

# The Vital Force

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for teachers & students

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## Justin Stone: In His Words

**The world is a reflection of ourselves.** What we see without is an accurate measure of what we are within. If there is serenity inside, the outside world seems friendly. When we go to a strange place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and we repel others.

The mind that is often in meditation carries within it a continuous current of livingness, perhaps best described as “suchness.” We cannot pretend serenity; it will show in the way we meet daily situations. Each event and meeting has its own value if we can appreciate it. The way of heroes is the quiet way.

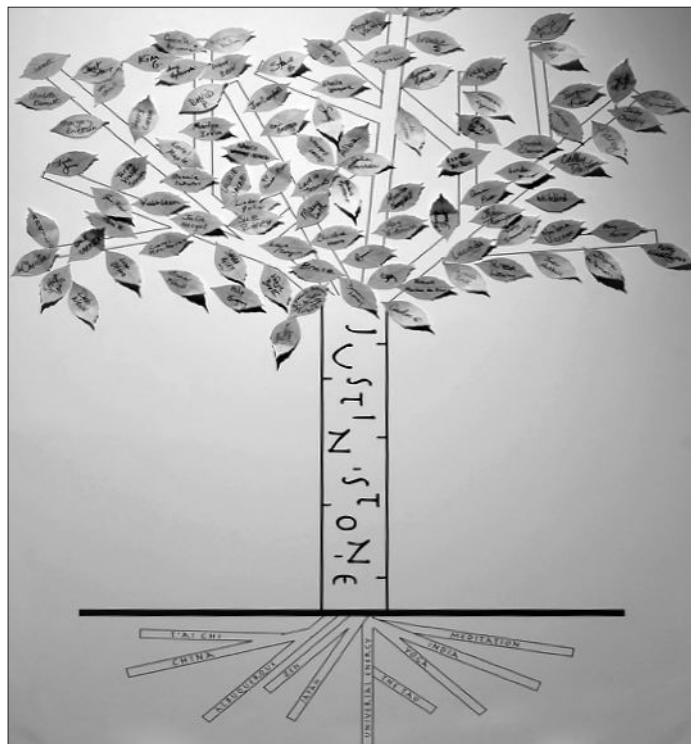
What meditation technique we use (if we formally meditate) is not important. Expanded awareness or inner certainty are the fruits. They do not have to be explained. “Know Thyself” is only possible when we go within and probe the deepest levels, far beyond the conscious and thinking mind. **To rest in awareness, without labeling each happening as good and bad, pleasing or unpleasing, takes training.** The mind is restless with the habit energies of many lifetimes. These are well-worn grooves that we follow habitually, just as we speak our native language. To learn a

new tongue is difficult and to go in a new direction is also hard. If we do not make the effort, we stagnate. Habit is man’s greatest enemy; spontaneity is a great boon. The mind conditioned by meditation does not have to pause for long reflection; the reaction is instant, and often we hear ourselves saying something meaningful and thinking, “Did I say that?”

### **Saints and Poetry**

*Saints are not poets because  
Poets are caught in the web of passion.  
They write about human suffering,  
Which the Buddha said is common to all beings.  
The sage is not bound by that rope;  
He has replaced passion with compassion.  
So there are no poems at his fingertips,  
Though the real poetry,  
The glory of creation,  
Shines in the cave of his heart  
And every cell rejoices in mute testimony  
To the life – force  
That flows through us all.  
Sing a song of wonderment.  
And give thanks, give thanks, give thanks.  
The trees stand against the sky –  
Something is expressing.  
What is there to understand?*

*At left: The tree of Justin: from his influential roots to the leaves of TCC teachers at Conference 2019.*



From Justin Stone's *Climb the Joyous Mountain* and available on [www.justinstonetcc.com](http://www.justinstonetcc.com)

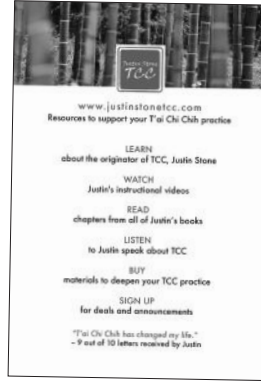
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~ With gratitude. Kim Grant, Albuquerque, NM

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*The Vital Force*

~ 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.

~ Submission Deadlines ~

January 1 for the February issue  
 April 1 for the May issue  
 July 1 for the August issue  
 October 1 for the November issue

**What Does The Vital Force Do?**

- Produces a quarterly journal by and for its members
- Creates and maintains taichichih.org for everyone
- Keeps up the extensive teacher database
- Extends its reach through a blog and e-newsletter
- Outreach for teachers and students about TCC through social media
- Provide free subscriptions when we have resources.

~ Submission Guidelines ~

Please send articles as Word documents, electronically, to kim@kimgrant.com. 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.

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# JOY

By Kathleen McAllister, Broomall, Pennsylvania

**At the recent teacher accreditation** in Pennsylvania, I was asked to introduce myself and state how T'ai Chi Chih brings me joy. Immediately I became filled with emotion; TCC does that sometimes. Experiences from my accreditation came rushing back. Layer upon layer of life came off during that week. I was coming back into my own being, my own purpose, my own way, my own joy.

The first day I was struggling to let go of what I had built and what kept me safe. April Leffler gave me a deck of angel cards and suggested they might help. The card I drew was JOY. The message was: "You are ready to spread your wings. You are moving into self-love and confidence. Joy is the natural state of the spiritually-ordered person."

I wrote JOY on my hand as a reminder and continued to freak out (umm, prepare) for my presentation. At the end of my presentation I read my favorite quotation from Justin: "*The circulation and balance of the Chi is the great secret of life ... with the accumulation of Chi through T'ai Chi Chih practice, permanent changes in the circulation and thinking process take place, and renewed energy condition the whole way of life ... Joy becomes our natural heritage.*" And then I noticed JOY written on my hand and it all came together. I realized I was allowing joy.

TCC brings me so much joy as a teacher. It's the feeling when people show up for class, when they take time to nurture themselves, when they let go a little more. The vision of everyone in class moving softly as one; when I can help pass on nuances of the practice; when a student wants to become a teacher and I'm allowed (honored) to be on that journey with them; when the first graders that make me laugh out loud.... **I find joy every single day in my practice.** It is when I am called back, back to my body, back to the present moment, back home.

That's the long story to a simple question. I am so grateful to have found the joy of TCC.

# Remembrance Of Justin Stone – Sharing The Chi

By Carmen L. Brocklehurst, Albuquerque, New Mexico

**Justin received a note** from Joseph Pagano, a student who went on to become a T'ai Chi Chih teacher, sharing that they had recorded the talk at the 5th annual TCC teacher conference in 1990 without asking permission. They asked Justin if he would like the tape. When Justin told me about it I asked for a copy, and Justin asked what I planned to do with it. "Do you think this is just for you?" I hadn't given it a thought but said I would make it available to teachers.

It was a very good lecture. I made 15 copies and announced in *The Vital Force* that free copies were available. To my surprise very few teachers asked for a copy. But the thought remained that this talk wasn't just for me. When many of us came to TCC our first thoughts were about what TCC could do for us. But as the *Chi* cultivated our hearts and opened them to a greater purpose, we began to realize we wanted to share TCC with others, to share the *Chi* so others could experience the good that we were getting. Justin often said that TCC was meant to be a service to humanity. This was and is very powerful. But how was this to be accomplished? Often we have big ideas without knowing how they'll be achieved, but the *Chi* knows.

Later I asked TCC teacher Carolyn Shaw if they would transcribe the tape, and they did. Virginia Shilson was one of my first students and later became a TCC teacher, and Doug Shilson helped put it in booklet form on a new Atari computer. Over the years many hundreds of booklets have been printed. The most recent unfoldment of this sharing of the *Chi* has been that the T'ai Chi Chih Foundation puts aside funds so that this booklet, *Evolution Through Chi*, and seven other are made available for free to new teachers at their Teacher Accreditation Course.

Each of you has a story to share of how the *Chi* (in the form of *T'ai Chi Chih*) came through Justin to you to be shared. The amazing part? **All avenues come into being so an original manifestation can take place in this world** so that we can learn to love and share the *Chi*.

P.S.: Many thanks to our conference co-hosts Laurie Jacobi and Linda Zelig for this year's teacher conference. So much thought was put into all

areas for our comfort, companionship and growth. Our speakers guided us to move inside. We were asked to experience what the *Chi* means to us. The best part was doing TCC with so many friends. That unity of spirit changes lives.

*At left: Conference 2019: Panel discussion on remembering Justin.*





# Letter To My Teacher, Marie Dotts

By Connie Shaw, Johnstown, Colorado

**This letter concerns** a TCC ton-of-bricks insight about how “we are drained by our habit energies” that I had to share. Along with it comes the inevitable chagrin that accompanies new awareness, tempting us to ask, “How could I have missed knowing this my entire life? It was there all the time but I just didn’t see it.” To that egoic reaction I can now say more on the positive side, “We see when we are ready. At least I am ready now to see and to feel in new ways.” **TCC has started me on a path of new vibrational education.**

Today I felt a big insight waiting for me, so I sat down and closed my eyes. Boom. The nearly inaudible suggestion came to review/view all of my relationships in my heart (instead of in my mind), feeling their vibration, recalling faces, minds and personalities. When I did so, I realized that:

- I have formed all of my friendships with loved ones, friends and acquaintances based on my mind’s predilections for how people think, express love (or not), appear, speak and generally navigate the world. This habit, I see now, was largely based on my social conditioning and on psychology and spiritual biases. It was a filter of preferences with an intellectual basis, rather than a heart-frequency foundation.

- When I “vibrationally” ran through the list of people close to me and mentally felt their vibration for the first time, I realized with a distinct shock that I had been relating to them through the mask of their smiling faces and protestations of love for me (when in fact they usually want something), and that I had been ignoring the draining energies behind the masks. No wonder I have been so tired.

