

# The Vital Force

JOURNAL OF THE T'AI CHI CHIH® COMMUNITY

Volume 30, No. 3

*for teachers & students*

August 2013

## *Justin Gave Thanks*

## More 20th Century Psalms

How we search for security and something permanent in a world that offers neither security nor permanence!

The most debilitating of emotions is self-pity. The antidote is gratitude; you can't be grateful and feel sorry for yourself at the same time.

Young people speak a lot about "fulfillment," but there can be no fulfillment without a spiritual base.

I feel that everything said to me is the Voice of God. When someone says, "You should go to such-and-such a place," I pack for a Pilgrimage.

The Universe is not here to grant your desires. Churches which tell you to just imagine something and you will have it are fooling their followers. At any rate, there is only one desire worth granting: to end all suffering.

The way to Truth is not the way to popularity. Truth is the last thing people want to face; Illusion is so comforting.

"Joy" is always there; it only has to be uncovered.

Making money in no way implies intelligence. Most times it drops like manna from heaven and the one whose Karma calls for it cannot avoid it.

Does any person really get to know another person in this lifetime?

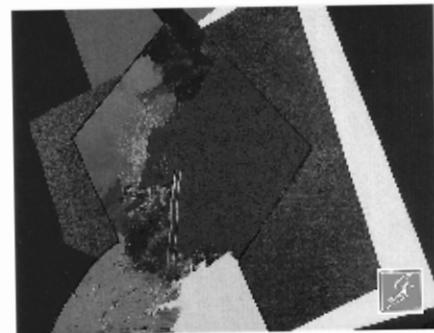
Chronic complainers do not attract others. It is only reasonable to understand that the other has his or her problems, too.

You can't catch your shadow by trying. Run after it and it runs away — run from it and it follows you. But wait 'til midday, when the sun is overhead, and your shadow will merge with you.

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!

Ultimate experience is no-experience. Ultimate truth is no-truth.

SERENE NATURE: Music for Tai Chi Chih  
Justin F. Stone



Compact Disc available from  
Good Karma Publishing

When one is kind and considerate, is it necessary that she (he) be bright, too?

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"TAI CHI CHIH IS A SERVICE TO HUMANITY. IT IS A FORM OF LOVE." JUSTIN STONE, ORIGINATOR

• • •

# May The Vital Force Be With You

## What Would You Like To See In The Vital Force? A Request/Recommendation

"I would like to see a Q & A column in The Vital Force.

I have learned a lot from different people about how to teach students different movements. Take Around The Platter. I can describe it as a round platter, or the face of a clock looking up at me, or a record with a needle attached to the base of my palm while I travel around the grooves. There are so many creative teachers out there; I think it would be interesting to get input from some.

It's like learning tennis or golf. One instructor can try to help you, then another words it differently, and one says exactly what clicks to allow you to execute it correctly. I try all sorts of verbiage when teaching to maybe hit just the right note with each student.

Anyway, you'd have to start with just questions ... maybe 4. And at the next issue print answers that are not in Justin's books or tapes ... different approaches to certain movements while staying within the principles. Then at the end of the column add questions for everyone to ponder for the next issue, and so on.

For instance, I have had one student for two years who executes everything beautifully, but she cannot get her hands and fingers to relax. So, for two years I've said, "Soften your hands." She immediately softens, and within a few minutes she's back to tense hands and fingers. She's soft everywhere else. I wonder if someone out there would have another approach that has proved successful.

Also, I have an 85 year old student who fell over two years ago and has developed dementia. I learned through experimentation what clicks with her. When she first came to class she was hunched over a walker, then she progressed to a cane, and now (even with snow and salt on the ground) she often now walks in with her caregiver. She recently had a three-pound mass removed from her stomach, and I didn't expect to see her for a while. But her doctor told her to go back to class the same week as her surgery. So I wonder if there is even more I can do to keep her progress going. Maybe someone out there has ideas.

Just a thought ... I look forward to each issue but was thinking of something a little different." – DEE BURTON, ORLAND PARK, ILLINOIS

WITH GRATITUDE. KIM GRANT, ALBUQUERQUE, NM

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## 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.

**Deadline: Oct 1**  
**Publication Date: Mid-Nov**

Overcoming Obstacles to Preparing Teacher Candidates

**Deadline: Jan 1**  
**Publication Date: Mid-Feb**  
To Be Decided.

**Deadline: April 1**  
**Publication Date: Mid-May**  
To Be Decided.

**Deadline: July 1**  
**Publication Date: Mid-Aug**  
To Be Decided.

## 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.

Because of financial pressures, *The Vital Force* reserves the right to ship via Media Rate instead of First Class, which may result in a delay of one week or so, depending on where you live.

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# Knowledge Of The Supreme Ultimate

By CARMEN L. BROCKLEHURST, ALBUQUERQUE, NEW MEXICO

**W**hile preparing for a conference where I would be teaching Tai Chi Chih, I reviewed my checklist of things I would need to take. I added Good Karma Publishing catalogs to the list. As I did I thought, "This will help Good Karma." Of course this is true; however, it's not the reason to share the catalog. The real person it will help is the student who receives a catalog and then order materials to learn about Justin Stone's teachings. In that moment, my world went from small to very large: so many students, friends and relatives are waiting to receive Knowledge of the Supreme Ultimate.

As long as we think in small ways, we can never fully understand the importance of Justin's teachings. He trusted that we would so appreciate what he shared that we would in turn share it with others. How widely and how often we share Justin's teachings depends on how important we know them to be. The best way to know is through personal experience of their impact. Another useful way is through our students' experiences. As we well know, these usually start at the first lesson.

Justin said in his small booklet *Evolution Through Chi* that T'ai Chi Chih is like Zen in that it doesn't depend on words. For this reason, his DVDs are so very necessary. As we practice with them, we experience learning from the master. Things Justin conveys in his DVDs carry the purity of his Knowing of the Supreme Ultimate, and these are priceless. This understanding may in turn become ours, and our knowing may begin to grow.

So many times, a student who has worked with Justin's materials says, "Justin says to loosen the wrists, or turn from the waist." I smile and agree, knowing that what I have said many times has finally taken hold. No matter how well we know it, Justin knows it best, because he's the "originator." What we have known in part now becomes whole and we can feel it with our whole being.

We can appreciate a gift most when we share it. **Remember the Joy Thru Movement we've experienced? Others are waiting to treasure it too.** Through Justin's gifts we learn to love and share the *Chi*.

# Thinking Of No Thinking

BY SHERYL ADAIR, ATLANTA, GEORGIA

**I** just returned from visiting a dear friend in a neighboring state who was preparing for another round of chemotherapy... quite unexpected. Her courage, determination, resilience and positive attitude are constant sources of inspiration to me. Each day she reads from *The Book of Awakening* by Mark Nepo, who is also a cancer survivor. The quote on our day together was, "No amount of thinking can stop thinking." That, of course, got me thinking, hopefully from my *tan t'ien* (wisdom) rather than my head.

I thought of my daily ritual, T'ai Chi Chih – in times of distress and times of joy, always TCC. What a relief to be able to stop the thinking, quiet the mind, go to that special place. My heart is full of love and gratitude as I reflect on this blessing in my life. Especially in difficult times, **I can count on TCC to help me stay grounded and present, opening my heart to myself and to those I love.** Thank you, Justin, for teaching me how to stop the thinking. Blessings to my friend.



## Pyramid Poems

now  
ready  
to let go  
making space to  
take in more  
love and  
joy  
– SHERYL ADAIR

form  
shall be  
a way to  
understanding  
how i can  
feel the  
*chi*  
– MERLE SMITH

move  
from the  
*tan t'ien*  
release muscles  
let go of  
any  
pain  
– MAGGIE

feel  
the huge  
energy;  
getting myself  
out of the  
way feels ...  
wow  
– JUDY

sense  
let go  
understand  
be conscious of  
feel the flow  
don't think  
joy  
– DONNA R.

## Teaching Drop-In Classes

By APRIL LEFFLER, PROSPECT PARK, PENNSYLVANIA

The effort of no effort can be quite powerful, as we know. I've learned to use that principle in teaching T'ai Chi Chih and have seen wonderful results.

I've been teaching TCC classes at a local YMCA since 2002. Unlike teaching a planned eight-week series of classes with the same people attending each class, teaching a drop-in class has its own challenges. As the name suggests, one never knows who will show up for class. Also, there's typically no limited set series to the classes; instead, I teach throughout the year in seasonal schedules.

Some students come religiously to every class and begin to gain an understanding of the TCC principles and movements. They begin to sink into the moves and flow effortlessly. Students in this group often are able to get the nuances from teaching cues and instructions. I really enjoy splitting hairs with these "frequent fliers," as I like to call them. It's nice to see looks of understanding on their faces during some fine-tuning, accompanied by aha! moments as they feel a difference after a slight alteration.

**Often, though, there are newcomers who have no idea what to expect.** Some of take to the moves like ducks to water. It's wonderful to see a novice go with the flow and move in time with more experienced students. Others, however, seem challenged, holding tension in their bodies and simply trying too hard.

This may be in part because most classes taught at this large, state-of-the-art exercise facility subscribe to the theory of the effort of effort (aka the "no pain, no gain" mentality). The invitation to slow down, relax and let go of tension doesn't make sense initially.



In fact, some can't seem to tolerate the slow pace and leave. I've learned to let that go and not take it personally. (It took a while though.)

What to do? When first teaching at the Y, I attempted to teach as if it were a regular series of classes. I'd start with several movements, demonstrate each first, then teach each segment, and end the class with a practice of those particular movements. It became frustrating to both the students and me when someone brand new walked into class. I'd always seem to push the reset button and review the same moves over and over again.

One day I shared these concerns with a yoga instructor with similar issues. She said she was told to "teach to the class," and encourage newcomers to keep coming back so they would be able to follow the class, instead of reviewing with the newcomers and putting the class on hold until the newbies caught up.

It feels kind of like teaching on the fly but it works. Typically, we do most (if not all) of the TCC movements in each class without much prior instruction. I usually give verbal cues as we move together. **It's truly a lesson in the notion that the class will show you what you need to focus on.** Sometimes my comments are few and far between and sometimes I provide more frequent cues.

