICK, PARKVILLE, MISSOURI

Our annual springtime teacher retreat, lead by Antonia Cooper and Daniel Pienciak, provides beneficial teachings to all of us. The spectacular shore setting, along with our host, Lonnie, who nurtures us with her wonderful home-cooked meals and friendship, makes this retreat quite special. Our 11th year continues to offer a great opportunity to build community with other T'ai Chi Chih teachers.

We work on movement refinements and “get tuned-up,” as one participant described it. We also bring TCC topics for discussion; one this year was *teh* – the importance of inner sincerity to our own practice and in being honest with others. As teachers we value *teh* when giving feedback to our students. At the retreat we also explored *teh* by giving and receiving personal corrections to and from each other.

Our retreat also includes fun, and one evening Daniel taught us origami. During another afternoon session, Daniel showed us some of the props he uses when teaching new TCC students – how a hoop can illustrate circularity in Bass Drum and Passing Clouds, for instance. He also demonstrated how holding a small football may teach new students how to gently cup their hands. What creative, simple ways to help our students.

Finally, it was a special time to share stories of Justin. His presence has always with us at these gatherings,

as we studied his writings and worked to improve our practice. However, this year Justin's presence was especially prominent and comforting. Sharing personal stories about Justin created laughter and tears, and allowed us to feel closer to him. We do feel profound gratitude for your life, Justin, and for your gift of TCC. And we will continue as you have taught us, with *teh*.

An Accreditation Reflection

By CAROL SPICER, FAIR LAWN, NEW JERSEY

Even though I felt prepared, teacher training seemed very difficult at times, and yet it was even more rewarding and enjoyable. I'm letting go of labels and unhealthy self-talk, feeling worthy and grateful for it all. Thank you to everyone who shared their energy. Thank you doesn't seem enough; love does.

opening
to possibilities
eventually reveals loving
acceptance and
simple
truths

Is Seijaku Separate From TCC Practice?

By ANN RUTHERFORD, ALBUQUERQUE, NEW MEXICO

Is *Seijaku* practice a natural evolutionary step for serious T'ai Chi Chih teachers? At the Albuquerque Seijaku training in February, this question came up again and again. In 1989, Justin said Seijaku was created for TCC teachers' evolution, and that it was a "a safe form of *Kundalini* practice as long as you're grounded."

One of the delights of this Seijaku training was listening to Pam read from Justin's 1989 Seijaku training notes, which he has given her. One Justin's stellar quotations is: "I've never seen anything like the power of Seijaku." Since this was an advanced group of Seijaku practitioners, those attending could readily understand Justin's sentiments. (The New Mexico TCC Center now offers a monthly Seijaku practice, and all the monthly Seijaku practitioners attended the training, and in fact, some of the trainees confessed to being more Seijaku practitioners than TCC practitioners). The trainees agreed with Justin that Seijaku stimulates spiritual evolution in the regular practitioner.

The trainees shared their discoveries of the benefits of Seijaku practice: softening of their TCC practices, teachings about their habit patterns, a practice that trains them in one-pointed concentration, an enabling toward expanded awareness, a tool for changing non-beneficial habits, a heightening of awareness of the *tan t'ien*, an increased sense of "loving myself just the way I am," a tool to be used for intentional healing, a heightening of awareness of the weight shift, an accelerated sense of "growth of certainty." All told, these statements added up to what Justin described as the steps leading toward an evolved and expanded state of awareness.

At the end of the training, Pam led a forum on, "What is the Future of Seijaku?" In 1989, Justin wrote, "**I've never seen anything like the power of Seijaku.**" That's because the entire human system (mental, physical and vital force) participates in the awareness practice. Seijaku must be done in the present with full consciousness, and thus, it is not a spiritual by-pass practice: You cannot pretend you are somebody you are not. It is intense, sometimes unsettling, but it is rewarding for the serious practitioner seeking to realize universal awareness. As one trainee said, "Substitute the word 'life' for the word Seijaku and see what happens."