- Now it will be relatively easy to scan people’s vibra-

tions while interacting and when meeting new people, rather than focusing on their psychological stances, use of words, jokes, coy gestures, habitual banter and other cover-ups that shield the heart’s true Essence, which is Love, whether acknowledged by either side or not. Vibrational frequency is the telling give-away. I have missed it many times, or ignored it by buying into the narrative that a person wanted to convey in order to be acceptable or purvey a strategy.

- By ignoring flowing (or stuck) vibrations taking place in any moment, I have allowed my energies to be siphoned off, like water from a jug on a sweltering day. It is vital to budget energy, time, money and resources in order to maintain and increase the flow of life and in order to renew energies, expand time, attract more funds, and create and access new and more resources for the greater work.

- **TCC has helped me to jump out of yet another box** – that of cultural and intellectual/educational conditioning – through paying more attention to the breath in everyday life and paying more attention to my frequencies and those of others, in spite of what they are saying,

how they are dressed and how they seem to comport themselves. This “frequency-scanning” is another mode of witness consciousness, which is vital in letting go of all that is not this Self (in Sanskrit it is *neti-neti*, or “not this, not this”).

- My big take-away is the awareness that as I embrace silence more, not everyone is healthy enough to have a front-row seat in my life. Continual vibrational vetting is essential to maintain my energy and health so that I can give to many, not just a few, in the global work which I am here to do.

Never would I have guessed, Marie, that **TCC could be a vehicle for the delivery of so many impactful insights** as it has brought us in the five short months since we started our classes (warrior training!) with you. We are integrating them immediately (otherwise, what is the point of having them?) and thank you again for facilitating them. With deep gratitude and mirthful love.



# Teaching Students With Neuropathy

By Diana Bahn, New York, New York

**It has taken me years** to understand that I am not a visual learner when it comes to T'ai Chi Chih and other movement. That may be one reason I was drawn to TCC in the first place. Just allowing myself to feel my feet on the floor was like being in heaven. Justin always emphasized that the “internal environment is far more vast than the external.” It’s interesting that my other practice, the Realization Process, also focuses on that. At the same time, doing the Realization Process has revealed just how important it is to be seen, especially when teaching TCC. And I have changed.

Having the privilege to teach TCC at a Mt. Sinai cancer center, I have met several students who have foot neuropathy as a result of chemotherapy. Because foot neuropathy creates such disconnect from the feet to the brain, it can be an obstacle to learning TCC. People with neuropathy can have numb feet, pained feet, weak feet, etc. Though I’ve never been diagnosed with this, I have had my share of foot pain. I wanted to “do no harm” teaching these people.

“Justin said it is okay to do Rocking Motion so the feet are flat and then to raise the toes slightly

The Realization Process strategy encourages people with neuropathy to move. First, I teach them how to mentally embody their feet while seated so that they become the internal space of them. It seems we can go deeper than our nerves and **inhabit our feet with our minds** despite our medical diagnosis. Eventually, I ask students to **find the centers of the soles of their heels**. They then often report back that they feel a buzz or resonance at the heel centers. This feedback coming from inside is very confirming. I ask them to balance these two points; mentally find them at the same time. Then, they can let their mind rest there.

Now I ask them to come forward from the heel centers to the **bubbling spring** (a.k.a. the Kidney 1 points) just before the metatarsals. When they find these points (also referred to as “*hsueh*” points), they get more confirmation via the sensation they feel there. I ask them to find both Kidney 1 points simultaneously, and rest there. Let the mind rest there.

How is this listening inside the feet related being seen or not? If someone has been going through a hard time, like with chemo for cancer, they have probably been stressed to the max. Then add being stressed while moving to the mix; it’s very challenging. There’s no *Chi* flow. It’s no fun.

Using Realization Process really jumpstarts them doing Rocking Motion, a preliminary movement of TCC. No wonder Justin referred to Kidney 1 as the fountain of youth.

**When teaching Rocking Motion to people with neuropathy, it is important to focus on when the feet are flat**, especially the transition from the most forward, expansive part (belly leads) of the movement, just at that moment when we start to move backwards (bottom leads), the contraction part. To linger in the foot’s full contact with the floor so we are in the whole foot (touching the ground) as our body now moves backwards (and our legs straighten) is very stabilizing.

For students with foot issues and balance issues, slowing down is essential. I have found myself instructing the students to keep your feet flat at that moment before they start to shift back. Recall that Justin said it is okay to do Rocking Motion so the feet are flat and then to raise toes slightly. This allows for a steady Rocking Motion. Balance is jeopardized when the feet aren’t functioning at their best.

Many of us have come a long way from where we were when first introduced to TCC. The experience of stillness while moving is one of the great benefits of practicing TCC. It is challenging for people with neuropathy to access that experience because they cannot feel their feet, even when seated. Realization Process tools have helped me make TCC accessible to everyone; we can all improve and feel better. Justin called the *hsueh* (bubbling spring) the fountain of youth for a good reason. In TCC we can experience a deep appreciation for our inner landscape and work from there.



# Remembering Justin

By Sandy McAlister, Hayward, California

**Many of the teachers attending the 2019 conference** had never met Justin so it was a wonderful idea to set aside time to tell stories and share remembrances. And for those who had spent time with Justin, we learned some new stories.

Stories help flush out a personality. We know a person from our interactions with them and what we might have heard from others, but that is often not everything and it is colored with each person's perspective and interpretation. Stories can be about our personal interactions or our reactions or responses as a result of something they said or did.

Not long ago I attended a life-celebration for a dear friend and learned so much about them. This person was so much more multifaceted than I ever knew. I felt like a diamond in the rough to their princess cut.

We interpret the world around us through our own lenses that have been curved, shaped and polished by our experiences. So we may not all have the same perspective. Justin's focus in life was helping others. T'ai Chi Chih is an obvious result of that desire.

For those who spent time around Justin, **he was always teaching lessons with the goal of waking us up.** He wanted his students/teachers of TCC to move forward on their spiritual path. His "lessons" were to show us where we were stuck, or not being honest with ourselves, or to point out our ego or endless shortcomings, and how to look beyond or inside or in another direction.

He often talked of generosity. He once asked if we could perform an act of generosity and not tell a single person, ever. I thought that should be easy. Who goes around bragging about what a wonderful thing they did for someone else? So I did something for someone and lo-and-behold I found myself several times having to snap my mouth shut, catching myself before speaking about it. It was truly a lesson noted, because over the years I have found myself talking (bragging) about something I have done and usually realize this after the fact. But there have been times I have caught myself before speaking and examined my motives.

At conference I told a story about my reaction to a time I thought I was going to be corrected by Justin in front of many other teachers. The part of the story I told wasn't so much about Justin but about my reaction and recognizing my ego (only later, not in the throes of embarrassment) as it battled between the desire for his attention or invisibility. The part of the story I didn't elaborate on was the reason why Justin gave corrections the way he did. He was often abrupt, very direct and not gentle. It may have seemed as if he didn't care if he hurt someone's feelings.

I remember a teacher accreditation course when someone was crying because Justin had corrected them. He was sitting next to me and leaned over and asked me, in all seriousness, "Why is that person crying?" I wanted to say, "Because you hurt their feelings." But I probably mumbled, "I don't know." It's not that he was callous and didn't understand or care; he was pointing out that emotions have no place. He gave a correction and the expectation was to receive and work with it. Cut and dry. No room for emotions. Emotions are just our ego worrying about what other people think of us, or that we think we are not good enough or are wrong. He wanted us to realize what ego was, how it operated and how it holds us back. He wanted us to know who and what we are. We can't do this if we are in denial or not honest with ourselves.

If it sounds like he was a harsh taskmaster without a heart, read these two writings from *Spiritual Odyssey*. The beauty of Justin's words can bring tears of sweetness to the eyes.

*"It has long been apparent to me that everything is vibrant with life. The 'empty' space vibrates with energy and intelligence, and, if one gazes at the silent hills and rocks, one will find they are singing the Glory of Creation."*

*"Though I have been unable to detect a purpose to this life, I have enjoyed the quiet of the trees and the sunlight on the water. Should I be fated to return, I would like to work to still the hatred in people's hearts."*

Justin created TCC to help people, not to build a TCC school or organization with himself at the head. In the early years of TCC some teachers would send him a tithe or portion of their income from teaching. I would send it back telling them all he wanted from them was to be a good teacher and pass on this valuable practice to others.

What I liked about Justin was that he was human. He wasn't perfect and he didn't want to be put on a pedestal. He wanted to be of service, to help those around him to "wake-up," and through TCC bring joy, comfort, health, caring, happiness, wisdom, self-exploration, connection, and love to those who try it, allowing them to receive what serves them. Thank you, Justin, for the gift of your service to mankind.



## Conference Memories

By Pam Towne,  
Oceanside, California

**Our annual teacher conference** is always a special time for teachers to come together, renew and refine our practice, re-dedicate ourselves to teaching, re-connect with old friends and make new ones. I'm very fortunate to have been accredited in 1984, before the first summer conference in 1985, and to have attended every conference. I look forward to it each year.

Just imagine how strong the Love Energy is with over 100 teachers doing TCC in the same room. There's a lot of years of cumulative Chi in our group practice!

Other highlights this year included learning about the Veterans Administration program that will offer T'ai Chi classes for Vets in every U.S. county by the end of 2020, and how TCC teachers can participate. I sense this holds great promise for the growth of TCC.

Dovetailing with this presentation was learning about brain research that confirms and explains what we hear over and over from our students: TCC relieves stress and helps heal trauma.

Research now shows that bilateral rhythmic movement, which TCC certainly is, calms the amygdala in the brain. That's where emotions, memories and old traumas are stored, and it's what gets re-activated in Post

Traumatic Stress Disorder. So TCC is highly beneficial for veterans (or anyone) with PTSD.