In order to give the frequent fliers something to chew on, I say, "For those of you who have been coming a while, I'd like you to focus on \_\_\_\_." Then I add, "If you're relatively new, simply imagine that you're flowing through very heavy air."

Recently, a student asked if there was an advanced TCC class. I smiled, told him about *Seijaku*, and then contacted my supervisor and pitched the idea. She loved it began advertising the new class, which started on June 18.

I'm excited about teaching *Seijaku* to experienced students. Who knew that the effort of no effort, teaching TCC in a high-energy exercise facility, would eventually lead to students wanting more? (Answer: We teachers.)

## Pyramid Poems

class  
poem  
from right brain  
turn off thinking  
what comes up  
create  
bliss  
– SHARON SIRKIS

drip  
drop drip  
rain falls down  
slowly through the  
mist-filled air  
I breathe  
deep  
– KELLY HANLON

let  
the horse  
talk with you  
and move with you  
and you'll see  
two minds  
one  
– ALLISON ISBERG

snow  
frigid  
so cold that  
the world freezes  
why must this  
happen  
now  
– KAYLA VLAHOS

light  
vibrate  
resonance  
high frequency  
energy  
makes my  
*chi*  
– BETSIR ZEMEN

## Thanks TCC

By LINDA JONES, WESTWOOD, NEW JERSEY

**O**n the eighth day of what was to be a wonderful, long vacation, I severely fractured my ankle while walking on a shore excursion when our cruise ship was docked at Chania, Crete in Greece.

Urged by one of the ship's doctors to have emergency surgery in Greece and by the other physician to stay onboard the ship two more nights until we reached Civitavecchia, Italy, I decided to travel on and seek further treatment in Rome. During the trip, the pain was excruciating despite medication so I practiced T'ai Chi Chih mentally many times to help handle the pain.

I then spent eight days in a hospital in Rome. Surgical repairs were made and a plate and eight screws inserted. At the same time, Hurricane Sandy was attacking the East Coast of the U.S. When I'd recovered sufficiently to travel, and flight arrangements could be made after the storm, a nurse escorted me on the plane back to New Jersey.

**If all of this had occurred prior to my beginning the practice of TCC, I never would have remained calm immediately following the accident and during my treatment in a European hospital where very little English was spoken. I would have been panicked about what kind of treatment I was receiving, what the outcome would be, and probably would have been demanding and rude – out of frustration, fear and anger – to the professionals who tried extremely hard to care for me despite communication difficulties.**

I enjoyed the experience as much as possible, in spite of the pain, and concentrated on positive moments. After all, how many tourists get to spend time in a hospital in Rome? I communicated with a lot of sign language with the nursing and kitchen staff, smiled sincerely, and used the word *grazie* (thanks) innumerable times. In the hospital, the fresh vegetables served with meals were magnificent, afternoon tea service was a delightful surprise, and I even enjoyed wine with my lunch and dinner meals. I still miss the rich, heavenly Italian coffee served every morning with breakfast. The nurses, with one exception, were delightful and cheerfully took care of all my needs. By the end of my stay, even the one exception was having friendly conversations with me.

Thanks, TCC, for turning a nightmare into an experience with many funny stories to remember.



## TCC & Grief

By JULIE BUFFALO, ATHENS, GEORGIA

**M**y mother passed away last month. Any-one who has lost such a central figure in one's life knows how this can affect us in ways not always apparent.

Since she died, I feel so heavy, so grounded, so rooted in my feet during my private practice of T'ai Chi Chih that Justin Stone's suggestion to "feel as though we have lost our best friend" rings especially true right now.

*since she died,  
I feel so heavy,  
so grounded,  
so rooted in  
my feet  
during  
practice*

TCC practice continues to be an anchor for me, allowing me to stay in my body while feelings of loss sweep over me. I've found it easier to practice a sitting meditation after my TCC moving meditation as I am rendered inert, laid low and hollowed out in ways I never was before practice.

Staying in these moments of sorrow while practicing TCC – without trying to escape – offers me a way to feel quiet and calm within my grief. The heaviness of the practice during this time is very different from the joy I've felt through the years. I think this will help me become a more insightful teacher in the years to come.

## Pyramid Poems

it's  
only  
this random  
experience  
that defines  
who i  
am  
– JEFF HOEPNER

no  
blunder  
could be a  
catastrophe  
unless it  
thundered  
no  
– JEFF HOEPNER

death  
is dead  
and life is  
spring and summer  
when children  
play  
– JEFF HOEPNER

love  
creates  
beautiful  
magnificent  
shimmering  
endless  
joy  
– BETTY GREER

gold  
lava  
molten rock  
fire is a  
piece of sun  
on earth  
hot  
– SHARON SIRKIS

## "The Jewel Of T'ai Chi Chih Is In Its Teachers"

BY SR. ANTONIA COOPER, OSF, NORTH PLAINFIELD, NEW JERSEY

The above quote by Justin Stone is a familiar one. It is an example of how deeply he valued those who valued teaching the T'ai Chi Chih form. Since his death 18 months ago, it is clear that **teachers are as rare and priceless as the jewels he spoke of long ago**, and I might add, treasured.

In a recent trip to Europe I once again had opportunities to meet with teachers who do not have opportunities to choose to attend local events led by trainers or other teachers as we have in the United States. Yet they remain faithful in their practice, and many continue to offer classes to spread the form to neighbors, friends, and even venture into neighboring areas.

During this trip I had the privilege of visiting in the area of Mantua, northern Italy, and stayed with Cristina Minelli and her family. It was Cristina who lived in the U.S. with her husband for 15 years who was here for work. She learned the TCC form during those years, and taught it when she returned. Several years ago, eleven of her students were accredited to teach, along with another student from France, whose teacher was Catherine. Sandy McAlister led that teacher training in English, then her words, along with questions and conversation, were translated from English to either French or Italian. A truly international experience.

A two-day workshop was arranged this June for teachers and students over Saturday and Sunday with several attending both days. What a great reunion.

Flying back to the U.S. I stopped off in the U.K. to visit Ev Florin who brought TCC to the London area of West Sussex. She introduced the form to students as she taught several classes; two then went to the U.S. for teacher accreditation. It was great to be with all three teachers who attended the full-day TCC workshop with their students, bringing the number to 19 participants in the full-day event.

The purpose of the seven-week trip to Europe was centered in a two-week meeting of my Franciscan Community. As the discussions continued, it was apparent that a few proposals were created around the theme of our "internationality" as expressed in formation and general leadership. It was out of this focus that I was elected to that leadership, which will begin in early December.

Several teachers who are sisters have told me of how they had offered TCC during their chapters or Assemblies, and how successful



these silent practices were. Our facilitator heard that I teach TCC and asked if I would offer a practice each morning before we gathered for prayer. Six sisters formed a core group who attended each 30-minute session. At the end of two weeks they had learned the first ten movements plus the Cosmic Consciousness Pose. They are looking forward to my return and continued teaching and practice sessions.

One of the sisters is from our region in South Africa, where I will be visiting in January and April of 2014, during which time TCC classes will be offered, bringing the form to this part of the world.

Over these 10 years as Guide I have been privileged to visit many area TCC communities and marveled at the enthusiasm of teachers introducing their students to me with the excitement of what potentially could be a new teacher. During the scheduled retreats or workshops I have met students who have been enriched by the TCC practice, while the form continues to change their lives.

There are countless classes that have been taught simply out of a generous spirit of teachers who knew that if they had charged, the class could not have taken place. Some teachers are volunteering hours with individuals, groups, young and old, in all levels of abilities and of disabilities. **Often their only pay has been a smile from a student who made a deep, personal connection with Joy thru Movement, and who has been changed forever.**

More than one teacher went to teacher accreditation because they simply wanted to deepen their practice with no intention to teach... and often found themselves teaching and thoroughly enjoying it. Teachers are humbled by their students whose physical and/or mental conditions improve, and who in turn find themselves deeply grateful.

There are several sisters who, as missionaries around the world, want to share TCC with those to whom they minister. Like most, they trust students will discover benefits that will enable an inner freedom and joy that can be attained by practicing the 19 simple movements and one pose.

All teachers, whether seasoned with many years of practice and teaching, or for those who are just starting to form classes, bring a unique shape, shine, sparkle and splendor in that collection of jewels. All teachers are part of the body, mind, spirit transformation that can happen at any time; immediately while teaching a class of beginners, or that can take place at conference when all are participating in the deepening effects of the form. Shifts happen within all of us in the unique ways which the *Chi* directs the subtle process of evolution. And the process continues with each weight shift, and in applying each Principle, in each class, and in each practice.

**"T'ai Chi Chih is a Service to humanity," Justin said. "It is a form of love."** This too is the joy of teaching.

## Sharing TCC

BY PAM TOWNE, OCEANSIDE, CALIFORNIA

**E**ach of us who practices the moving meditation of T'ai Chi Chih receives many physical, mental and spiritual benefits. It is natural to be inspired to want to share TCC and its benefits with friends, family and the world. That's how I was led to become an accredited TCC teacher in 1984.

**Justin Stone, the originator of TCC, asked that we not teach it without being accredited to do so, as there is much more to TCC than first meets the eye.** He also set up what he called the teacher training course (now referred to as teacher accreditation course) so people interested in teaching TCC could be certified and well prepared to teach with integrity.

If you have been inspired by your practice of TCC and want to share it with others, I encourage you to follow that inner prompting and become accredited to teach TCC. There is information on the teacher preparation and accreditation process here: <http://www.taichichih.org/accreditation/>.

If you are fortunate to live in an area where there is a well-established TCC community, it is usually easy to find two teachers to work with who will refer you to an accreditation course when they feel you are ready. But what if there is only one TCC teacher... or even none where you live? Then how do you deepen your practice and prepare for accreditation?

In past years, students in this situation had to travel to where there were teachers. Of course, this is still an option for those who have the means to travel. Thanks to modern technology, there are now other options available. Working with one or more teachers online via Skype has become popular. You can also video yourself doing TCC, then connect with an experienced teacher to review it and give you feedback on how you move.

If you are a teacher who is asked to prepare a student for accreditation, and it's been several years since you've audited an accreditation course or attended a teacher conference or intensive, I encourage you to contact a teacher trainer to find out what is currently expected from candidates in how they move. We want your students to be successful, and are happy to support you in preparing your teacher candidates.