Pyramid Poems (to Justin)

still
listen
gentle breeze
what is Justin
whispering
to us
now?
- SHERYL ADAIR

silk
ribbons
slowly wave
in the soft breeze
Justin breaths
they move
still
- JENETH RUNDLE

joy
Justin
transformed us
moving beyond
space and time
boundless
joy
- MARY RUIZ

heart
broken
healed now and
forever with
gratitude
heartfelt
love
- JENETH RUNDLE

love
awe and
gratitude
service, Justin
always drawn
to the
light
- DORA DERZON

be
yourself
be true to
the *Chi* Justin
knew the way
so do
we
- STACEY MOORE

life
well lived
in service
to all mankind
the brilliant
humble
Stone
- SHERYL ADAIR

light
flowing
from deep in-
side to heal and
speed joy for
all of
us
- MARY WHITE

just
in time
T'ai Chi Chih
came to my life
great teacher
we thank
you
- DIANNE MOODY

grace
heart felt
for your gifts
heart joyfully
sings through *Chi*
I am
full
- BARBARA DINEHART

Seijaku Teacher Training

With Pam Towne, November 2011; Aston, Pennsylvania

COMPILED BY KARAN LEE, NEWPORT, NEW YORK

This weekend of *Seijaku* accreditation was a weekend of becoming re-acquainted with Seijaku in a whole new way – one I thought not even possible. I have befriended it and it has befriended me. I now understand that T'ai Chi Chih and Seijaku make a complete whole. How very generous of Justin to give us such a gift. What else, but gratitude, can fill my being? – MARY GRIFFIN

I am not trying to manufacture the resistance: it is created internally. I am not feeling as much tension. The body is moving now with more ease. Mission accomplished. – DORENE KRAUSE

As I was practicing *Seijaku* with our small community during our full Saturday afternoon practice, I suddenly envisioned a snowflake floating onto my hands. Experiencing its beauty and **sudden melting**, it felt like the experience of letting go. When I got home it began to grow, so I am inspired now to see what will happen. – SUSANNE LEWIS

My intention was to open from the inside. Upon completion of this training I feel an openness that I want to share with “Joy.” A gift to myself, thank you. Place an internal angst in the resistance and **release** into complete softness. – ANON

I received everything I came for (and more). It is a **tool to treasure** and take away and share (and more). – LINDA JOY

The power is all there (not just physical). I was very rigid in my approach to it. Now I am much more open and it is easier. – TONY RISOS

Seijaku has given me the missing piece in T'ai Chi Chih that I didn't know was missing. – EILEEN BUTLER

I learned in *Seijaku* that I need to be super-grounded and **not to push too hard**. – ALBA CORDASCO

I was **playing with resistance** this weekend to find out what it was, and it was a lot of fun. I've realized the importance of the release (after the resistance) and the timing of that. I am coming away with an unexpected lightness. – JANET OUSSATY

My T'ai Chi Chih practice deepened in unexpected ways through my *Seijaku* practice – notably flowing from the center and grounding. I feel more connected as One; moving as One; grounded; and flowing from the center of who I really am. I am **more at home** and one with myself, with others and the Universe. I am so grateful. – KARAN LEE

just -
in time
seijaku
serenity
tan t'ien
gift of
joy

– EILEEN F. BUTLER



Seijaku

BY DORENE KRAUSE, MIDLAND PARK, NEW JERSEY

Seeking the stillness
Encountering resistance
Learning to let go
Push through the hardness
Steadfastly grounded
From the center flow
Breathe,
Release,
Let go!

Musings on Softness / Seijaku Practice

BY BILL MOORE, CLIFTON, NEW JERSEY

Those who embrace *Seijaku*, the advanced form of T'ai Chi Chih practice, with regularity, come to appreciate that the principles of TCC practice apply quite profoundly in Seijaku. Until quite recently, however, it is likely that many introduced to Seijaku, and even those accredited to teach Seijaku, may have found it challenging to embody TCC's softness and continuity. In trying (or efforting) to discover “holding fast” (Justin Stone's term), many may have missed the underlying softness.

Just as air or water may seem more or less dense, depending on velocity of currents, the “very heavy air” (Justin's term) may feel extraordinarily dense in the application of the Seijaku principle. The inherent softness is likely to be discovered readily from that deeper perspective. Thanks to the insight and instruction of Pam Towne, Ann Rutherford and Dan Pieniacik, this softness may be felt more immediately by all in their Seijaku practice.