The consensus was that this year's conference set a gold standard for excellence. Movement sessions with each trainer offered opportunities for refining movements. Presentations were meaningful and timely. Minnesota hospitality was superb, from the local teachers who hosted to the Marriott hotel staff.

The best part for me was Sunday's graceful conclusion. By that time many teachers are already mentally out the door. Before our final silent TCC practice, Sandy McAlister invited us to be fully present and got us grounded in the soles of our feet. It was a beautiful, deep practice that left me centered and energized.

That was the perfect segue into leading the post-conference Seijaku Teacher Accreditation course. It was wonderful to stay two more nights and continue to build the *Chi*. I came home feeling renewed in the essence of TCC, re-dedicated to my practice and teaching, and filled with loving *Chi* from heart connections with so many teachers.

All  
moving  
together  
flowing as One  
sharing Peace  
Love and  
Joy



## Awareness Is The Root Of TCC: Six Points

By Daniel Pienciak, Howell, New Jersey

**The title reflects** an all-important point in Justin's writing on "The Essence of T'ai Chi Chih" in *Spiritual Odyssey*. The TCC practice has been called a moving meditation or meditation in motion. While the Originator has stated that TCC is not meditation (in the classic or perhaps literal sense), our awareness is very much alive in feeling the movements and the body, and in the flow of the *Chi*.

With this in mind, I have six awareness points that have helped students and teachers refine, deepen and evolve in their practice and to remain on a path of improvement.

**One is breathing.** Observe the breath. Is it flowing naturally and freely? (It behooves us to read "About Breathing Techniques" in *Spiritual Odyssey*.) Do we tighten up and hold the breath unconsciously at times while moving? Justin often reminded us to breathe naturally, in and out through the nose, during throughout the practice.

Be aware of tension, especially in the joints/muscles in the ankles, knees, pelvic girdle, shoulders, elbows, wrists and neck. Relax and surrender the bodyweight to the feet.

Feel the (often subtle) expansion and contraction in the *tan t'ien* (two inches below the navel) and in the lower back and lower abdomen. Looseness and fluidity are needed.

Feel the knee movement. Are the knees bending and straightening, slowly, continuously, smoothly and evenly right up until the end of the weight shift?

Be conscious of (focus on) the feeling of the waist and wrists moving as one. (When the waist glides forward or backward like in "Push Pull," the wrists move with it. When the waist rises or sinks like in "Rocking Motion" or "Joyous Breath," the wrists rise or sink.) There is a unity of movement this way. Justin often reminded us that we do TCC mostly with the waist and wrists, often citing "Carry the Ball to the Side".

Is the body's weight felt evenly in the soles of the feet, when the weight arrives on either foot in forward/back or side to side movements (i.e., when the weight shift completes)? The foot and ankle cannot be relaxed otherwise, and the resulting tension will travel up the body, inhibiting the circulation of *Chi*. These points are a worthwhile focus to develop.

# Conference Committee Reflections

By Linda Zelig (on behalf of the 2019 Conference Committee), Roseville, Minnesota

**I think I speak for everyone** on the committee when I say that it's good to be on the other side of the 2019 T'ai Chi Chih conference. There's a bit of mopping up to do, but it's satisfying to be putting things back in order, storing equipment and filing reports. But when I think back...

A year ago, in April 2018, our small but mighty conference team clustered at base camp and pondered the heights we had to scale to mount the annual conference. Looking up, it seemed a long and a dizzying climb.

## Flow Your Chi

By Jim Campbell, Syracuse, New York

When dark clouds hang over me  
Sister Antonia shines light so I can see.  
My shoulders heaviness begins to rise,  
As a sea of *Chi* awakens in me.

Because I felt more free,  
I asked her to share for all to see.  
As Sister pointed her laser toward the sky,  
Her light scribed a message up high.

Flow your *Chi*.  
Letting go from your core,  
Glide with softness,  
Be restored,  
Flow your *Chi*.

First, **we yoked ourselves to a visionary theme, *Return to the Circle***. It served us well – something we could rally around. Next, we doled out assignments according to interest and ability. The best thing we did was link our ropes together, pulling one another up bit by bit and week by week. If anyone slipped, another committee scaler was there with a safety catch. No one fell, though we sometimes feared losing our footing. Our climb took 452 days, each step bringing us closer to the peak – the anticipation of welcoming our community to Minnesota. Were we exhausted? Yes. Were we thrilled? Yes. But the mountaintop had room enough for all to gather and embrace new learnings, old friends and reliable traditions.

We thoroughly enjoyed hosting this year's conference! Part of the exhilaration was in knowing that individual expeditions were in capable hands, whether it was the auction/raffle excursion, or the registration trip or the accommodations/meals journey. We scrambled with a dedicated pace, one foot after another finding toeholds, until we met at the top on June 27, 2019 – huge smiles on our faces. Thank you to everyone who gave us a boost here and there, or an encouraging word or a helping hand. You are what made the annual conference a success. Thank you for joining us atop the mountain.

*Draw the circle wide, draw it wider still.  
Let this be our song: no one stands alone.  
Standing side by side, draw the circle, draw the circle wide.*

*-- from the Friday night concert,  
"Draw the Circle Wide" – Gordon Light (2008)*

*Below right: Conference 2019 committee.*





# Conference Notes

By Nancy Jo Bleier, Sitka, Alaska

**This T'ai Chi Chih conference** had a variety of events that kept me engaged. The first presenter, Dr. Ehlinger, not only presented facts and information regarding community building and Public Health, they played their guitar and sang and invited the audience to sing along. The best part was his honoring his deceased wife, Sally, who was a TCC teacher.

The energy in the room when we practiced was deep and dense. One teacher I saw today said they watched some of the videos on Facebook and it was like a wave of energy flowing. Seeing old friends that I only see once a year is meaningful; some I have more contact with during the year and others not. But we still connect and learn new things.

The “breakout” sessions were helpful in refining movements. It was very nice to have newer teachers offer presentations, such as Jungmin Lee on using props and Bruce Eisenmenger on the brain and the healing effects of movement with Veterans and PTSD.

There are always adventures in traveling from Alaska to and from conference, which keep me in the moment and so happy that I have TCC. Thank you to the Minnesota teachers who put this conference on; you always raise the bar on presenting a delightful conference.

*Below left: Judy George drops in for community practice and some body work from Hannah Hedrick.*



## Revitalized By Conference

By Diana Bahn,  
New York, New York

The **ground** is like a canoe  
It's gliding on the lake

A **ground** of water  
No effort.

I stroke the **ground**  
As stillness we move  
A unit across  
wilderness.

a sky **ground**

a sun **ground**

a tree **ground**

a rock **ground**

a me **ground**

In the wind

In the heat

In the sun

A **ground**.

Around the lake

Around the **ground**

I switch the side

To paddle round.

A rock door

Lift the boat

Feet on **ground**

To other lake.

Boat put down

On water **ground**

We glide and glide and arrive.

Indian glyphs on rock with

Paint depict the

Sacred **ground** that

Is all around

500 eternal years.

To be down and bound to

Canoe on **ground**

A fluid pathway

That was here before

The silent sounds

Of wind on **ground**

We turn around

City bound.

## Golden Nuggets

By Connie Krumrai, Fort Collins, Colorado

**After being accredited** in April, it didn't seem possible to attend the T'ai Chi Chih teacher conference in June. Yet, the *Chi* clearly had plans for me and within 48 hours of receiving accreditation, my plane and room were booked. I received scholarship monies to assist with the registration fees, and my late registration was accepted. Experiencing the generosity of those who helped me get to conference, and then witnessing the generosity of bidders at the live auction, which funds conference scholarships, filled me with such joy and gratitude that tears spilled over.

The moment I stepped into the hotel I felt I was home. **Like being at a family reunion where I knew few of the members, yet felt connected to all.** There was an uplifting, palpable energy to the conference. Smiles, laughter, hugs, kisses, tears, joy, sharing, community ... love bubbled all around. Budding friendships blossomed quickly.

I heard invaluable information from all the speakers. A few nuggets include:

- The opportunity to connect with others offering TCC to the same clientele with whom I feel called to share TCC.
- Jungmin Lee's breakout session gave me concrete ideas and props to use in getting important practice points across.
- Mary Weddle's session taught me to place my foot down like a tiny bird alighting on a branch or hand. This lesson has made my practice softer from the soles of my feet up. It also brought awareness to how "heavy-footed" I've been in my side-to-side step.
- I met my T'ai Chi Chih Nona (grandma).

The most invaluable golden nugget I received from conference was being able to read a type-written letter by Justin Stone, written to a teacher years ago. In the letter Justin states:

*"...I am surprised that you have a fear of speaking in public. These are ego doubts, and not worthy of you. You say you want to pass on TCC and Seijaku to other people. Do it! You will benefit spiritually by such service. Don't think, just speak from the heart."*

Reading the letter, I felt like Justin was whispering to my heart. This gave me the courage to put out a feeler to teach TCC. I've met with the volunteer coordinator at Harvest Farm, "a 100-acre farm and rehabilitation center for men seeking to break the cycle of addiction and homelessness," and they said yes! TCC will be flowing at the farm this coming fall.

How do I express my eternal gratitude for this enriching experience?

## Reflections Of A New Teacher

By Nancy Hebert, Audubon, Minnesota

**Newly accredited** in June, the 2019 Tai Chi Chih teacher conference was my first. I knew I wanted to attend, but **it far exceeded my expectations.** The teachers, presenters and committee really strove to make all feel welcomed and appreciated. I was introduced to many other new instructors and also met teachers who have been practicing for years. They were a great source of information and visiting with them was rewarding.

The conference organizers gathered great presenters. Their education, experience, knowledge and sharing of studies and research confirmed how great TCC is. It was motivating and informative, and I feel better prepared for community presentations. I feel confident that the data is evidence-based and the presenters generously offered support if I need assistance getting a TCC class up and running at home.