## Yin & Yang: Weight Shift Or “Love Energy”?

BY DANIEL PIENCIAK, HOWELL, NEW JERSEY

“**W**hen we practise T'ai Chi Chih faithfully, we will find that Love Energy is the fruit,” Justin Stone said in “The Essence of T'ai Chi Chih” in *Spiritual Odyssey – Selected Writings: 1985-1997*. Wow, Justin, you used upper case letters here. Something must be pretty important.

Why does everyone feel so good at the end of a TCC class?” Do students merely feel good physically after moving, or has something called compassion been stirred up in their hearts?

Teaching students how to shift the weight correctly is challenging, but a good teacher knows how to help students learn this because shifting the weight correctly is one of the six principles Justin established for how to move in TCC practice.

I often observe that candidates at trainings who don't shift their weight well or completely often do not sink completely on to the opposite leg before beginning their first weight shift. **If one leg doesn't bend while the other straightens, there is no real yinning and yanging. There is no (or very little) interplay of energy.**

So what does this have to do with “Love Energy?” The concept of love infers that there is both subject and object, no? Love means an interplay or interaction of emotion/action, yes? Or is it possible to just be, without being subject or object? “We find that awareness is the root of T'ai Chi Chih,” Justin said in *Spiritual Odyssey*. So when we sit quietly in a semi-state of bliss after a practice, or when we are filled with contentment as we move, then is it our enhanced awareness that becomes the object or subject of love? Who is giver and who is receiver? I do not pretend to know the answers.

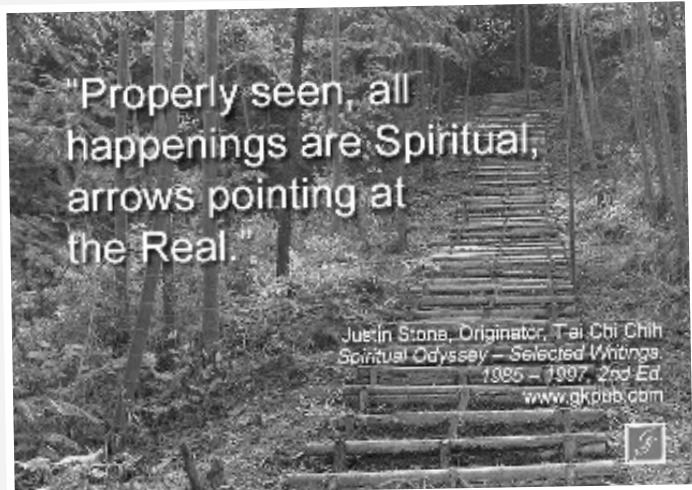
Justin also said (in *Spiritual Odyssey*) that TCC is “essentially inner-oriented.” To me this is equally true both in the body and in the self. In the body, I feel the weight shift from one leg to the other. I feel the abdomen and/or lower back open or close (or expand and contract). In love, I feel myself expand to reach out to others, and contract to protect myself. I feel myself walk forward in confidence, and then retreat in self-doubt. I feel myself accept change and death, then protest and retract into illusion.

TCC practice has taught me that I do not know how to love fully and completely. And it beckons me to stay on the path of awareness.

# Pyramid Poems & Quotation Cards

Feel The Chi Between hands Pulling Taffy Side to side Flowing More	Joy Release Tension wrist Circle Taffy Become One Inspired Still	Feel Break free Waist turning Working Pulley Slow not fast Moving Breathe	Push Out breath Inhale fresh Joyous Breath breathe Back to ground Stepped Ahh	Force Ho Hu Tzu Hsuh Hsih Six Healing Sounds Replenish Chwee Full
Serve Heels fast Rolling Chi Anchor Taffy Gratefully Graceful Pause	Flow Soothing Moving to Perpetual Taffy high Airing Soft	Pool Refresh Raise and mix Head Temple Lights Relaxing Immerse One	Right Flowing Moving breeze Passing Clouds mist Massaging Chi Inspiring Glad	Thank Justin A Cosmic Consciousness Pose Back to earth Thank Jean
				
Rest Calm breath Let hands float Rocking Motion Stir up Chi Repeat Smile	Wake Weight Shift Circular Round the Platter Yin and Yang Move Chi Good	Dwell Gather Chi fulfill Bass Drum no sound Just feel Chi Bubbling Spring	Breathe Joined Always Keep Daughter Valley Bathe in Chi Immerse Wow	Push Ellipse Emphasis Move away bad Bring in good Soft Wrists Pull
Ground Break ground Gather Chi Bird Flaps Its Wings Circle Wrists Release Joy	Pull Tension Throw from self Vary Platter Mix again The Chi Great	Feel Movement Crossing Hands Daughter Mountain Wondrous Tall Plateau High	Swing Balance Emphasis Carry Ball Side Flowing in Chi Return Rest	Stars Solar Universe Pull Energy Ebb and flow T'an Tien Calm

- JACK WEAVER



## Quotation Cards

Good Karma Publishing and *The Vital Force* are pleased to present a series of Justin's quotations for you to share via social media (see page 18). If there is "enough" interest, GKP and the VF may also be able to print set of cards.

# Praying Mantis, Power of Stillness

BY JEAN MARKEY, DALLASTOWN, PENNSYLVANIA

**B**efore my students and I began our T'ai Chi Chih practice on the labyrinth at Bon Secours in Marriottsville, Maryland, we saw a praying mantis sitting on a park bench. When I got home I looked up the meaning of the praying mantis in *Animal Speak* by Ted Andrews. I was blown away by what I read and how it relates to TCC.

The martial art Kung Fu, Andrews said, is based in part on imitations of animals, and one form is the "praying mantis form."

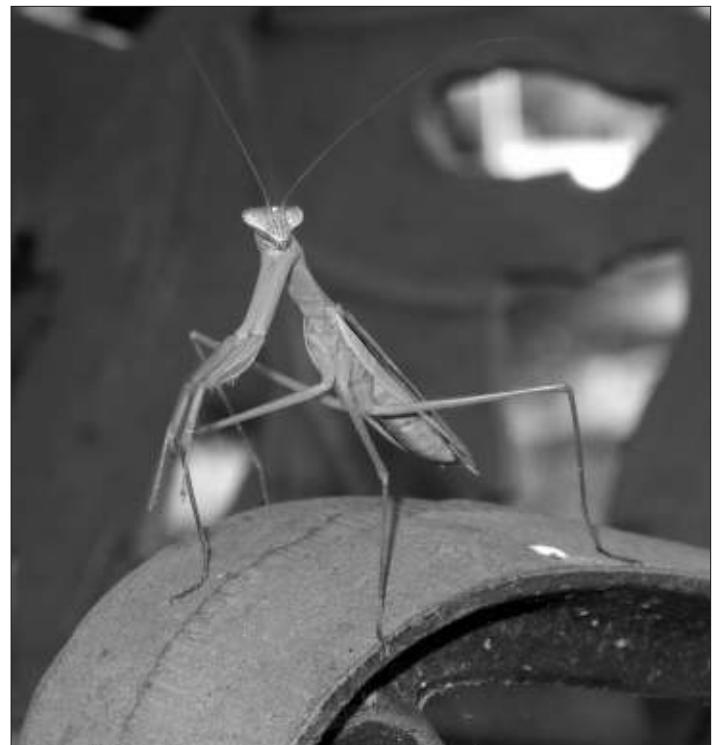
The Kalihari Bushmen in various areas of Africa described Mantis as a bushman in folk tales that relate his adventures and how, when he was in trouble, he hid, went to sleep, and dreamed a solution, Andrews said.

In general, the praying mantis represents "the power of stillness," he explained. "Through learning to still the outer mind and go within, we can draw upon greater power – physical, emotional, mental or spiritual. That stillness can be simple contemplation, a meditation, or even sleep and dreams."

The praying mantis teaches us "how to still the outer, so that when it is time to act (in any form) it is done with surety, accuracy, and great power," he said.

A type of meditation sometimes taught with traditional Kung Fu is called "Chi Kung," Andrews explained. "This meditation helps the individual to go within and direct the body's life force along specific avenues, strengthening and empowering it through the various organs and systems of the body," he wrote. "This has healing and strengthening applications. We can learn to use the stillness in varying degrees – whether for creativity or for healing – and this is part of what the praying mantis teaches."

It's amazing what we can learn from nature. How appropriate and awesome to have seen the praying mantis before starting our TCC practice.



## Pyramid Poems

life  
gives us  
a lot of  
hard decisions  
t'ai chi chih  
can help  
solve  
– JEAN MARKEY

time  
be in  
the moment  
time is so short  
cherish it  
enjoy  
be  
– JEAN MARKEY

life  
is not  
in charge of  
your happiness  
all your fate  
is your  
choice  
– MRS. STOUGH

i'm  
learning  
*seijaku* -  
starting to feel  
energy  
into  
me  
– PAULINE PIKE

in  
doing  
t'ai chi chih  
i clearly see  
i'm in self  
self's in  
me  
– PAULINE PIKE

calm  
is the  
joy within  
so enjoy it  
and then be  
with the  
joy  
– JEAN MARKEY

love  
within  
mind and heart  
can heal all wounds  
so embrace  
healing  
now  
– MRS. STOUGH

calm  
easy  
the effort  
of no effort  
t'ai chi chih  
gently  
heals  
– PAULINE PIKE

if  
the world  
were to end  
the *chi* would still  
circulate  
on and  
on  
– PAULINE PIKE

no  
pressure  
try this one  
blue light special  
pure chi  
free  
– RHONDA ST. MARTIN

## What Keeps You Going?

By JACK WEAVER, DALLASTOWN, PENNSYLVANIA

In 2009, my wife was hospitalized for life. I was working all the hours available to cover all the bills plus the ones generated by her care. I was running to rehabilitation facilities where she was sent plus taking care of our little four-legged Cody with added help from my neighbors. A simple thank you to them seems not enough.