Pam and Ann offered a marvelous presentation on Seijaku at the 2011 teacher conference in Ohio. The accreditation that followed continued to allow a Seijaku practice to be more easily and effortlessly understood by all – newly accredited teachers, auditing instructors and all interested in learning and embracing this most valuable and powerful form. Those fortunate to participate in the Seijaku accreditation course came away with a renewed interest in the practice and a deeper understanding of the underlying softness, expressed as profound energy and manifested in renewed life. As a longtime fan of Seijaku practice, this is so very heartening and assuring.

With deepest gratitude to Justin Stone for the gift of Seijaku practice, may we continue to *en-joy* the form and share the benefits with others.

The Wonders Of Teaching Children

BY JUDY HENDRICKS, ALBUQUERQUE, NEW MEXICO

Robert Montes de Oca and I have been teaching T'ai Chi Chih to kindergarten through 5th graders at a public school after-care program. For these young kids, my challenge is to keep them grounded. I ask them before each movement to feel their feet on the floor, to wiggle their toes. I focus on grounding before every movement, every week.

I think it is easier to have two groups of kids, divided by grades, for about 30 minutes each. (Older kids can handle 40-minutes.) Each week I have the kids sit down at the beginning of class, when I walk up to each of them, smile, look them in the eyes and have them tell me their names. I think it's important to make a connection with each of them. Currently I'm teaching over 80 kids a week (in four classes of about 20 kids each).

We always begin moving with Rocking Motion. On the second class, I teach Six Healing Sounds, which they love. They seem to think learning ancient Chinese words for healing is really cool. For these elementary school kids, before a specific movement, I show them how their legs will be moving and then how their upper body will be moving. Then we put it all together. **Kids can begin flowing quite quickly.** For corrections, I make eye contact with the child, and ask him or her to watch how my legs and arms are moving.

Kids seem to grasp the flow of the side-to-side movements easier than forward/backward movements. So I teach them Carry the Ball to the Side and Pulling Taffy (Basic).

With each 30-minute class, I review previous movements and introduce one new one. With that, I may teach them eight to nine movements over eight weeks. Given enough time, kids can learn all the movements. But I often skip the "taffy variations," Working the Pulley and Passing Clouds since they are the most challenging for them. I ask kids sit to down half way through class, and **I often tell**

them a Zen story from Justin's CD, like about the man selling hats or the monk picking up the scorpion from the puddle.

I also tell the kids my TCC story. I think it is important for them to know why we do TCC. I tell them what other kids have told me about their TCC practices: that it makes them feel happy and calm, and that **it can take their fears and nightmares away.** I tell them about Justin Stone or show them a segment from the KNME Interview DVD with Carmen Brocklehurst. (They often ask to see more.)

I think it's very important to have the teacher or an assistant from school participate in the class. One teacher was surprised to feel her fingers tingle after the second class. I told her about the energy. Kids respond very positively when they hear their teacher is feeling TCC's calming benefits.

In one of my classes, an eight-year-old girl was very reluctantly doing TCC for the first few weeks, and by the third week she said she had a stomachache and wouldn't be joining us. The next week I was really surprised though: she was moving so well and flowing. Her reluctance had disappeared. She asked if TCC could get rid of bad habits. I said yes. (I had not told the class that TCC practice could break bad habits; she had figured it out all by herself.)

Sometimes the kids may seem to not be paying attention, or don't seem to want to do TCC, but wonderful things are happening within. TCC is teaching them TCC. The kids flow, but it may not be the same ones flowing each week. I do not underestimate the power of the *Chi*. **My intention is to teach the movements correctly and see what wonderful things happen.** When they seem most distracted, then I know it's time for the Six Healing Sounds. Thanks, Justin, for this wonderful gift.



Pyramid Poems (for Justin)

search
gently
inquire
knowledgeably
questioning
Justin
joy
— BARBIE FORTUNE

just
moving
joyously
into the zone
leaving out
some fear
Stone
— JOHN F

there
Justin
feel soul ground
connect to *Chi*
everything
present
joy
— MARY RUIZ

feel
Justin
in the now
gentle essence
flow within
being
still
— MARY WHITE

Stone
stillness
from one time
felt @ the pause
a gem of
quiet space
joy
— SHAR

just
in time
you came to
me, spiritual
heaven sent guide
go meet
God
— BO

his
voice is
silent now
but always will
I hear his
guidance
still
— JERRY GRANOK



Electronic Editions For Three Of Justin’s Books

Yup, it’s true: Good Karma Publishing has put *Climb the Joyous Mountain: Living the Meditative Way ...* and ... *Gateway to Eastern Philosophy & Religion ...* and ... *Spiritual Odyssey: Selected Writings* on a whole host of e-platforms, including Amazon Kindle, Barnes & Noble Nook, Apple iPad, Sony Reader and others. Now you can take your favorite reading everywhere you go. The additional features offered by these e-books are too numerous to enumerate here, but you can download the PDF on www.taichichih.org/conference-2012/ to see the “screen grabs.”