The twice-daily TCC practices were amazing. The energy in the room was great, a peaceful and tranquil time to share with teachers moving as one. I left feeling motivated, inspired and ready to share TCC with my community. I highly recommend that new teachers go to a conference. The people you meet, knowledge you gain and increased motivation will make you a better teacher and person.

The only downside was leaving. I felt very connected to people I'd just met and was sad to leave them and the amazing energy we shared. I'm already looking forward to the next conference. It's worth the time, money and sacrifice you might have to make to attend.



## Kudos

By Tracy Immordino, Trevor, Wisconsin

**Return to the Circle** was my first T'ai Chi Chih conference and it left me with a feeling of joy and tranquility, and most of all with a grateful heart for all who organized the event; for the speakers; for Sandy, Pam and Daniel for their willingness to give so much of themselves traveling around the country throughout the year; for Kim Grant keeping the website and *Vital Force* operational; and for my fellow teachers, who share their wisdom and extend support and kindness in so many ways.

When I saw that Minnesota was hosting, I knew that I would do my best to be there. I had attended an Intensive and Accreditation Course in Minnesota, and I was excited to reconnect with my friends who held a special place in my heart for many reasons. I kept checking the list of attendees to see which classmates had signed up, smiling each time another was added to the list. I saw familiar names from *Vital Force* articles and from the Facebook pages that I was happy to meet in person – and many unfamiliar names that I hoped to call friends by the end.

The interactions, connections, stories, wisdom and kindnesses that fellow teachers showed were the best benefits of attending. Each person I spoke with left me with a gem or insight to take home. My favorite parts were the silent group practices held twice daily. The energy was palpable and the room filled with serenity in the midst of our activity. I was happy to hear that we raised more than \$7,000 for the scholarship fund through the extremely entertaining auction, silent auction and raffle.

From my perspective, the event was perfect. The attention to detail was incredible, the presentations were interesting and informative, the breakout sessions were fun and insightful, and the entertainment superb. I came home having made new friends and wanting to attend another event. Kudos to Minnesota.



## More Committed Than Ever

By Dennis McCann, Guilford, Connecticut

**This annual T'ai Chi Chih conference** was my first. I didn't know what to expect but it was one of the best opportunities I've had to improve my TCC. Not only did I meet some truly wonderful people, but I feel that my form also went up a level. **I was certified in 2009**, and although I've been to some practices at Antonia's house since then, this conference really reinforced some amazing subtleties.

Over the years I've become more sensitive to the movements and how they affect my energy and flow. But being with such a large group of dedicated teachers had a much larger impact than I would have expected. I'm not even sure what changed. **It felt like a spiritual upgrade.** I came back more energized and committed than ever to teach TCC to anyone anywhere who welcomed it.

I am a hospital chaplain and have taught TCC to our hospital employees and patients over the years. After returning from the conference and putting out an invitation for an eight-week summer course, to my amazement 26 people signed up. We have been having great sessions, and there is an energy and group bonding that I can only imagine is an aftereffect from the conference. I have never had a class of more than 17 until now.

The energy of the daily group practice at the conference, the fine-tuning instructions from teachers, and the sharing between sessions and over meals with the participants has been **a shot of TCC adrenaline.** I am more committed and joyful than ever. Thank you all. **I am starting to save up to attend every annual conference going forward.**



## The Meaning of Suffering

The Buddha, 2500 years ago, pointed out that three conditions are common to all beings: impermanence, lack of any lasting ego-self, and suffering. *Dukkha* (suffering) means more than pain as the opposite of pleasure, and the Buddha said that such suffering is the inevitable result of greed, anger, and delusion – delusion meaning mistaking the unreal for the Real.

There is no other single subject so applicable to men – for who has not suffered?

## The Human Condition

The undisciplined mind can only lead to misery. When we are guided by our desires, and when we play the game within the pleasure-pain syndrome (seeking one and avoiding the other), the resultant suffering is inevitable. The great tragedy comes if we do not learn from the experience but lead joyless life after life without discernible meaning. To want what we cannot have, to ask that we sustain what is unsustainable, and to demand that the law of continuous change be somehow annulled is to invite unhappiness. Not to look within and introspect about what has caused the misery is tantamount to suicide.

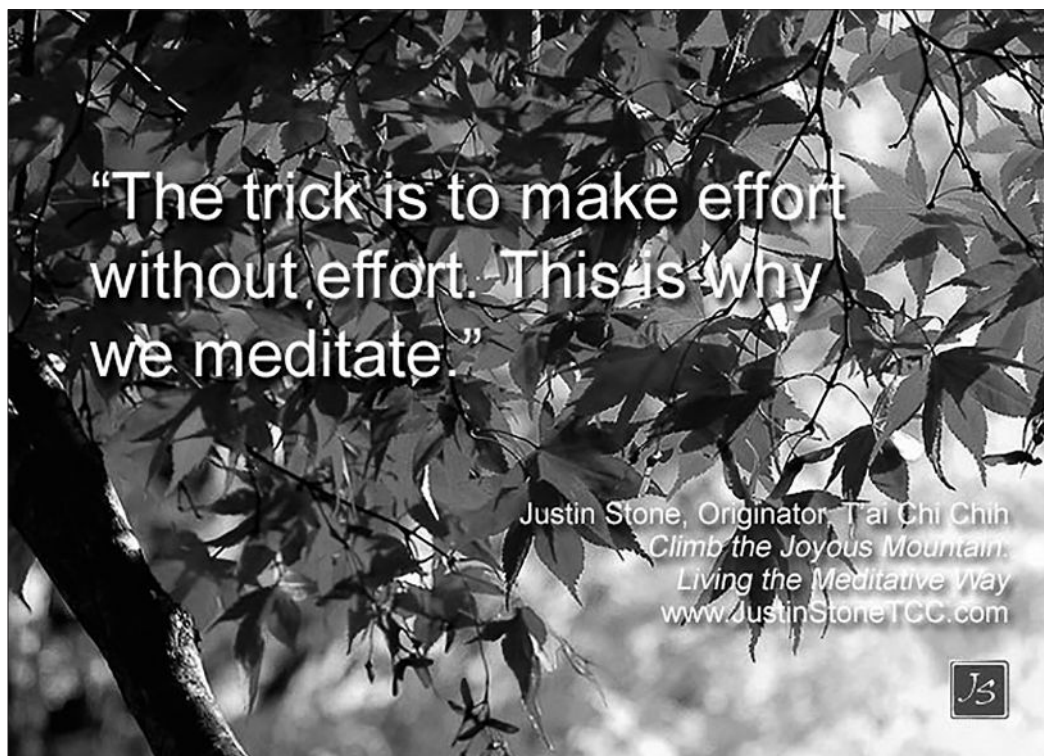
When we pursue status or look for pleasurable endless diversion, we have empty lives with hollow hearts. On the outside we pretend to impress others, while inside we feel disturbed and robbed of our just fruits. If we do not belong to an oppressed minority, and if we have enough means to remain solvent, we place our identity in our living quarters, our cars, our children (all possessions). We often live without an inner ethic or something greater than ourselves. Although it can't be done successfully, we can aimlessly divert ourselves if we have the means. (I have known wealthy men who amused themselves endlessly with prostitutes and gambling, shutting out any need for looking within. Their family relationships were never very good, however.)

**We have a duty to find meaning in this very life, this present existential situation.** And this requires a disciplined mind. Discontent can be a good starting point if we are willing to recognize it and accept the responsibility for our own lives, both past and future. Discontent and doubt are the first catalysts leading to Enlightenment.

In western culture, this great ennui and discontent manifests in our forties and fifties. Long since having abandoned youthful ideals, we feel unfulfilled and bored with ourselves; we transfer the blame to our mates. Rupture of the family serves no purpose (and sometimes leads to suicide) unless we are willing to become true home-leavers and give up both our desires and our habits. Remaking habitual thought patterns is terribly painful. And usually, by the age of forty or fifty, we have lost the ability to pursue change. We rest in the comfortable, and what is comfortable is the habitual that has led to our present condition. "I want to change things," we say, but we are unwilling to change ourselves. It is because we are what we are that we have the displeasing conditions. Without changing ourselves (our way of thinking, our desire-patterns, and our unreasonable self-demands), we are doomed to continue writhing in the quicksand of our own endeavors.

How we love our suffering. We are willing to give up anything but the comfortable habit patterns causing our misery. We will not throw away our crutch. Assuming we are the "good guys," that we are looking from the highest possible peak, we rationalize and see our present situation as other than what it is. We want the rose without the thorn and the joy of autumn without the cold of winter.

**Look in the mirror closely. What do you see in the face? Be honest.** Is there compassion, joy, energy, and good health, and a picture of fulfillment? If not, something is wrong, isn't it? Perhaps we do not have the intelligence to ingest the teachings of the greatest sages. If not, we must introspect on our own levels to comprehend what is wrong and what must be done. Being undisciplined, we postpone such a step indefinitely. This is suicide – literally,



self-death. We take heart attacks, strokes, and ulcers as the natural consequences of living. By then it may be too late. Paying huge doctor bills as ransom avails nothing.

Without self-culture (physical, mental, and spiritual) we begin to die early in life, and our existence becomes one long death progression. Pretending we are immortal, we ignore the present symptoms and insist that our usual way (which led us to the present predicament) is best. If we can truly believe, as the Soto Zen Genjokoan states, that this world is – just as it is – our ideal state, that's all well and good. Then, of course, there will be no complaining. If we pretend to “surrender” to a spiritual teacher, then he or she carries the load and we abandon all concerns, no matter how things go. If our prayers remain unanswered, we cannot complain because we have “surrendered” to God. But how many actually do so? We depend upon ourselves – not in the best sense as the Buddha advised but in the worst way. Dissatisfied with our self-made lot, we depend upon our limited being.