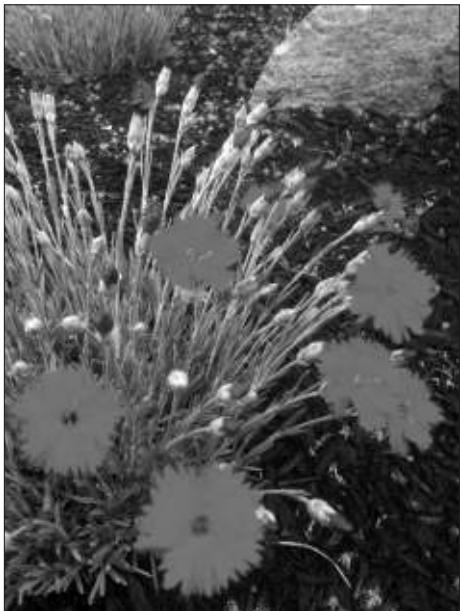
About the same time I took a survey at work for our insurance company. The results indicated I was experiencing rage and depression. It was suggested that I have more sex. That would be difficult, considering that my wife walked into the hospital, is now paralyzed on her left side, and will remain hospitalized until her passing.

After three rehab facilities and deciding to move my wife to be near family about three hours' drive from me, I was running on empty. Up came the survey again in 2010. I was still angry about the previous survey conclusions but took it anyway. **The results again indicated rage and depression, but this time it was suggested I look into T'ai Chi Chih.** I remembered having heard this name from my massage therapist and asked about it at my next appointment. She was starting a new course in two weeks. Was this coincidence or Karma?

My first class was an eye opener. "How am I going to remember this?" I wondered. "I can't even duplicate what she's doing." Well, she's a great teacher and patience is a virtue I needed. I've continued with all of her classes and workshops since 2010.

**The first thing I became aware of was feeling calmer. My high blood pressure was coming down.** In the summer of 2012, I left my job because of scheduling issues. While taking care of Cody, our home and myself, and before my insurance coverage ended, I scheduled a doctor's appointment and asked, "Why I am still on medication for high blood pressure?" He said, "Let's give it a try" and stopped the medication.

My diabetic blood sugar level also had been dropping. I can only attribute this to my TCC practice, as I'd made no changes in diet or exercise. My blood pressure since has stabilized and is normal – so far, so good.



If only I were more disciplined in my practice. At Thanksgiving I developed shingles. What a wake up call! At the same time, I was invited to advance to *Seijaku* and ordered the DVD from Good Karma Publishing. While ordering, I noticed the article about how practicing TCC can improve immunity and help prevent shingles outbreaks. I'm grateful this happened.

Once my course of medication was over, I had a clean bill of health, but endured severe pain at night and felt like a zombie during the day from lack of sleep. I started daily practice again and in three days the pain was noticeably less; in five days I could sleep; and in seven days the pain was gone. That was so much better than the diagnosis that shingles could possibly last for weeks, months or years.

In December 2012 at a stroke awareness meeting for caregivers and people who'd had strokes, I met someone who practiced TCC after his stroke. He invited me to his group's monthly meeting and at our first practice I learned how intertwined this TCC community is. My teacher taught their teacher, Hope Spangler. What a coincidence – it made me think about how one person can affect so many.

Falling back into a lackadaisical life, being almost alone at home and having no employment prospects, I let my practice drop off again. Then I received another wake-up call: Cody passed away on May 30. After I wrapped and buried him, wondering what to do from now on, and grieving, I did a TCC practice. It quelled my grief during practice and for a while afterward. The next morning, the same thing happened but longer-lasting calmness came over me. I look forward now to practice; it has truly helped me get through Cody's passing and being alone.

Now I've had my first *Seijaku* lesson. Wow, this is the mortar that fills between the bricks. **I grieve but have TCC and Seijaku to look forward to and hopefully a teacher accreditation in the future.**

During June's Stroke Awareness Picnic, I was asked, "What keeps you going?" With no answer, thinking about this article I wanted to write, that question seemed like a fitting title. Recalling these past moments, I realize TCC was the common thread that has brought me to this day. If this article inspires at least one person to follow through with TCC, it will be worth my time writing.

"Practice, practice, practice," a wise person said.

*thank  
you to all  
the friends  
I've met  
through  
TCC*

Thank you, Justin Stone, for bringing this tool of TCC for all to use to shape our lives and our minds. Thank you, Good Karma Publishing, for supplying resources for all. Thank you, Jean Markey, for being a truly great teacher and friend. Thank you to all the friends I've met through TCC.

## Best Birthday Gift To Self

By B. CLOUSER, YORK, PENNSYLVANIA

**M**y best friend Tracy introduced me to the first of many T'ai Chi Chih classes on January 10, 2012. I remember the date very well because it was my birthday. I wasn't serious about the first couple of classes because I have two left feet and no coordination. Before I knew it, though, I was keeping up with the rest of the group and feeling the *Chi*.

I since have progressed to *Seijaku* and absolutely enjoy the grounding effect and the movements of serenity in the midst of activity. I look forward to each class and fellowship with the Tuesday evening group with enthusiasm.

**M**y mind is more focused, my confidence is high, and I have a tremendous amount of peace and calm in my mind and soul. It's the best birthday gift I ever gave to myself. It's Justin Stone's greatest gift as well. Thank you.

## Welcoming Softness

By PAULINE PIKE, LANCASTER, PENNSYLVANIA

**I**'m currently taking a *Seijaku* course with a wonderful teacher. The other students are friendly and the handouts are helpful. We're not even halfway through the course, but I've already noticed some changes. For one thing, softness seems easier. Now that we've added in some hardness, softness is something I welcome and appreciate rather than something I'm striving to achieve.

Also, in the 2 ½ years I've been doing T'ai Chi Chih, Rocking Motion has always been a challenge. I never felt that steady doing it. Somehow, adding in the hardness and staying longer on flat feet, I now can do it with ease and confidence. I'm really excited about learning the rest of *Seijaku* and know more changes will come.

## How Practicing TCC & Learning Seijaku Changed My Life

By MRS. STOUGH, FELTON, PENNSYLVANIA

**W**hen I began taking T'ai Chi Chih classes I was not only living each day in very high pain levels, I was working in a very stressful position and working environment. I had so much stress and anxiety in my life and needed to find solutions that no medication could deliver. The stress, pain, insomnia and anxiety were causing such chaos in my personal life and affecting my relationships. I had to find something I was physically able to do. Because of previous lower back surgeries, I was unable to perform yoga and instead found TCC during an online search for relaxation.

After the second or third TCC class I began to feel the *Chi* and relaxation. My fingers began to tingle and I felt warmth all over. At the end of each session I felt more relaxed than I had in years. I left TCC evening classes each week, went home, went to bed and fell right to sleep. If I'd have received only the benefit of relaxation I would have been one happy camper, but I received so much more than I could have imagined.

My stress and anxiety levels are so much lower and I'm so thankful. I practice as often as possible at home, but always feel more energy while practicing with others, especially while standing in a circle. **TCC has literally changed my life, giving me a sense of peace within, better balance, and the ability to get rid of the sense of anxiety**

and stress when I practice. A few of the positions at times even lower my pain level, which is amazing.

TCC is also beginning to help with balance issues caused by nerve damage and a dragging leg. My balance isn't at 100 percent, but I do feel some improvement, something no doctor had ever been able to help with. I feel confident that with time, practicing TCC will continue to improve my balance. Maybe I won't fall as often while walking in public, and out of nowhere flying through the air and emptying the contents of my purse in public. That would be sweet.

I've just taken my first *Seijaku* class and am so excited to continue and grow. I'd never been able to totally feel the grounding in my feet during TCC practices, but after just one *Seijaku* class and very few practice movements, I felt it for the first time. That was awesome and I feel more grounded now than ever. I look forward to continuing TCC and intertwining it with *Seijaku* for an even deeper sense of serenity and balance.

Our instructor demonstrated each of the toning exercises before the class joined her. As I watched her and the expressions on her face as she demonstrated the AHHH in the Hi YA exercise, I just burst out laughing. I said I wanted that because it looked like she had just had an orgasm. Everyone laughed. Such a joyful sensation surrounded her aura and I wanted to feel the same.

Thank you to my wonderful instructor and my TCC family for making my life a better and happier place.

## Gateway To Eastern Philosophy & Religion

By MAXIME WAN, EDMONTON, ALBERTA

### ~ INDIAN BUDDHISM ~

Indian Buddhism is really the key part of the course. Indian Buddhism today is taught only in Burma, Thailand and Sri Lanka,

which used to be called Ceylon. You remember, when I talked about Zen Buddhism, I said, "Zen is life affirming, everything has to do with life affirmation." Original Indian Buddhism is life negating. The Buddha said, "This world is a house on fire, get out of it." It is suffering. Even what you think of as pleasure or joy is suffering. Therefore, to give up your individuality, you give up your self and are in Nirvana, which is perpetual joy, but not as 'Joe Jones' or some individual identity. There are many who feel that no man in history has ever reached the level of knowing Being the way the Buddha did. You'll get a chance to judge for yourself. But you're going to have to empty your minds of preconceptions in order to understand what it is that the Buddha taught.

*you're going to have  
to empty your minds  
of preconceptions*

### ~ IMPERMANENCE, SUFFERING AND NO-SOUL ~

The Buddha said there are three truths that make up life. The first is **Impermanence**. We all live as though there is permanence. People don't think they're going to die. "I have a wonderful job, a swimming pool, two lovely children who are always obedient, a beautiful spouse. I'll always have a good job; I'll always have a swimming pool; my children will always be obedient; and my wife will always be beautiful." Is that the way things work? In my mind, the biggest cause of suffering is the failure to accord with impermanence. A beautiful woman, past middle age, begins to look in the mirror every day and she sees little changes. She's going to fight impermanence. Go fight City Hall!

The second truth is **suffering, dukha**. (*Sukha* is joy, suffering is *dukha*.) *Dukha* is a little different from ordinary suffering. The basis of the Buddha's suffering is not knowing what you really are, who and what you **really** are. If you don't know who you are, you're going to drift through life, or blow like a tumbleweed.

From the book **Gateway to Eastern Philosophy & Religion**, excerpted and reprinted with permission from Good Karma Publishing, and available on [www.gkpub.com](http://www.gkpub.com).

