

**Seijaku for TCC Teachers**  
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**Seijaku** is a Japanese word that means “stillness (or serenity) in the midst of activity”. It is a term Justin Stone used to describe that quality of inner serenity in the midst of busy daily life that is cultivated by our practice of T'ai Chi Chih®. It is also the name he gave to the **advanced form of TCC**. In this evolutionary practice, one additional principle is added internally as we do the T'ai Chi Chih movements, which greatly steps up the flow of Chi.

When Justin first taught Seijaku to a group of TCC teachers in Menlo Park, California in November of 1986, he told us that the most important event in his life was discovering Seijaku. That is a powerful statement!

Justin later said that when he started doing Seijaku was a “key turning point” in both his health and his jazz piano playing. He had previously had triple by-pass surgery, after which his surgeon told him that his heart was good for another five, maybe ten years. After less than three years of practicing Seijaku, Justin told us at a 1989 Seijaku course in Monterey, CA: “It is Seijaku that has given me the confidence to look forward to many years of continued health & strength.” That confidence was obviously well placed, since his heart lasted over twenty years longer than the surgeon predicted. This is a form of “health insurance” we can not only afford, but would be wise to utilize.

We know that the benefits of practicing TCC come from circulating and balancing the Chi. Seijaku greatly increases the flow of Chi, so it naturally accelerates the resulting health, creativity and spiritual benefits. It cultivates increased intuition, heightened awareness, and release from unwanted habit energies, as well as improving our TCC practice!

Seijaku practice makes it easier to adapt to change and the increasing pace of life today. It develops the ability to let go rather than holding on to that which no longer serves us. It focuses the mind, developing one-pointed concentration so we are more present, more productive, and we find it easier to meditate. Most of all, Seijaku helps us make progress in learning who and what we really are, and making peace with the impermanence of everything in this life.

Justin gave Seijaku to us as teachers for our own evolution, and to share with our best students. It is a natural next step for your students to deepen and soften their TCC after a year or more of practice. If you already know Seijaku, don't underestimate its value! Practice it regularly. If you don't, I encourage you to learn it from an accredited Seijaku instructor and from Justin's *Seijaku* DVD. I'll be teaching a 6-week Intro class online this fall. After at least 6 months of practice you can attend a Seijaku Teacher Accreditation and become accredited to teach Seijaku so you can pass it on to your students. The next one I'll be leading is online August 28-30, with one planned for summer 2022.

I invite you to give this remarkable gift first to yourself, and then to your students. It will serve you well in your TCC practice and in your life. Justin said, “If you make friends with the Chi, you can have a long, healthy, happy life and an easy death.” He did, and we can too, as Seijaku helps us become intimately acquainted with the Chi!