When we hate someone, we cannot love at all. If we place ourselves above others, we cannot see the absolute value of all. If we do not realize that we exist in total relationship, we are separated from others. And so we grasp only what appears favorable, hoping everything else will disappear. In so doing, we divide the Joyous Mountain into plots and subdivide it into yours and mine, good and bad. We live with hypocrisy and find we are unwilling and not ready to die. Dying each day, we pretend that death will pass us by. If we cannot appraise our present situation and determine how we got here (to a very concrete here and now), how can we face anything as nebulous as death? And yet we will die, and only by tasting death beforehand, can we live life. Only that which we do not grasp and that which can be dispensed

with can be enjoyed. We cannot enjoy the absolutely necessary. Such attachment causes the suffering that attends the possibility of losing it: jealousy, envy, the inevitable bitterness inherent in a grasping way of life. And yet, to face death squarely, we need a disciplined mind.

**The Fasting Mind discards as it grows.** Wanting to possess nothing, we have everything, as St. John of the Cross pointed out. Retrogressing from habitual to spontaneous and from artificial to natural, we eventually arrive at our place of origin: the spiritual heart. “Losing a little each day,” we stand firm in an inner relationship with sky and earth, relinquishing all and gaining nothing. This is not a prospect that lures the fool. Meditation is hard work and promises no material reward. Introspection is painful, so why do we do it? Because without finding out who and what we are (manifestly “ourselves”) we do not have a chance. We are like the animal that eats poisonous herbs and throws up, only to eat them again and again. Face the fact that we cause our own suffering and the rest is comparatively easy: we change ourselves. We think thoughts and perform actions that will reflect what we want in the future. Emptying ourselves, we find a quiet joy within. **We make every effort not to make any effort. Basking in the sun, breathing in the wind, we lose sight of gain and loss.**

Can we do it? Eventually we must do it. If we want an apple tree, we must plant the apple seed. We cannot expect effect without suitable cause. If we want the serenity of untroubled mind, we do not do away with death or trouble. That is impossible. To live is to have worries, and eventually, to die. We change our attitude toward things, empty ourselves of our previous habitual responses, and, cultivating a new soil ground, find it empty and ready for the new seed. This spiritual seed then makes it possible for us to Climb the Joyous Mountain.

“ if we want  
an apple tree,  
we must plant  
the apple seed



“Life can be good – if we plant the proper seeds. The way of joy is best.”

Justin Stone, Originator, T'ai Chi Chih  
*Climb the Joyous Mountain:  
Living the Meditative Way*  
[www.JustinStoneTCC.com](http://www.JustinStoneTCC.com)



From Justin Stone's *Climb the Joyous Mountain* and available on [www.justinstonetcc.com](http://www.justinstonetcc.com)



## Remembering Justin Stone

By Nancy Werner-Azarski,  
Minneapolis, Minnesota



**I first met Justin** through my first T'ai Chi Chih teacher, Ron Barker, and then through Justin's books beginning with the *TCC Photo Text*. I really liked that Justin did not want money from teachers at every turn, and Justin's history sounded interesting, and when I learned that he had created the form, I was intrigued.

Then I met Justin through my teacher trainer, Ed Altman, and from him I learned that Justin was the authority on TCC and that it was a serious practice. After being accredited, I went to every conference and visited the New Mexico TCC Center to practice with Justin, and I attended one of his meditation retreats. I wrote him often and would get postcards in return. So I sought him out. But he is, was, hard to describe. It reminds me of the 12 blind men trying to describe an elephant by touching a very small part of the elephant. I only met Justin a few times, only knew bits and pieces of him, but felt very connected. I miss him but feel he is still with me in my practice of TCC.

My feelings for and about Justin are wrapped into my feelings about my TCC practice. The person I was isn't who I am today, and that has a great deal to do with my TCC practice. So how does one describe that relationship? Love and gratitude. And now I once again learn about Justin from his books and other teachers, and I am happy to meet him in my TCC practice still. **Do your practice, read his books, talk to other teachers and you will know the heart of Justin Stone** – all that you need to know.

## Reflections & Observations On The Adaptation Of TCC To Aging

By Lorraine Lepine, Prairie Village, Kansas

**I've had the privilege** of working with two groups of ongoing T'ai Chi Chih students for the past seven years. Different from beginner's classes, these ongoing classes and the trust we developed together through the cultivation of the *Chi* allowed powerful mutual enfoldment.

Who we are is always transforming since birth, and throughout our growing up. The only constant is our witnessing of the changes that occur in our body and all around us throughout our life, according to Zen.

When we witness changes in our body, we create a distance, an objective perception, and it becomes easier to accept what is because we realize that yesterday, what was, is no longer. As we move and circulate the *Chi*, we are changing, witnessing the pain go away, witnessing ourselves moving through stiffness. We witness ourselves experiencing wholeness, the bubbling life force within. This is the wonderful power of the present moment which is unfolding in front of our eyes.

**How do we perceive the changes that occur?** I had an interesting talk with my 92-year-old student, who said that the physical body goes through many changes in the course of a lifetime. This has an effect on our identity as self and in the world. I am here right now, with the way I am right now. Accepting where we are means that we may have to adapt temporarily, never believe that this is it, that I am limited. No, it means you need to explore options that will help you to keep moving, maybe doing less for now, getting the help you need and slowly progressing.

**In light of physical limitations, Justin used to say: "Just do TCC the best you can."** We have to face the fact that we are going to die one day and that we are going through changes in the course of a lifetime. It could be in the form of a loss, a body transformation because of an accident, a trauma, or an illness. *Continued on <https://taichichih.org/conference-2019/>*

## Awakening Energy Within Making Connections Inside & Out

By Sheila Leonard, St John's, NL, Canada

**Objectives and Outline:** Below are the talking points for my 2019 T'ai Chi Chih conference presentation. It was indeed a joy and a privilege to present on something so dear to my heart and which has so profoundly deepened my personal practice, and which I dearly love and love to share. Thank you for this opportunity.



**Format:** The focus is a mix of informational and interactive as I invite attendees to go deeper inside an amazing inner energetic landscape which Justin was clearly so aware of and had often referenced without elaborating too much on it.

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**I hope participants will come away with** an ever expanding, deepening understanding and experience of/that:

- Everything is energy and energy is everything: Body, mind, heart and the Universe, as a dynamic, unified, integrated energy system. As one.
- Coming home to our bodies: Body-mind-heart working together as one to facilitate healing and a return to the circle of original wholeness, the limitless energy of the original divine blueprint encoded within.
- Where the mind goes, energy flows: Blocked or constricted energy, broken energy connections lead to distress, dis-ease, disease. Using our mind's energetic focus we can free up the energy flow and be re-energized for life.
- Shared purpose of all life: Happy, healthy, whole, fulfilled. Energy is alive, energy wants to move, connect, re-awaken and fulfill our shared vision and purpose, returning to yet another circle, the circle of wholeness, of oneness, for life. *Continued on <https://taichichih.org/conference-2019/>*

## TCC: The Brain & Beyond

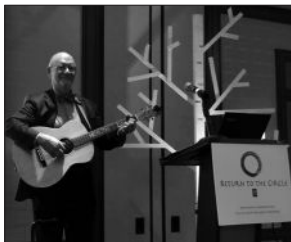
By Dr. David Parrish, Media, Pennsylvania

**Brain science continues** to develop research that indicates that the practice of mindfulness-based meditation practices changes the brain in significant ways. It is important to recognize that T'ai Chi Chih is a mindfulness moving meditation. Therefore this research provides scientific evidence of the power and value of this practice.

In my presentation at the Boulder conference a few years ago I presented specific brain research led by Dr. Richard Davidson that indicated that there are four constituents that have been investigated scientifically that are known to be influenced by brain plasticity (the ability of the brain to change in relationship to experiences).

**The four constituents are attention, positive outlook, resilience, and generosity.** Research shows that when people practice various forms of mindfulness practices that these areas of the brain change in a positive direction. In a Mind and Life meeting with the Dalai Lama, Dr. Davidson asked the Dalai Lama if there is an interactive process between the subtle energy body (*Chi*) and the physical body. After a pause the Dalai Lama said that with the practice of certain meditative and other types of energy practices that the subtle body is activated and the physical body is influenced by the flow.

The idea that the *Chi* is activated, and the flow of the *Chi* increased by mindfulness practices, is a well-known aspect of the various wisdom teachings and it is now being investigated and verified by scientific findings. *Continued on <https://taichichih.org/conference-2019/>*



## The Grounding, Healing Effect Of TCC Applications To Trauma & PTSD

By Bruce Eisenmenger, Roseville, Minnesota

**My work as** a psychologist/psychotherapist and T'ai Chi Chih/Seijaku instructor working primarily with individuals with anxiety and trauma conditions has led me to the belief that **TCC is a therapy in itself.** Trauma conditions are characterized by an activation of the Sympathetic Nervous System (SNS). Two primary principles that are vital in calming the SNS and are present in TCC are: (1) Rhythmic Sensory Bilateral Stimulation (RSBLS) and (2) Notion of the Bubbling Spring or Yung Chuan – K1 meridian; the entry point for negative ions or earth energy. The trauma and brain research of Robert Scaer, MD, finds that any form of rhythmic sensory bilateral stimulation has a quieting or inhibitory effect on the amygdala, which plays a central role in the activation of the SNS and resultant symptoms.