The third truth (which is the most difficult and about which people fight continually) is there is **no abiding self or soul**. The key to Buddhism is *An-atman*, no *atman*, no abiding self or soul. Sure, on a tentative basis, you are here. This table looks very solid, but it hasn't always been a table and it won't always be a table! To illustrate this, I've often given the following example: A man dies, and his body is eaten by worms. The birds eat the worms. The birds die and become the soil, and in the soil a tree grows which gives fruit. The fruit falls to the ground, and is eaten by man. The man dies, and the worms take over. At what point does one become the other? In other words, when does the man become the worm, and when does the worm become the bird?

— — —

### ~ HINDRANCES TO MEDITATION ~

All Buddhists meditate. Zen, which means meditation Buddhism, is based on it. The Buddha said there are several hindrances to meditation. Those of you who practice meditation (quite a few of you do, I believe), might be interested in this.

1. Sense desire (we don't want to give that up! Lemon Meringue pie is pretty good!);
2. Anger. We don't want to give up anger! Why do we get angry? Because we get puffed up: Who do you think you are to say that to me? He did that to me! He said it, and therefore my ego is threatened. I get angry! If there were no ego, no sense of self, and offended self, there would be no anger;
3. Doubt.

— — —

### ~ STOP STICKING PINS IN YOURSELF ~

Meditation in Buddhism is called "right concentration." Various subjects are given. The first is *metta*, sympathy. Good feelings toward all beings. One form, *metta*, is the practice of loving kindness, first, to oneself! I hope some of you are listening to that! First to oneself! Don't be unkind to yourself. Then extend *metta* to all beings. This overcomes fear. Meditation on loving-kindness overcomes fear. Yesterday, I told someone, "Stop sticking pins in yourself!" We all do that sometimes. We're too hard on ourselves. Being hard on oneself, in a sense, is ego-aggrandizement. I remember the book **Jurgen**, written so many years ago by James Branch Cabell. In the book, the grandfather went to hell.

*don't be unkind to yourself...  
being hard on oneself, in a  
sense, is ego-aggrandizement*

He insisted on going to hell because he had committed so many sins in his lifetime though no one had any record of it. The grandfather was indignant; he wanted to suffer more! The imps said, "We're doing our best! We only have two hands!" When we stick pins in ourselves, it impedes the development of right concentration. If you get a chance, (those of you who have the books, either **Meditation for Healing**, or **Joys of Meditation**) look through the **Satipatthana**, the way of mindfulness, and see if you feel like practicing it.

~ ~ ~

### ~ Follow Your True Nature ~

Remember the story I told you about the Chinese monk who kept picking the scorpion out of the water and the



"*Triumph*" (below) and "*Satin Doll*" (left), paintings by Justin Stone and courtesy here of private collections, appear in his lush monograph, "*Tentatively Forever*," available from Good Karma Publishing.



scorpion kept biting him? The bystander said, "Don't you know the scorpion is always going to bite?" The monk said, "Yes, it's in the nature of the scorpion to bite me, but it's in my nature to keep picking him out of the water." There's a man who knows what it is.

I know so many people who go through Indian ceremonies but they don't know the purpose or the real meaning of the ceremony. They are not ready for the real meaning of the ceremonies. What is the purpose of the ceremonies? *Moksha!* Liberation from life and death. Get off the wheel of life and death. How many here want to get off the wheel of life and death? (No one raises a hand) Well, it's a unanimous vote.

Why go through all this nonsense and hypocrisy if they aren't what you want? If you don't want liberation, why follow the practices to do it? This doesn't mean you can't follow a spiritual life. It means that whatever direction you're going, whatever your own nature is, follow that! Don't say a lot of things just because other people are saying them.

~ ~ ~

### ~ You Must Fulfill Your Karma ~

Ramana Maharshi, the great teacher, said, "I don't care how long you go into *samadhi* and meditation; when you come out you have to fulfill your karma. You've made the karma and you'll have to fulfill it." When that great teacher was asked by a student, "Meditation is so blissful, why don't I just stay in meditation?" He said, "Try it; you won't be able to. Your karma will bring you out!" You cannot hide, you can not retreat to the womb of meditation. You're going to have to work out your karma. If your karma is to be a monk, you will become a monk!

Your whole tendencies will head in that direction. Many people try to become renunciates.

~ ~ ~

### ~ FOLLOWING THE PATH IN THE WORLD ~

In the greatest teaching in the **Bhagavad Gita**, Krishna says that the one who follows the path in the world and understands and is not attached is far stronger than the one who goes to the top of the mountain and becomes a hermit. You don't have to go to the mountaintop. You don't have to give up money. (Many people have thought they had to). You don't have to do all these. Later I'll tell you about a man who tried to give everything up; a man I came in contact with in the Himalayas. But, you must be nonattached to worldly things. You remember the story about the piece of cake? Push it away. Can we do without this? Sure. Well then, we might as well eat it. That's non-attachment.

## A TCC Dream

BY DARLENE KARASIK, SARATOGA, CALIFORNIA

Three pregnant women dropped by one of my classes several months ago and asked to attend. They'd been looking for the prenatal yoga class but couldn't locate it. Watching a T'ai Chi Chih class, they'd been intrigued. Their presence added an upbeat energy and at the end of class, they said they'd enjoyed the experience.

My TCC class was sponsored by a health maintenance organization (HMO), however, and when notified, an HMO representative said that pregnant students would need medical release forms specific to TCC before they could attend my class on a regular basis.

**Teaching prenatal TCC is a dream I want to bring into reality.** There's no research, though, that would put a medical practitioner unfamiliar with TCC at ease in recommending it to pregnant women. Both testimonials about, and measured outcomes of, prenatal TCC experiences are needed for us to interest obstetricians and HMOs.

If any pregnant women are attending your class, or if you'd like to attract them to future classes, please consider the following ideas:

- Being pregnant with a first child may be a time of uncertainty for many women. They're frequently unprepared to deal with a changing body shape and issues like nausea, constipation, balance changes and back pain.
- Being pregnant may make some women more receptive to learning things that are seen as healthy for themselves and their developing baby.
- Individuals who learn TCC while pregnant may be more likely to continue with TCC as they adjust to life with a new baby and getting their body back in shape.

If you or someone you know practiced TCC during pregnancy, please share your experiences. Publish these personal stories, as they will help get the word out about the many benefits of doing TCC while pregnant.

I'd like to network with anyone currently teaching a prenatal TCC class. Please submit an article for publication in *The Vital Force* and also send it to me so that I may collect stories to include in promotional materials about prenatal TCC. If enough TCC teachers are interested, I'll create a Facebook page where we can share ideas.

If you work with pregnant women, medically or professionally, do you know of a physician who would either support a TCC class in his or her office or refer women to you for a class? Physicians and HMOs quite commonly recommend prenatal yoga and aqua exercises. It's up to us to make people aware that TCC is another great option for pregnant women.

I invite the TCC community to share this dream. I'm willing to collate and research information, maintain a library, and serve as a networking communicator for prenatal TCC. Please email me and write "Prenatal TCC" in the email subject line.

## Benefits I've Received

BY MICHIKO URAMOTO, SANTA CLARA, CALIFORNIA

I am a quadriplegic with severe chronic pain and many health problems. I started to come to class four years ago because my spinal cord injury doctor invited me for her research. I started to notice some benefits soon after I started attending the class.

**The practice of seated T'ai Chi almost always reduces my chronic pain, stress and tension and gives me more energy, clarity and calmness.** I like mini-sets because the movements are simple and relaxing whereas most TCC movements are a little more complex and tend to give me more energy. I like them both equally. My favorite is *Seijaku* (advanced TCC) because it involves breathing and gives me energy and clarity of mind the most. Through them all, I have learned to focus and pay more attention to how my body parts feel and want to move. My posture, balance and breathing have gradually improved.

When I feel restless or nervous, I practice Rocking Motion to calm myself down. Before I go to sleep, I often visualize a couple of movements (Bird Flaps Its Wings ... Around the Platter) in bed to relax and go to sleep faster. Recently, I started to practice Six Healing Sounds when I don't feel well, and it seems to make me feel better. I'd like to practice more movements by myself, but I've not been able to because of my laziness.

I still learn a lot from the teacher and other students every time. Classes are relaxing and fun, and when I practice with others, I feel more energy, am able to focus more, and listen

to my body better than when I practice alone at home. It always raises my mood and I feel good afterward. Seated TCC is a great way to improve overall health and wellness, especially for people with limited mobility, and I look forward to attending classes as long as possible.



## Hydro TCC

By CHARLES HANKS, CAMPBELL, CALIFORNIA

**F**ive years ago, I spent part of each day at the pool where I live. I sat on the stairs and read; I did laps – a slow crawl and leisurely sidestroke. Most importantly, I was determined to find a way to practice T'ai Chi Chih in the water. I knew there was a way – there had to be – they're a natural fit. I also knew the natural buoyancy one experiences in water would make my disability less of a concern.

The exercise at first was most unsatisfactory. I was making “work” of TCC, not “the effort of no effort,” as it’s taught. The crux of the problem was simple physics: Newton’s Laws.

The movement of hands, weight shift, etc. all produced an equal and opposite reaction. This isn’t a problem with normal standing TCC. It became a problem, however, when I ventured into the totally alien environment of being submerged up to my neck in water. We’re naturally buoyant, and physics defeats the effort to stay firmly rooted to the ground.

Mary Case, an accredited TCC teacher who substituted in both my seated and standing TCC classes, once described her more than 18 years of experience teaching water aerobics. When I mentioned my Summer of Frustration trying to make TCC work in a swimming pool, she asked if I’d tried weight belts or ankle weights. There it was: the solution to my frustrations was adding the sort of weights that Scuba divers use to overcome their buoyancy challenges. Mary began trying “Hydro TCC” practice at the pools and spa she and her husband attended and reported back results that were even better than my expectations.

The weights worked, and once the problem of staying grounded was solved, I could concentrate on TCC. It was incredible! **Justin often spoke of imagining moving through heavy air or water.** Here it was. This was truly taking “less is more” and “the effort of no effort” toward the perfection his words conveyed.

Rocking Motion is a breeze with ankle weights. All the side-to-side movements are treats – Carry The Ball To The Side is fun. The four Taffy

movements are all *Seijaku* and more. Pulling Taffy, Variation #3, Perpetual Motion and Passing Clouds are even more addictive in the water. My body has already adapted to this strange environment, moving with the line of least resistance.