KIM GRANT, ALBUQUERQUE, NM

CONTINUED FROM PAGE 9

I am (still) here to testify that TCC brings the calmness to let the medicine do its work without panic reactions to minor changes. TCC gives me the peace of mind to live without expectations of miracles as proper therapies are applied. TCC allows what remains of my original parts (no matter their condition) to become balanced with the rest of me and visa versa. Every body part takes the energy it needs and perhaps gives up some to help the others operate at an optimum level.

I do not approach this at a spiritual level, but I do have a calmer attitude that I attribute to TCC. It seems to work in concert with the medical interventions. TCC has allowed me to feel copacetic about my condition and, so far, has arrested any further feeling of physical erosion from my lungs.

I am not a fool; I know that quitting my occupation as a stained glass fabricator, with its minuscule glass shards, chemical fumes, airborne acids and particles of abrasives gets much of the credit

for my disease. But that only takes care of the hands. My mind receives far greater benefits from the TCC. It grants me the serenity to accept my condition and, in turn, work through it to the point that, unless I am engaged in something strenuous, I am unaware of the condition. That is a good thing.

I do not carry an inhaler anymore. I have never used supplemental oxygen. If there is ever a day when I have to, that too, will be accepted. After all, as a cartoonist (my other occupation) my nature forces me to carry sketchpads, pens and watercolors. How much more effort can I expend, carrying an inhaler and mini oxygen bottle in my ever present man-purse?

I do not believe that TCC alone will cure me. It will, if I let it, make it easier to live with myself so that I can live, rather than face the possibility of mourning myself long before necessary. Take a message from the fictional character, Auntie Mame, “Live. Life is a banquet and most poor suckers are starving to death.” Think of TCC as a condiment and smear it on your day.

CONTINUED FROM PAGE 15

celibacy and defiled yourself?”

The first monk paused, and in a kindly way replied: “ Yes, I did pick her up and carry her ... but I put her down on the other side. You have not. You have carried her for miles!”

Moral of the story: We do experience trauma in life that defiles us and injures our psyche. Often we unconsciously or consciously choose to carry those memories with us for years, even for a lifetime, harming ourselves over and over with each remembering.

We always have the opportunity to let go, using the practice of TCC. How is this possible? Justin reminds us in his writings

that TCC changes the vital force in our body at the energetic level. This causes negative energies and habits to just disappear. Everything mental and physical comes into balance, into harmony, and does not hold power over us.

Sometimes people need additional help. A dialogue with a friend, therapist or supportive group helps us to understand and comes to terms with it before we are ready to let go of a memory. Others may use art therapy or journal writing as a way to process these experiences. TCC is the most effective way because it changes us energetically. Then we can let go a little at a time, or all at once, until the memory no longer holds negative energy, and we are free. TCC has been and continues to be a supportive vehicle for crossing over the river of traumatic memories and letting them go. May this be so for you.

Contacts

ORIGINATOR: Justin Stone, Albuquerque, NM

GUIDE: Sr. Antonia Cooper, OSF
99 Harrison Ave, North Plainfield, NJ 07060
908-370-3616 / antoniaTCC9@aol.com

TEACHER TRAINER: Sandy McAlister
24835 Second St, Hayward, CA 94541
510-582-2238 / mcalister19@comcast.net

TEACHER TRAINER: Pam Towne Duncan
234 Hoover St, Oceanside, CA 92054
760-722-9544 / pamtowne@gmail.com

TEACHER TRAINER: Daniel Pienciak
PO Box 231, Bradley Beach, NJ 07720
732 988 5573 / wakeupdaniel@aol.com