RSBLS is a central part of TCC with the *yinning* and *yanging* of the weight shifts. Additionally, and per my experience with trauma clients/students, they seem drawn to the bubbling spring and feet flat movements. Therefore, in any effort or goal to quiet the SNS, attention or awareness is held in the soles of the feet and to the sensation of the bilateral weight shifts. Furthermore, this awareness results in a slowing of the movements and a deeper sense of sensory body awareness, which is what we want with trauma conditions. **In short, TCC becomes a moving meditation of embodiment.**

We know from hypnosis research and practice that when we quiet the amygdala and SNS the brain is more receptive to spoken interventions or suggestions. What we say as teachers and how we say it makes a difference. Affirmations spoken aloud of "T'ai Chi Chih meets you where you are" and "soles of the feet" and "the effort of no effort" and the Seijaku notion of "*Chi* follows thought" when heard in a state of physical rootedness and mental calmness and awareness are heard and felt within both body and mind. **The quieting of the cortical brain and the rootedness of the physical body creates the condition for subtle body awareness and healing to occur.** Justin spoke of working through the physical and its effect upon thought formation and the mind. I find this to be so true. "When we practice T'ai Chi Chih faithfully, we will find that Love Energy is the fruit."

*Top left: Dr. Ehlinger presentation. Bottom left: Dr. Parrish presentation. Page 14: Sheila Leonard presentation.*

Read more presentations on <https://taichichih.org/conference-2019/>

## What I Learned Outside Of Class

By a Widener University Student; Chester, Pennsylvania

**One of the first things I noticed** outside of class, through taichichih.org, was that T'ai Chi Chih is truly explored worldwide. We had discussed this to a certain extent in class, but seeing pictures was impressive. (I also noticed our instructor in several of these photos.)

What really stood out was how the people in the photos were out in the world (see taichichih.org/where-in-the-world) rather than inside a classroom, which is where they probably learned TCC. Instead, they took what they learned and went out into the world with it. Many images were of places with large crowds, yet they took the time to pause and root themselves in the moment.

This makes sense as the website recommends to practice TCC daily. Although we have talked about this in class, one interesting idea discussed was doing TCC on vacation. Even though vacations are often opportunities to get away from daily routines, the website suggested that TCC is a routine that should stay no matter what: "Most T'ai Chi Chih teachers and students practice every day, whether at home or away. Often, taking a vacation means more time to do TCC, rather than less." As the website suggests, it is recommended to change your daily routine on vacation to include extra TCC.

I also learned that I would enjoy TCC or T'ai Chi Ch'uan outside. With the summer break fast approaching, I think it could be fun to add an outside practice to my morning routine.



## Social Media Paper

By a Widener University Student; Chester, Pennsylvania

**Aside from what I have learned** this semester in class about T'ai Chi Chih, I have learned many other things not taught in class by the TCC social media sites including Facebook, Twitter, Pinterest, etc. However I learned the most about TCC on their website. Not only did it reveal new things, it is now a site I will check often due to the weekly updates of TCC around the world.

One of the most interesting things was learning about the founder of TCC, Justin Stone. He lived to be 95 years old and the website provided life changing quotations by him. It definitely gave me a better outlook on TCC and the purpose of it.

I also learned the health benefits of this meditation method. Prior to visiting the website, I thought that the only and main health benefit was to decrease stress. But there are many more benefits. There are

emotional, physical and mental health benefits, and the website shares personal stories of other people's experiences. Many said that their headaches have lessened, joint pain disappeared, their high blood pressure declined and depression decreased.

I also learned that there are books and DVDs available for those wishing to advance in this meditation method. I thought that if one wished to learn, they had to go to a class. Now anyone can learn at their own pace and time, making TCC more convenient.

## Pyramid Poems

still  
grounded  
expansive  
endless quiet  
deeply feel  
inside  
be  
- MARY R.

the  
silence  
without is  
nothing compared  
to silence  
within  
peace  
- D.W.

be  
still and  
listen hear  
life growing from  
within soft  
gentle  
life  
- M

moon  
silent  
in the night  
why can't my mind  
let me be  
just that  
still  
- JERRY

life  
is here  
life is now  
in all ways now  
embrace life  
embrace  
me  
- LEYA

once  
silence  
deafening  
now all quiet  
comforting  
inner  
friend  
- JOYCE K. VEERKAMP

more  
aware  
of judgements  
and surroundings  
internal  
chatter  
calm  
- VINCENT

be  
gestures  
expressions  
compensation  
privacy  
chatter  
mind  
- ANONYMOUS

shhhh  
quiet  
it is hard  
no rudeness; peace  
hear nature  
no noise  
be  
- TERESA

soft  
noises  
solitude  
contemplative  
little sounds  
made big  
nice  
- LAUREN P

# Six Healing Sounds – Times Twenty Three

By April Leffler, Prospect Park, Pennsylvania

**During the 2018-2019 school year,** I had the privilege of teaching T'ai Chi Chih to 2nd, 3rd and 4th graders in a small, private Catholic school in Chester, Pennsylvania, while Sr. Christa Thompson and Kathleen McAllister taught 1st, 5th, 6th and 7th graders. We taught 30-minute classes per grade twice weekly.

Often times I left the school filled with absolute joy and amazement from the profound openness, innocence and sincerity of these children. At times, I left the school feeling like I had “missed the mark” with the kids. How does one engage the interest of twenty-some students per class while trying to teach the nuance, softness and principles of TCC in 30 minutes? What does one do when the students become bored or begin to misbehave?

The 3rd grade class was rather boisterous and it became challenging to teach TCC them without feeling frustrated.

A year ago, someone in another TCC class asked if I would be interested in house/dog sitting while they went on a long overdue vacation. The dog was elderly and medically fragile. I agreed and packed my bags for the 12-day stay with this dog. While the couple was away the dog went into kidney failure. After the dog had a 24-hour hospitalization with resultant failure to respond to treatment, the couple heavy-heartedly agreed to have their beloved pet put down while they were still away. I assured them that I would be there for the dog should it come to that, and received the phone call about the unsettling turn of events while in the parking lot of the elementary school. I was saddened and a bit uncertain about what to expect while agreeing to be present with the dog during the procedure.

After teaching the 4th grade class that day, I decided to share the news with the boisterous 3rd graders. I told them of the impending veterinarian appointment after class. I asked for their help because I was feeling heavy-hearted and a bit anxious.

Every student sat alert and quiet. One of the

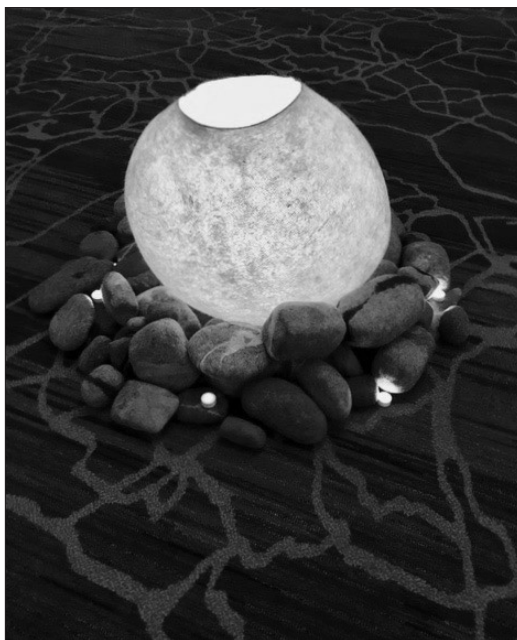
most boisterous boys became tearful as I shared the story about the dog. Another “bugger” student shared later that his dog had cancer.

I asked the entire class to stand in a circle while I sat in the middle and, to do Six Healing Sounds from their hearts while I placed a hand on my heart and one on my *tan t'ien*.

I've never heard or felt a more sincere and compassion-filled Six Healing Sounds. Their love and tenderness was palpable. After they finished, I placed four chairs in the center facing outward and asked the teacher to choose four students who needed some TLC because they were concerned about something or someone. The entire class, including the teacher, had a turn in the center as we did one set of Six Healing Sounds after another. I thanked them and emphasized how we all can help each other and be supported by others.

I left that school with deep gratitude, humility and awe. As Justin said, “T'ai Chi Chih is a service to humanity. It is a form of love.” Amen to that.

I  
have no  
attachment  
to Justin Stone  
and yet I  
still give  
thanks  
- APRIL LEFFLER



*At left: Conference 2019 centerpiece  
in Minneapolis, Minnesota*





# Thoughts From A Former Student

By Parker Reynolds, Strongsville, Ohio

**Having just received word** that there was an open slot in the local recreation center's evening schedule, we arranged to offer an evening T'ai Chi Chih class. I sent an email and flyer with all the particulars to past students I haven't seen in a while. The hope was to fill the class and have some students already familiar with TCC. I received an interesting reply from Mary B., a former student of my teacher, Roseann. This is our email exchange:

*MB to PR:* I stopped going to the YMCA after Roseanne retired. The new T'ai Chi class and teacher are a poor replacement. I tried going a couple of times but ended up more stressed out after the class. Can't quite figure out what form they are teaching, and they talk constantly. I bought the TCC DVD and am practicing regularly on my own. If I know of anyone interested in learning, I'll let them know about your classes.

*PR to MB:* So glad to hear you are practicing. Can you identify benefits you have received from practicing TCC? I'd love to know if you have noticed anything or had anyone mention if there was something different about you. Drop in on a class any time.

*MB to PR:* The most noticeable benefit is lower blood pressure. I went for my annual physical in March, and the reading was 118/64. I told the doctor I was practicing TCC. Regular practice has also eased joint pain. When I am doing the 45-minute TCC practice, I am totally absorbed in the moment and time seems to stand still. I am never impatient to finish, and it seems like only a few minutes have gone by rather than 45. Perhaps this is true mindfulness. **The movements are easy to remember now that I have been practicing consistently** and I would be able to do them without the DVD if necessary. I would describe it as being mentally portable. Right now, I practice three to four times a week. My goal is to make it daily.

Mary's responses were interesting because newer students can remind us important things that we as teachers should be mindful of:

- The validity of TCC, as compared to other "mindfulness practices," especially with a well-trained teacher. *Teh.*
- A teacher that talks instead of teaches can do more harm than good.
- Having a follow-along DVD is a valuable tool to promote at-home practice.
- Regular practice provides real physical, mental and spiritual benefits.
  - If something is held in the intention, it will happen.