The forward and back weight shifts – moving the widest aspect of the body – are more difficult. Swimming is easier than walking across the pool. It took a while, and much experimentation, to finally find the combination of movement, speed and muscle control needed. I find I do a lot of pushing with the back foot. Leading with the *tan t'ien* is an art. When I can establish the rhythm, I love it. But if I let my mind wander, I can easily lose the rhythm of the *yin-nning/yanning* weight transfer.

Because I was learning a new way to do TCC in a totally different environment, I felt as if I were back to the first months of my original TCC class. I felt fatigue in my legs, for example, which didn’t manifest until a few hours after the end of a practice. I’m certain it’s the same tiredness that most beginning students report for the first month or so of weekly classes.

The whole experience is somewhere between standing TCC and *Seijaku*. I recommend trying it. As with seated TCC, someday it may be taught seriously. The natural resistance of the water will really give you an appreciation of Justin’s “moving through heavy air.” For just the building of muscle memory of what that feels like, it’s well worth trying some Hydro TCC.



## Missed

BY MARY WICHMANN,  
ROCHERT, MINNESOTA

**H**ow's that workin' for ya' Mary?" Sarano would say and then laugh that great, slow infectious laugh. I miss that laugh. I miss him. I miss the way I was, the better person I was when I was with him, when I was in his coaching program. I also miss Joe, the imposter. I miss the calls, the lift a quick call would give me and knowing that I'd lifted him at the same time. But as he'd say, "It is what it is." I miss Rob. Rob who expressed his goal to be just like Christ. I miss him and I miss that special chunk of time that Sarano, Joe, Rob and I had.

**I miss Justin Stone and the way I was in his presence.** I miss the strength he displayed in his softness and I miss being a part of his meditation group, his circle of special friends, his worldview, his teachings.

I miss my brothers. I miss being a part of their daily lives. I miss knowing what foods they like, how they are with their children and how they want to spend their retirements. I wish I knew their darkest secrets and what keeps them up at night so I could help them resolve it. I wish we'd shared a longer childhood together. We share a past – our unique past that can bring tears and shock to a stranger sitting next to me on an airplane if they ask those precise questions that result in my life story quickly pouring out. Pouring out to soften their heart or perhaps to give them a new appreciation for their own special story? Maybe it's our role to share our story. Or is it to write a new one, one that's the same story but shared in a new way. Shared with appreciation and gratitude for how it was, rather than with regret and anger for the way I've been remembering it. It's a thought.

## Pyramid Poems

*Preface from Alice Holden:* "We in San Antonio dedicate the first Saturday of each month for T'ai Chi Chih review and enrichment. One group was so enthusiastic that after we completed an entire practice (with some suggestions along the way), we decided to write Pyramid Poems, then walk, and then do another period of TCC in the Korean Pavilion."

tao is God <i>yin and yang</i> circulating within me and through all – A.H.	tao i know when <i>chi</i> is here <i>yin or yang</i> i don't know – R.C.	tao brings joy thru movement and centeredness expressing thru the <i>chi</i> – C.G.	tao made of 3 letters tao yin <i>chi yang chi</i> you and me – M.M.
joy having this group here inspiring me by their love of the <i>chi</i> – A.H.	joy flowing from my mind thru my <i>tan t'ien</i> to the ground rides on <i>chi</i> – R.C.	joy is like a feeling that is so cool that it is even fun – C.G.	joy flows free inside me come out to play to day it will be fun – M.M.
<i>yin</i> comes in feminine with subtleness like the moon urging rest – A.H.	<i>yin</i> and <i>yang</i> cool and warm recirculate beginning at the end – R.C.	<i>yin</i> female instinctive intuitive creative it brings joy – C.G.	<i>yin</i> softly like feathers falling from clouds tiptoeing throughout me – M.M.
<i>yang</i> enters masculine its clarity like the sun gives us life – A.H.	<i>yang</i> is weight but soon gone round the t'ai chi be coming weightless <i>yin</i> – R.C.	<i>yang</i> stronger purposeful like a tiger pursuing its prey now – C.G.	<i>yang</i> fang like & fear ice moves like dragons through out time creates space – M.M.

*P.S. from Alice Holden:* I also have to tell you something special – A painting Justin gave me many years ago hangs in the room where we practice and I always try to face it during a session. It's amazing, but I really believe Justin shares insights, encouragement and enthusiasm through that painting during a practice. I almost always receive a good message, often remembered from his comments during his stay here, and always inspired by his spiritual presence. We are so graced by this practice. Keep it going, folks.

# The Importance Of Pausing Between Movements

BY TINA WELLS, OXFORD, UK

I recently dedicated a class practice to the importance of pausing between movements. This was in response to Sandy's request in "Even In Pauses" (*The Vital Force*, May 2013, p. 7). We focused more on coming to rest and staying longer in the rest position than we might normally do. In doing so, the class came to the following conclusions.

Pausing at the end of each of the 19 movements in T'ai Chi Chih is important because:

- The Chi can settle and the energy of the last movement is not taken into the next movement. Pausing is useful in daily life too for the same reason – it lets you focus on the present moment and be truly focused on what you're doing at that moment.
- This is the time you can connect with the solid ground beneath your feet and appreciate that it's always there in times of strife. It's a rock you can depend on when you need to find "serenity in the midst of activity."
- Movement followed by stillness reflects the cycles we see in nature. At night the natural world rests in order to recharge its batteries before moving into day and activity. We are no different (being part of nature) and a period of stillness (or just being) is important before we start moving (doing) again.
- Transition times (dawn and dusk) are important periods when true wisdom (your true self) can be heard. The dawn chorus heralds the start of the day, a flock of birds settle and come to rest at times throughout the day when they instinctively need to rest. Maybe that's why these transition times are said to be the most ideal times to practice TCC.

We're most receptive to connecting with internal and external *Chi* during these quieter, more peaceful times in our 24-hour cycle.



## Getting What We Need

BY DONNA J. MOORE, BAINBRIDGE ISLAND, WASHINGTON

My favorite movement is Pulling In The Energy. When I do it I envision gathering in the qualities I need with each circling of my arms. Whether you think of these verses as affirmations or simply as qualities you admire most, the effect is the same. If these don't resonate with you, you can insert ones that do.

### Pulling In The Ener-Chi

Each morning I gather in the *Chi*, a gift from the universe. From the small red berries at my feet, vigor and happiness; From the wood chips on the garden path, a reminder of usefulness even after death; From the rocks, strength and solidness; From the fluffy white heather, lightness and delicacy; From the tall fir trees, dignity and flexibility; From the water in the bay, fluidity and buoyancy; From the mountain in the distance, solidness and majesty; From the sky, expansiveness and openness; and From the sun, constancy and joy.

They share so willingly. May I learn to do the same.

## How?

BY TERRY JENNINGS, HONOLULU, HAWAII

The question to me is not "How has T'ai Chi Chih changed my life?" but rather "How has TCC not changed my life?" I'm clearer, healthier, happier and joyful-ier. (That's not a word, I know, but it's fun to say.) In short, TCC has changed my life from head to toe, front to back, inside out to outside in. Amazing.

## Sharing TCC Through Imagery: Fast, Beautiful & Fun

Perhaps you are more visual than a wordsmith? After all, a photo really can be worth a thousand words. In fact, studies show that our brains register information from images much faster than from written pages. And we retain those impressions longer.



What does this have to do with T'ai Chi Chih? In order to grow our community of TCC practitioners, we need to be versed in various, popular forms of communication – like Instagram, which boasts 100 million users. Check out [www.instagram.com/taichichih](http://www.instagram.com/taichichih), where you'll find a growing stream of "instagrammed" TCC photos.

**What's Instagram?** Quite simply, it's a photo-sharing platform. It's a way to transform photos that will attract and hold the attention of others. And, more importantly, it's a way to share them with the world *with the click of a few buttons*. Start by downloading the free Instagram smartphone application from iTunes (for iDevices) or GooglePlay (for Android).

### How to Instagram?

1.) Open Instagram on your smartphone and set up an account using the cogwheel in the upper right corner. Link it to Twitter or Facebook for easy sharing/posting. (This is particularly important because **sharing exponentially magnifies the reach of TCC**.)

2.) To Instagram an image you've already taken, press the "camera" icon at the bottom and then choose the left icon. Scroll through your library to select the image for instagramming.

3.) Scale & Crop: Pinch to zoom and/or shift the image to



the left or right for the best composition. (This is very important.) Click "Crop" in the upper right.

4a.) Editing: Note the four icons above the 20 primary filter choices (Normal, Amaro, Mayfair, etc...):

- a.) Rotate: To reposition your image if necessary.
- b.) Frame: To show your border choices – choose black or white, rough- or straight-edged, thick or thin.
- c.) Tear Drop: Skip this.
- d.) Sun/Moon: To saturate most images.

4b.) Editing: At this point, there are seemingly infinite variables. But luckily, this is a "what you see is what you get" application. No choice is right or wrong – although you'll probably want something that's bright and happy rather than stark and foreboding!

5.) Next: After you've made your aesthetic decisions, click Next in the upper right corner. Type the name of the movement and type #TaiChiChih and T'ai Chi Chih. (Yes, written both ways and exactly like that.) Share it on Facebook, Twitter, Flickr, Tumblr, email it.

6.) Now, about those other four icons along the bottom of the application:

- a.) Home: Once you start following others, their images will appear here. Like and/or comment on a photo. Click the three dots on the right to tweet and share it.

#### b.) Star:

\*In the search box for users, type taichichih. Follow us and share our images. \*In the search box for hashtag, type #taichichih.

\* Let's flood the ethers with great images of TCC.

- c.) Camera: We focused on this in Steps 2-4 above.

- d.) Love/Comment: Check out recent activity for users you follow.

e.) Your feed/profile: Self-explanatory. Tip: Claim your own name – as in [instagram.com/taichichih](http://instagram.com/taichichih) or [instagram.com/kimgrant](http://instagram.com/kimgrant).

Voila. Easier done than perhaps said, although hopefully these instructions will save you some time and blind trial-and-error. Have fun and Instagram wisely.