TEACHER RESOURCES:
See www.taichichih.org/teacher-resources/

THE VITAL FORCE:
P.O. Box 92674, Albuquerque, NM 87199
vfjmembership@yahoo.com

GOOD KARMA PUBLISHING, INC.:
P.O. Box 92426, Albuquerque, NM 87199
888-540-7459 or 505-797-7300
sales@gkpub.com

WEB SITE CHANGES:
changes@taichichih.org

ARTWORK & PHOTO CREDITS:
Page 1-2, 12, 21: Kim Grant; pg. 3: Larry Bloom; pg. 4: Hope Spangler; pg. 5: Helena Fox-Beaudoin; pg. 6-7, 19: Donna McElhose; pg. 8-9: Anita Vestal; pg. 14: Judy Thretheway; pg. 15: Sheila Leonard; pg. 16-17: Jerry Granok; pg. 17, 20: Vicki Schroeder; pg. 19: Sky Young-Wick; pg. 20: Julia Stapleton; pg. 22: Mary Ruiz.

Community Calendar

DATE	WHAT & WHO	WHERE	CONTACT
Sept 8 /	Student Workshop with Sandy	West Sussex, UK	Ev Hanson-Florin / +44 01243 641465
Sept 9 /	Teacher Workshop with Sandy	West Sussex, UK	Ev Hanson-Florin / +44 01243 641465
Oct 4-7 /	Retreat with Pam	Prescott, AZ	Hope Spangler / 928-775-2010
Oct 26 /	Seijaku Workshop with Pam	St. John's, NL, Canada	Sheila Leonard / 709-579-7863
Oct 26-28 /	Workshop with Pam	St. John's, NL, Canada	Sheila Leonard / 709-579-7863
Nov 2-5 /	Intensive with Pam	South Mantoloking, NJ	Daniel Pienciak / 732-988-5573
Nov 5-11 /	Teacher Accreditation with Sandy	Black Mountain, NC	Vicki Schroeder / 864-494-4364
~ 2013 ~			
Feb 26-Mar 1 /	Retreat with Antonia	Santa Barbara, CA	Pam Towne / 760-722-9544
March 5-8 /	Retreat with Antonia	Santa Barbara, CA	Pam Towne / 760-722-9544
May 7-12 /	Teacher Accreditation with Sandy	Aston, PA	Daniel Pienciak / 732-988-5573
Aug 1-4 /	TCC Teacher Conference	near Minneapolis, MN	www.taichichih.org
Aug 4-6 /	Seijaku Teacher Accreditation	near Minneapolis, MN	www.taichichih.org

~ MORE WORKSHOPS & RETREATS ~

(Postings here are open to all teachers offering events wholly devoted to TCC.)

Sept 22 /	Seijaku Workshop	Albuquerque, NM	with Ann Rutherford / 505-292-5114
Sept 27-30 /	TCC Retreat with Carmen	Albuquerque, NM	Judy Hendricks / 505-897-3810
Nov 10 /	TCC Workshop	Marriottsville, MD	with Sharon Sirkis / 410-730-1986



facebook.com/taichichih



twitter.com/taichichih



youtube.com/tccabq



flickr.com/photos/taichichih

Subscribe to *The Vital Force*

We encourage you to renew or **subscribe on-line** with a credit card by visiting www.taichichih.org, where single back issues are also available.

CONTACT INFORMATION

Name _____

Address _____

City, State, Zip _____

Phone / Email _____

TEACHER ACCREDITATION INFORMATION

Date you were accredited as a T'ai Chi Chih teacher _____

Date you were accredited as a Seijaku teacher _____

Name of the teacher who taught you T'ai Chi Chih _____

Name of "second signature" _____

VITAL FORCE SUBSCRIPTION INFORMATION

Teachers are automatically included in the Teacher Directory; please check below if you do not want this.

() I DO NOT want to be listed in the Teacher Directory or on the Web site.

Delivery in the U.S. ____ years at \$40/year \$ _____

Delivery outside the U.S. ____ years at \$50/year \$ _____

Donation for *The Vital Force* outreach, to maintain www.taichichih.org or to help others subscribe \$ _____

Annual Teacher Directory \$20 (mailed in early February) \$ _____

Total amount enclosed \$ _____

Please send a check or money order, payable to *The Vital Force*, to:
The Vital Force, P.O. Box 92674, Albuquerque, NM 87199-2674.

Thank you!