I'm so happy to have had this exchange with Mary B., and feel so rewarded to see the impact TCC has had and continues to have on those who practice.

*Where in the World:* Lynne Roberts,  
Daughter on the Mountaintop, Hanauma  
Bay, Hawaii



# 10 Codes To Being An Effective TCC Instructor

By Jerry C. Jonnson, PhD, Herefordshire, England

## 1. Understand your purpose.

*Recall the importance to you of your very first T'ai Chi Chih instructor.*

Know what moves you, what inspires you, what motivates you as a TCC instructor. It will rub off onto your students. Think about the famous quotation "Know thyself."

## 2. Understand you are number one.

*Self-care precedes authentic nurturing and caring of your students.*

Taking care of #1 (you) is key to taking care of your students. You need to be full to fill others (e.g., in the instruction of using a mask on airlines, you put your mask on before you put a mask on your children).

## 3. Live your truth uncompromisingly.

*Be uncompromising with your heart and soul toward practice and your students.*

Compromising your truth and commitment as an instructor is a form of a slow death for you and your students.

## 4. Be present.

*Being present is a present to you and your students.*

The past is past and the future is not here. All you have is now, so be present in the now when teaching your students.

## 5. Participate with those who respect your position as an instructor.

*Do not tolerate debilitating relationships.*

Work and play with those who fill your cup and avoid those who do not contribute to your wholeness, or the wholeness of others.

## 6. Assume nothing, be ready for anything in the class.

*Know the tint of your perceptions.*

Be cautious of your preconceptions. There are always two sides to every story.

## 7. Act...do not overreact.

*Be proactive and response-able.*

Reactive behaviour creates victim behaviour, regardless of the setting.

## 8. Live a life, not a lifestyle.

*Make the priority becoming more, not having more.*

Be a human being, not a human doing.

## 9. Remember, the journey matters most.

*Stop and smell the roses; the journey is life.*

The going there is as important as the getting there.

## 10. Give the gift of you.

*Because of you, they are more.*

## Just A Breath

By Dorene Krause, Midland Park, New Jersey

This respite just a breath away and so necessary.  
Time now to immerse fully into the inner realm of being  
(heart and soul) even for a short while,  
to indulge in the quietening and stilling of the mind.  
Gifts to self, but certainly not selfish.

Just a breath for a tired and sometimes confused self  
to slip away with a sense of floating freely without boundaries,  
drifting without a compass, no set course or destination.  
This breath the pacesetter. This moment the navigator.

Each breath in is gentle, the release slow enough  
to ease physical tension, the mind's chatter and  
life's demanding chaos. Restraints that grip tightly  
begin to loosen. The loud ticking clock fades to a whisper.  
Time here unmeasured and unimportant.

It could be a moment, a minute, an hour.  
Enough time to step outside oneself and into oneself.  
Time to explore and rediscover the true self,  
to allow inner beauty to emerge and feel at peace.

*Front: Lauren Lormel, Richard Rappleyea, David Parish,  
Daniel Pienciak. Back: Dorene Krause, Kent Jarratt,  
Eleanor Pages, Carol Yang.*



ELEANOR PAGES: "The weekend was more than I hoped for. The warmth and generosity of participants made for an incredible learning environment. The ease with which Daniel tuned into the needs of participants and flowed with the instruction seemed like an art form."

DORENE KRAUSE: "This retreat was a wonderful opportunity to refine our T'ai Chi Chih practice and deepen our understanding of the *Chi*. Daniel led us with gentle teaching and experience, creating a real sense of community with time to reconnect and meet other area teachers. The setting, just steps away from the Atlantic Ocean, was inspiring and the weather perfect. Our times of solitude provided the introspective space needed."

KENT JARRATT: "Our small group worked mindfully to find and share new ways to approach practice. Focusing on individual movements, I found different ways to think about specifics, and discovered how grounding can be so profound, especially in service of working from the *tan t'ien*. There was an ongoing sense of discovery and pleasure in what I was learning. Joy through movement, indeed. Adding to this joy, Sky, our hostess and cook, held the group with care and wonderful food."

DAVID PARRISH: "Spending a few days with wonderful people at a beautiful beach doing TCC was like Christmas in summertime. I always leave a TCC retreat as a new person, like a snake shedding skin and moving with ease and grace back into daily life."

## Events: TCC Retreats in Arizona, 2019

By Nancy Johnson, Long Beach, California

We journeyed individually to Arizona, and then through four days of T'ai Chi Chih practice, we merged into a unified energy, a wholeness of movement and stillness. We appreciated new friendships and a small group atmosphere surrounded by beautiful geography. Thoughts and insights from the participants include:

DUKE: "Opened to TCC as a new experience; gained an awareness of moving from the center."

SHERRY: "Welcomed learning to go deeper with more softness; will become more compassionate toward self through consistent practice."

VERONICA: "Felt renewed, recharged and on a journey of wellness through deeper practice."

JO ANNE: "Gained insight acknowledging differing points of views and ideas."

LINDA: "Liked one-on-one time; gained deeper awareness and involvement through like-minded efforts."

JUDY: "Learned new ways to say things; expanded through meeting more teachers."

PAM: "Atmosphere led to rejuvenation through deeper practice; left to re-enter life heart first."

Retreat, release, complete.

Retreat, release, complete.

Retreat.

Forest sanctuary, piney woods.

Occasional rain bathes the trees, the green and brown sparkle.

Buildings camouflaged between tall trees and ancient rocks.

Winding paths lead to discovery and stillness.

Chapel Rock, our home for a short while.

Letting go.

Release.

Gathering in a room with a view,

surrounded by a forest panorama and a parade of deer.

Meeting in a circle, a powerful ancient form of unity.

Our T'ai Chi Chih practice entwines our vital force

as we set intentions for peace within.

We drop into the earth, mixing our energy,

Letting go, weightless; letting go, again and again.

We experience stillness and natural healing.

Letting go.

Complete.

Here for only a few days, changing the atmosphere - within, without.

Bringing us together to practice, practice, practice.

Changing ourselves, becoming more complete,

yet creating more awareness and openness.

Burdens drop, tensions relax.

This place changing us, oneness revealed.

Taking wholeness with us: balance, harmony, peace.

A T'ai Chi Chih weekend of ease, wellbeing, and great food at Chapel Rock.

Letting go, letting go, letting go.

# TCC Accreditation

## Aston, Pennsylvania, June 2019

By April Leffler, Host, Prospect Park, Pennsylvania

**Teh, the power of inner sincerity**, ran deeply throughout the T'ai Chi Chih accreditation course. I'm sure most teachers remember their accreditation and can reflect on the challenges, work and vast rewards and connections experienced. This course was no exception. The candidates exhibited such a willingness to work, let go, change, accept and go deeper with each passing (and at times exhausting) day. The discipline, enthusiasm, respect and deep bonding was magnificent to behold. Here are their words:

NANCY HEBERT: "My light bulb moment came during Day 4 at morning practice. The idea of recharging or docking came through as we rested (settled) into a conclusion (rest) between movements. It totally connected me to my *tan t'ien*."

BONNIE LEBLANC: "My experience has been indescribable. Fellow candidates and I bonded almost immediately and I know we will be close forever. It was a privilege to have quality auditors in our presence to assist, support and correct us. The TCC community has been an incredible influence on my life."

MARY BUIRGY: "What a week full of *Chi*. I feel so grateful for the TCC community, who are filled with open hearts and minds. Kindness flowed throughout the whole experience. On Day 5 I had a profound awareness of my hands, a sense of all they had touched and felt, an invitation to open to more energy, more *Chi*, more love. That is what I have come home to: a desire to open, be open, continue opening. Amid everyday life, chaotic at times, the invitation beckons me to open up to new ideas, new ways of thinking and feeling, new ways of being in the world. I have no doubt that the essence of TCC will support my growth as a new teacher."

STEVE LONG: "A profound moment occurred following a pre-breakfast silent practice. After practice a little voice in my head told me to meditate, and during meditation the word thankful exploded into my mind. Then the word appeared in heavy bold lettering: **thankful**. It summarized my experience."

DEB WEIN: "Accreditation was the most intense experience I've ever had. Each movement was broken down into small bites and we concentrated on each part. We got great tips on how to make corrections and give reminders to students, how to set up a class and how to advertise."

MARY KARPIN: "Sitting in silence after a practice, I felt/saw myself on the edge of Lake Michigan looking westward from Traverse City. It was nighttime and there was a pointy light across from me. The lake was silent. The building behind me was silent. The stillness, silence is a perfect metaphor for what I was aware of days after reviewing and refining the movements under scrutiny of great teachers who generously worked with us."

CAROLYN CLAUSON-ANDREWS: "After hiding in the back of the room during two previous Intensives, I found myself standing in the front row as much as possible during accreditation. The experience was very positive: a desire to learn was coupled with an abundance of knowledgeable teachers. It was especially helpful to break into small groups, where we took turns leading, and having the teachers rotate into each group to observe and guide us. The experience was priceless."

ERIC B: "I often wait a day or two after a TCC event before putting pen to paper. However, as I sit here before dinner on our last day, my thoughts are clear and certain. I came with a goal of getting a certificate but I left with much more. In addition to a deeper, clearer and more personal understanding of the soul of the practice, we leave with new friends who share a special bond that casual observers will envy."

DENISE ALIRE: "From Day 1 we go to work, our minds on high alert, afraid of making mistakes in front of our peers, our need to make our sponsors proud, our anxiety thinking Sandy and April might not find us ready. And then, poof, we come together as family, friends and supporters. The days can be long and exhausting, but we gladly get up to repeat, rework and rework our movements because each of us is committed to sharing TCC in the world, in some way. We sometimes struggle, we sometimes flow effortlessly. After all the hours we know and understand the whys. We value and appreciate every little nugget of information we take as we continue our journeys. We've come together from mixing and balancing to settling in the quiet divine energy."