— KIM GRANT, ALBUQUERQUE,  
NEW MEXICO

## A Fun New Way To Promote TCC

**L**ooking for a dynamic way to introduce T'ai Chi Chih to students, friends, family and beyond? Looking for inspiration? Good Karma Publishing and *The Vital Force* are supporting these goals with a new Pinterest page open to the public.

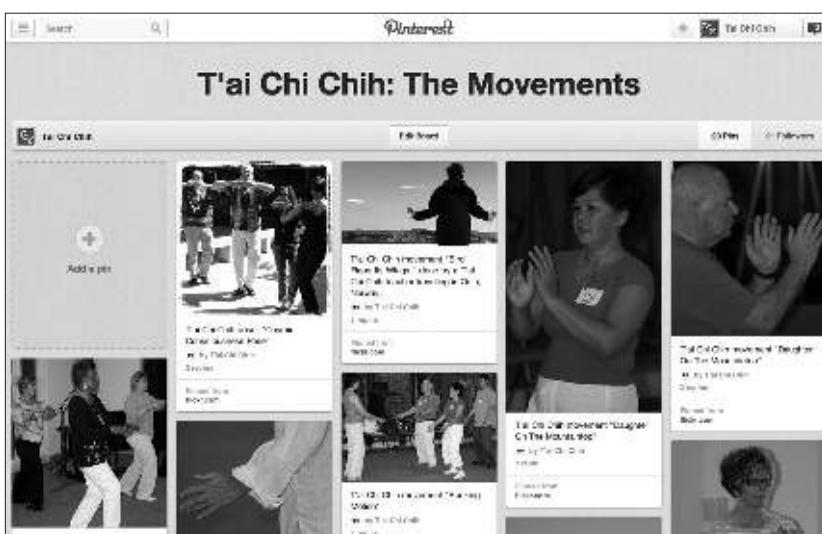
At [www.pinterest.com/taichichih](http://www.pinterest.com/taichichih) you'll find beautiful photos with text organized into "boards" covering several topics: TCC movements, health benefits of TCC, news articles about TCC, quotes from Justin, and more.

**What's Pinterest?** It's a social media website where users can post photos, accompanied by brief text, of things they care about. Users are primarily women ages 25 to 44, a key audience for TCC. Anyone can easily open a new Pinterest account using just an email address, and it's entirely free. Once you do, you'll have full access to TCC's page.

**Why Pinterest?** It's a great way to disseminate info about TCC. It's a fun and effective way to interest people who haven't heard about TCC before, as well as those who have.



TCC's Pinterest "page"



One of TCC's Pinterest "boards"

Because Pinterest is primarily visual, encouraging the use of engaging photos and art, it appeals to people in a different way than, say, an all-print news article.

The individual "pins" or posts on TCC's Pinterest page look like cards, which you can forward to anyone's email address, your Facebook page, your Twitter stream, your own Pinterest page and more. You also can create your own pins, on your page, and then share them on TCC's Pinterest page. Info about TCC has never been more shareable! Also, when you click on TCC photos on our Pinterest page, you'll be transported to TCC's Flickr page, where you can view hundreds of TCC photos from conferences, trainings and practices.

### Pinterest.com is

**a very popular place.** Its 70 million users log 2.5 billion page views per month. Some 80% of the pins are shares from others' Pinterest pages, and users spend an average of 98 minutes on the site monthly.

**Ready for more inspiration?** Good Karma Publishing is pleased to introduce beautiful new photo cards (pins) on the Inspiration board on TCC's Pinterest page. Quotes by Justin Stone are featured along with elegant photos (see page 8). This is a novel way to spread the TCC message around the world.

**Now what?** Sign up at Pinterest and help us spread the word!

— KIM GRANT, ALBUQUERQUE, NEW MEXICO



One of TCC's Pinterest "pins"

## TCC Mini Retreat

With Dan Pienciak, April 2013, Portland, Oregon

COMPILED BY JIM SHORR,  
WILSONVILLE, OREGON

"It helped me refine my movements a great deal." – BILL NAKAO

"I'm delighted to see teachers learning from each other. Recognize your learning, continue your sharing with students. This fully convinces me I've chosen the right form." – STUDENT TURNING 60

"When a teacher is ready, a student will appear. And when a student is ready, a teacher will appear." – CHERYL CLAAR

"It's the nuances in learning that we've gleaned from Daniel that enrich our own capacity." – DONNA JUNGBLUTH

**"Feeling the turns, doing the weight shifts, sinking into the stillness.** It's helpful to me to see all these tools." – EILEEN BUCHANAN BROKAW

"These two days with Dan developed my sense of continuity and smoothness to a higher level." – LINDA ROBINSON

"I'm appreciative of the way the practice is evolving ... as changes happen in leadership, we can experience that evolution."

– BARBARA FLITCROF

"It's open conversation for teachers to say to students: 'Let's try this to see if it works for each of us'." – NEAL ROY

"I felt so welcome. It's exciting to be among learning teachers and yet learn and fine tune the basics." – DEBBIE MUÑOZ

## TCC Intensive

With Pam Towne, May 2013,  
Prescott, Arizona

COMPILED BY DANA DILLER, PRESCOTT VALLEY, ARIZONA

"I attended the intensive with concerns about recent leg surgery. I'd babied my hip, knee and ankle for months. Pam encouraged me to try harder, and that was just what I needed to push myself mentally. **I was moving better within minutes.** Later, the soles of my feet and palms of my hands were bright cherry red, but neither hot nor cold to the touch. Within minutes the redness began to fade, but then the four-inch surgical scar by my right knee was a vivid red, and intensely hot to the touch. The symptoms were gone by 9:30 p.m. When I told Pam the next morning, she smiled and reminded me I'd loosened up for the first time in months and allowed the *Chi* to flow to my injury. I've had no knee pain since." – STU GOLDMAN, MIAMI, FLORIDA

"The intensive helped me develop a discerning eye to recognize whether students are moving correctly and following the principles. I feel more confident in my ability to give them feedback and spot where they need to make corrections." – HOPE SPANGLER, PRESCOTT VALLEY, ARIZONA

"I came motivated to prepare for accreditation and deepen my experience of T'ai Chi Chih. I came back re-energized. **The flow of the *Chi* from the *tan t'ien* to the soles of the feet was quietly but surely transformational.** I feel more grounded, open to inner wisdom and integrated." – LORRAINE DUMONT, WINNIPEG, MANITOBA, CANADA

"I've gained a fine tuning of my TCC and confidence. We received advanced instruction and guidance from Pam and Hope, and the love and support of TCC friends/community. It's true: The fruit of T'ai Chi Chih is love." – ROBYN KRELL, CEDAR RAPIDS, IOWA

"My practice changed from standing to sitting because of injury. My awareness of moving from the *tan t'ien* deepened. I concentrated on turning at the waist and softness and continuity and progressed with all. Developing an action

plan for Spring 2014 accreditation locked into place all preparation needs." – KAREN CARLISLE, PORTLAND, OREGON

"Because of lower back pain, I was uncertain how much I'd be able to do. Pam covered the basics of backward and forward movement and *yinning* and *yanging* focused in the soles of the feet, moving from the center with softness, continuity, circularity and polarity. **The gentle movement back and forth felt like a massage and relieved the pain.**" – GEORGE ANDERSON-WOOD, HOUSTON, TEXAS

"It's one thing to know the principles of how to move, but being shown how they're done and incorporating them into each movement is just amazing. Asking questions freely and being lovingly critiqued is precious." – ASHLYNN LOUGH, NORTH LIBERTY, IOWA

"I learned where my practice needed fixing and how to start repairing; how strongly the *Chi* flows in such an intensive group; and how much I want to be a part of passing on TCC to others." – HOLLY UEDA, PRESCOTT, ARIZONA

Having a second pair of eyes, from teachers and other students who become "loving mirrors" provided beneficial information." – ADABELLE RYCHTARIK, SIMPSONVILLE, SOUTH CAROLINA

I learned many details about how to move and experienced a deeper calming of my mind. I was surprised to find how much of what I was doing was close, but not quite correct. It's vital that teachers demonstrate TCC movements correctly for students. **I'm glad to have opened my heart and mind to a better and more correct practice.**" – DANA DILLER, PRESCOTT VALLEY, ARIZONA

"I came to the intensive with no real idea of how far I was from being well prepared to go for teacher accreditation. I wanted to bypass the intensive and go straight to an accreditation class to save both money and time. The intensive, however, was transformational. Benefits ranged from gaining a greater ability and more confidence to understand and communicate TCC history and philosophy, to doing the movements with the softness and continuity that promote the greatest flow and benefits of the *Chi*." – BARB SHAMBACH, BATTLE CREEK, MICHIGAN



# Teacher Accreditation

With Sandy McAlister, May 2013,  
Aston, Pennsylvania

COMPILED BY DAN PIENCIAK, HOWELL, NEW JERSEY

After over 10 years of hosting T'ai Chi Chih accreditations, I realize that each one seems more poignantly powerful than the last one. From one perspective, it could be that, having recently been appointed as a teacher trainer, I was aware during this most recent accreditation that it could be my swan song as a training host, and this might perhaps have made me more keenly aware of every nuance and high point of the week. But from another perspective, both the cumulative experience of the trainer and auditing teachers and the (mostly) high level of preparation (such as attendance at intensives prior to the accreditation) contributed toward a week that was saturated in quality sharings. These were richly twofold: that of high-level learning/increased awareness of the TCC movements, and growth personally that the practice had precipitated in the individual candidates and auditing teachers.

It will no doubt be most impressive to let the words of those who were there speak for themselves:

"All of the experience of the trainers at both an intensive and this accreditation have made this a triply large experience."

"I have realized that in persistently practicing TCC, a balance will work out with TCC practice and my life. This week I find the question arising, 'What can I get rid of to make room for TCC?'"

"It has been a wild ride during the week, leaving me feeling tense and exhausted. But the sacredness has invited me to let go, and that has been a treasure to take home with me."

"It has been a great blessing to have so many senior teachers present. I have never felt the imprint of the teachings to this degree."

"The greatest gift for me has been the experience of real community. It feels like family."

"I am truly honored and humbled in taking this step. I feel great gratitude for having been embraced by the support of everyone here."

"The path to accreditation has brought me back to myself, and continues to help me through my self-doubts."

"I've never been afraid to put my feet into the water. I know that if I don't, then I won't grow. This pathway has been the answer."

"Everyone here has felt like points of light coming into my heart."

"Within a day after having arrived here, the masks were put away and the ego put aside. We opened ourselves to each other. The truth that 'all will be well' has never been more apparent and real."

"The *Chi* will take you further than your ego wants you to go."



Front row (left to right): Bruce Eisenmenger, Beverly Ward, Florence St. Peter, Ruth Slavin and Jan Parker. Back row (left to right): Sandy McAlister, Matthew Van der Geissen, Judith Drew, Kasha Breau, Steve Stevens, Marjorie Conn, Deanna Rasch and Daniel Pienciak.

It strikes this host that the concept of re-entry after an experience like an accreditation week is interesting. For years, I perceived this as going back into the real world (and that has been painful for me many times). Somewhere along the way, I realized that such thinking unconsciously labels the weeklong experience as the unreal world. TCC eventually opened my mind, realizing that the experience of sharing a week of TCC, or an intensive, or conference is the real world (for me). The re-entry is more like going back into the unreal world. It brings to mind Justin Stone's question for discussion at a meditation retreat long ago: "Is it possible to be on the spiritual path in the secular world?"

My hope is that we all take these experiences with us, and that they remain alive and well. It would be a pity to let the daily world talk us out of our experience, as one of our TCC trainers used to remind us at the end of events.

My other hope is that the reported words above will inspire many teachers to audit trainings and attend intensives and conferences whenever they can, and help continue to inspire serious students to aspire to become teachers.

## Think Alouds: A Teaching Strategy

BY LINDA BRAGA\*, CASTRO VALLEY, CALIFORNIA

**C**larity refers to mental, emotional, intellectual and intuitive processes of the mind. The term can apply to both the teaching and the practice of T'ai Chi Chih. TCC teachers want students to learn to use their minds well: to connect to the flow of *Chi* and experience their minds in harmony with their bodies. Clarity of mind is the ultimate goal.

The complex processes of thinking were not clearly understood for many years. It was hoped that students would become good learners just by watching their teachers, but many did not. Then scientific research began to investigate how good learners think. The result was the establishment of best practices, teaching strategies that help students become aware of how they think. These strategies apply to all fields of learning, including movement-based skills such as TCC.

### META-COGNITION

Meta-cognition means thinking about thinking. It's reflective thinking: questioning, predicting, self-correcting, summarizing, and being aware of intuitions, thoughts and feelings. Meta-cognition is not new; early writings on the topic can be traced back to the Greek philosopher Aristotle.

### "THINK ALOUDS" – A TEACHING STRATEGY

Think alouds are saying aloud what one is looking at, doing, thinking and feeling as one completes a task or movement sequence. (See example below.)

During think alouds, teachers guide students to become strategic thinkers. This reveals ways of thinking that are explicit, precise and even fun to do. **Students are led to new depths of awareness**, highlighting small details of thinking which may be crucial to successful task completion. Think alouds are for everyone: teachers helping students, parents helping children, and students mentoring students.

### TEACHERS MODEL THINK ALOUDS

TCC teachers can introduce the think aloud process to students by modeling it in class. A teacher can reveal what he or she is thinking, feeling and sensing while demonstrating a movement, in accord with the four principles of movement: flowing from center, correct stance/ foot position, complete weight shift, and alignment of the spine.

Once students are familiar with the process, they can practice this skill with a partner. **Each think aloud is unique to that moment in time** as students voice what they're doing mentally while performing a TCC movement. This ever-deepening process of awareness is helpful to all students.

### EXAMPLE OF A THINK ALOUD

"I'm going to tell you what I'm thinking and feeling as I perform the movement Rocking Motion. I'll do my best to tell you as much as I can. You can use this method to monitor your own form. Do not use this when you're doing regular TCC meditation."

"I want to pause in the resting position now to center myself before I start." (I wait and let extraneous thoughts settle down.) "I notice my breathing is calmer."

"I step apart and slowly let my arms and hands move backwards. I soften my knees ... the weight starts to move to the front of my feet ... my arms start to move forward ... I'm aware of a little tension in my right hip ... I notice that the rocking motion was a little restricted the first time. I purposely let go of tension ... I visualize it draining down my leg into the ground ... now I'm able to rock more freely. It feels more effortless ... I notice that the lift I feel as my hands rise is happening in the legs, not in my arms."



"My eyes are focused within. This helps me concentrate on the soles of my feet ... I feel the weight shift and let the motion carry me ... I feel like I'm resting in a rocking chair ... that the flow is moving me."

"Right now, I realize that my awareness flows from what I'm describing into a meditative state and then back to the mental list again ... a definite shift from one to the other."

"I'm going to close now ... slowly coming into the resting position ... I hear the word 'stillness' in my mind ... I connect with that feeling of stillness within. I breathe and pause ... waiting for the *Chi* to come into balance ... Now it feels complete, a feeling throughout my whole body that something is whole, more energized, more relaxed."

Like a cloudless blue sky on a sunny day,  
Thinking excellence  
Brings forth clarity of mind.

Clarity comes to students who are aware of their own thinking processes. Think alouds help students improve their thinking and awareness of TCC movements.

Reference: *Mosaic of Thought, 2nd Edition: The Power of Comprehension Strategy Instruction* by Ellin Oliver Keene and Susan Zimmermann.

\*Linda Braga, M.A. worked as a special education teacher for 40 years, specializing in teaching learning disabled students and working with children in regular education, helping teachers use good teaching methods. She participated in a two-year training program in best practices, using think alouds and other strategies.

# Karmic Comments: Web & Facebook Influence

## As The Web World Turns: What YOU Can Do

**L**et's review how this hugely disseminated Dr. Oz article (about the benefits of T'ai Chi) got a healthy dose of T'ai Chi Chih inserted into the mix! And how the reverberations for TCC were magnified. And how everyone can do her or his part next time.

1.) The immensely popular [www.doctoroz.com](http://www.doctoroz.com) writes an online story about how T'ai Chi boosts your immunity. Although we wish Dr Oz had said T'ai Chi Chih instead of T'ai Chi, it's still a big opportunity for TCC!



2.) Thanks to a **media training open to all teachers and sponsored by GKP**, media-savvy teacher Pete Gregory immediately jumps into the Dr Oz online comments section. Pete writes a wonderful response that's both fact-based and personal. He **buries the sales pitch for TCC so as not to seem too commercial**. He compliments Dr Oz, invites him to investigate TCC via the materials that he himself delivered to Dr Oz's assistant a while ago, and invites Dr Oz and readers of this article to look into [www.taichichih.org](http://www.taichichih.org). Perfect execution. Then he contacts Kim Grant to enact the next phase.

3.) It's posted on [www.facebook.com/taichichih](http://www.facebook.com/taichichih) – which Lisa Otero has masterfully grown into having 1375 **highly engaged followers** (engagement is KEY).

4a.) **37 engaged followers "like" it** – which means that perhaps 3700 more people will see something about the effects of TCC on our immune systems. Those curious, or in need of something like TCC, will click the link to learn more. The 37 friends who "liked" the post are called "**influencers**"; we tend to be influenced by what our friends like – we believe and trust what our friends like and do.

4b.) It is therefore always very helpful and important to "like" a post.

5.) It is also **very helpful and important to "share" a post** – which gives the story even more prominence with a larger audience of your FB friends. Without having been asked, four people shared this post. When Lisa or Kim proactively (and carefully) asks followers to share posts, you do – five and tenfold. You are highly passionate (or engaged) foot soldiers and **the outcome would not be nearly as effective without your active participation**. Thank you!

6.) As a result of others' sharing and liking, 799 TCC Facebook followers saw this post. Normally 300-600 people see a post. At our current levels of Facebook followers, if 15 people had shared this post, upwards of 2000 could have seen it. Imagine. And further imagine the reach when we double the number of Facebook followers ...

This whole stream of events is invaluable. The collective contribution lends a vital hand in furthering our common goal of spreading the word about TCC. But ... as Justin often said to me, "Not at the expense of a personal practice!" We can do both, with ease and grace. Thank you.

– KIM GRANT, ALBUQUERQUE, NEW MEXICO

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**TEACHER RESOURCES:**  
See [www.taichichih.org/teacher-resources/](http://www.taichichih.org/teacher-resources/)

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## Community Calendar

*For the most up-to-date info and event PDFs, visit [www.taichichih.org](http://www.taichichih.org)*

DATE	WHAT & WHO	WHERE	CONTACT
Aug 1-4	<b>TCC Teacher Conf</b>	near Minneapolis, MN	<a href="http://www.taichichih.org">www.taichichih.org</a>
Aug 4-6	<b>Seijaku Teacher Accred</b> w/ Pam	near Minneapolis, MN	<a href="http://www.taichichih.org">www.taichichih.org</a>
Sep 26-29	<b>TCC Retreat w/ Antonia</b>	Pecos, NM	Ann Rutherford / 505-292-5114
Oct 17-20	<b>Prajna Retreat w/ Sandy</b>	Aston, PA	April Lefler / 610-532-6753
Oct 20-26	<b>Teacher Accred w/ Pam</b>	St. Louis, MO	Gale Portman / 314-805-2021
Oct 21-25	<b>TCC Intensive w/ Sandy</b>	Aston, PA	April Lefler / 610-532-6753
Nov 6-8	<b>Seijaku Workshop w/ Dan</b>	Tupelo, MS	Ron Richardson / 662-844-6473
Nov 8-10	<b>TCC Workshop w/ Dan</b>	Tupelo, MS	Ron Richardson / 662-844-6473
Nov 11-16	<b>Teacher Accred w/ Pam</b>	Albuquerque, NM	Judy Hendricks / 505-897-3810

**- MORE WORKSHOPS & RETREATS -**

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

Aug 4-6 / **Seijaku Intro Workshop** / near Minneapolis, MN  
[www.taichichih.org/calendar-of-events/](http://www.taichichih.org/calendar-of-events/)

Sept 19-22 / **TCC Retreat with Carmen Brocklehurst** / Albuquerque, NM / Judy Hendricks / 505-897-3810



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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" \_\_\_\_\_

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Thank you!