EILEEN SABATELLI: "I was filled with excitement and trepidation. Questions filled my mind: Do I know the movements well enough? How will I react to the scrutiny of seasoned teachers? Will my presentation fulfill the requirements and entice my audience to enroll in my class? I was happy and scared simultaneously. As the week progressed I recognized that while my practice was strong, it was not as soft as the teachers'. What was exhilarating and frustrating were the modifications needed to enhance my practice. I strove to follow the directions given but reprogramming my mind proved daunting."

Then I had my individual meeting with Sandy and April. Sandy asked what I needed to work on, and my answer came spontaneously from my heart (my head was too numb). Everything! I took copious notes on every movement. If I could feel my way through every movement, the new directions would become part of my routine. They agreed. I went to my room to get rest, grateful for the uninterrupted time examining TCC."

MONICA MOTYKA: "The idea of impermanence has changed my life; I accept that nothing lasts forever. But what changes is dependent on how we choose to be in a given moment. T'ai Chi Chih, a meditative practice, helps me increase awareness and focus, and it reduces stress. With TCC, we may become aware of unwanted habits and patterns of the mind. It's a valuable skill to notice when we are focused on negatives and to then shift focus to what we want. What we focus on will increase in our lives."

CONTINUED ON P. 21



CONTINUED FROM P. 20

Increasing focus and reducing stress are important for improving patience. Everything is so fast-paced. With text messaging, email, same-day delivery and check deposits via phone, it's no wonder most people get worked up and emotionally charged. We often lose the ability to remain calm when we don't get what we want in an instant. When this happens, we may behave in immature or shameful ways. Being patient preserves dignity. It allows you to choose. Even in the midst of chaos, you can pay attention to what matters and choose how you want to respond. Interactions are then more harmonious."



Front: Denise Alire, Monica Motyka, Nancy Hebert, Deb Wein, Eileen Sabatelli; Back: April Lefler; Steve Long, Carolyn Clauson-Andrews, Mary Karpin, Gail Goleas, Mary Buirgy, Bonnie LeBlanc, Eric Shoefeld, Sandy McAlister.

Pyramid Poems

Pyramid Poems from Carmen Brocklehurst's Seijaku workshop On Silence, March 30, 2019

stop  
rest for  
a moment  
catch our breath and  
look around  
what's the  
rush  
- BENJAMIN BRISJAR

now  
is the  
silence of  
all here and now  
in peace and  
joy is  
life  
- LEYA

I  
bring up  
the sun with  
rocking motion  
three three three  
balloons  
nine  
- JANET S.

when  
voice stills  
mind quiets  
awareness grows  
all are one  
spirit  
soars  
- J. VEERKAMP

joy  
silence  
beauty here  
focus on god  
harmony  
go in  
now  
- JEANMARIE TADE

know  
silence  
harmony  
playfulness joy  
encompass  
yourself  
now  
- ROBERT

smiles  
all 'round  
welcome back  
good to see you  
many friends  
again  
here  
- SHARI HOLMES

in  
silence  
joy bubbles  
dancing around  
feeling love  
surrounds  
all  
- MARY WHITE

see  
the sign  
be open  
to the moments  
connections  
are here  
now  
- JUDY

peace  
within  
showing up  
to the surface  
of my self  
joyous  
me  
- CAROLINE GUILLOTT

in  
stillness  
notice now  
creatures follow  
different  
paths to  
here  
- SONDRA LAWSON

sun  
rising  
in silence  
quiet within  
finding the  
cosmic  
whole  
- LINDA M

peace  
filters  
through stillness  
silence expands  
soul feeling  
endless  
space  
- MARY R.

calm  
quiet  
nature's way  
fully alive  
maturing  
heartbeat  
breath  
- SR. CARLETTA LACOUR, O.P.

the  
tree makes  
no sound the  
bird singing brings  
attention  
to the  
tree  
- VERONICA FLEMING

## Guidelines For Teaching TCC To Seniors

(Originally Published November 2009)

By Pam Towne, Oceanside, California

**As in teaching T'ai Chi Chih movements** to any population, our primary guide for instructing the senior population is, of course, our own TCC practice. Regular and sincere practice will certainly enhance our awareness of how to provide for the particular needs of seniors.

One of their most important needs is for social interaction. Allowing a bit of time for this before or after class may not only help to fill this need, but also serve as a motivation for them to participate in our TCC class.

Other needs may include more pronounced physical challenges than might be found in younger populations. These may include hearing loss, instability in balance, joint and muscle discomfort, stamina and other difficulties related to habit, disease or injury. One of the main distinctions is that in seniors, these challenges are more long standing, so that physical traits and movement or posture habits are likely to be more ingrained.

Relying on the guidance, insight and intuition from our personal practice, it should be relatively easy to anticipate special considerations in adapting to these possible challenges. For instance, we may need to speak in a deeper voice, more clearly and distinctly than usual.

It may also prove important to point out the benefits of proper footwear, focusing the eyes ahead and taking a shorter stance to improve balance while moving. These suggestions can help our senior students to move with greater ease.

It is useful to have chairs available and encourage everyone to do the movements seated, or to rest a hand on the back of the chair for support as needed, due to stamina, balance or other physical limitations.

It will be clear that being attentive to feedback from senior students in regard to all these points may prove insightful, and help much in gaining understanding of their particular needs. Additional special physical needs of senior students, such as stiffness, muscle weakness, poor eyesight and limited body awareness, may be readily anticipated and/or discovered with experience.

In addition, it may be advisable to become familiar with the emergency procedures of the facilities where we teach, as they are more likely to be needed with seniors.

To sum up, regular and sincere personal practice (including practicing seated TCC), respect and regard for particular needs of our senior population, connecting with other teachers who may have more experience with this population, and relying on inner wisdom and *teh* will be most helpful in teaching TCC movements to our senior students. The rewards, as always, far outweigh the efforts of preparation, and the privilege is self-evident.

## Seated TCC Exploring Limitless Within Limits

By Rick Davis, Tulsa, Oklahoma

**From the *Lotus Sutra*** Justin quotes about the limitless of one's life as "filling the Universe ... a life without limit." Yet when you struggle with limitations from aging and illnesses, you discover that a life without limits might diminish with the confines of a wheelchair.

Working as a retirement community chaplain, I have witnessed struggles that come with health issues and the gloom of sinking into confinement and limitation. As one ages, losses may come from many directions, continually downsizing one's life.

Finding the expanse that lies within then becomes of paramount importance. Building a sense of awareness of one's deeper interior life is something one can build up over time and through practice. Even if one comes to this late in life, there is still value in finding practices that explore life's intrinsic vastness through the practice of joy in movement. "You prepare a table before me in the presence of my enemies," David wrote in Psalm 23. I have witnessed these blessings available in the midst of painful loss and struggle.

Seated TCC is a meaningful practice that invites people who are struggling with lost capabilities into a deeper life without limits. Through the subtleties of movement a practitioner can experience deeper awareness of the *Chi* in *yinning* and *yanging*. The gentle rhythm can aid in regaining strength and body awareness. As one moves from the *tan t'ien* gently in their chair, the practitioner can experience the movement of *Chi* within, bringing an experience of the vital force of life as still vital and limitless.

It is possible to rediscover wellbeing even when it seems hard to find. The practice of seated TCC is one such avenue to wellbeing and a "life without limit."



## Thoughts On The Post-Conference Seijaku Basics Course

Collected by Bonnie Sokolov, Host, Rochester, Minnesota

BEVERLY WARD: "This was my first experience with Seijaku and I could hardly contain myself. Count me in for more years, each better than the past."

ELISSA MAGUIRE: "Seijaku is an opportunity to enhance our understanding of *Chi* and its circulation in the body. As conveyed by Daniel Pieniac, Seijaku assists us in cultivating a unique focus to move *Chi* in a whole new way. The result has improved my T'ai Chi Chih practice, thus enhancing all aspects of my life."

RUTHANNE PLOURDE: "My first experience with Seijaku was with Justin in California in the mid-1990s. I had only been accredited in TCC about two years prior. I was way too "green" and inexperienced to understand what he was teaching. Over the following years I dabbled in Seijaku but never really 'got it.' This time I finally did. I learned moving through resistance and letting go, which can also be applied to daily life."

JAN LEADHOLM: "Like a hand dipping into a stream. Feel the current. Hold fast. Let go. In a breath it is gone. A small thing. Lovely. Invigorating. Full of power."

SUSAN KIMBALL: "When I first read the interpretation of Seijaku as 'holding fast, letting go' Mary Oliver's poem "In Blackwater Woods" came to mind: 'To live in this world you must be able to do three things: to love what is mortal, to hold it against your bones knowing your life depends on it, and, when the time comes, to let it go.'"

SCOTT KRANZ: "Lessons on different meditations (*Nei Kung*, Violet Waterfall), the Joy Song and Fast Track were very helpful."

PAITY SALZL: "I was aware of less back pain at night during these days of Seijaku."

ELLEN NELSON: "The course re-inspired me to experience the power and beauty of TCC at a time when I was feeling stuck in my practice. I especially appreciated tools leading to serenity in the midst of chaos. I did not feel drained even in a large group after a long day. Perhaps Seijaku is already working."



## Seijaku Teacher Accreditation July 2019, Minnesota

Compiled by Linda Minor, Forest Grove, Oregon

**During the last Seijaku practice,** Justin's presence was felt when the lights, which were dimmed at the beginning, suddenly brightened to full power. Pam had previously shared Justin's comment that Seijaku would take one's TCC "from a 100-watt light bulb to a 1,000-watt bulb." Following are responses to Pam's assignment: How has Seijaku helped you make friends with the *Chi*?

MARY STROM: "As our group moved together, a presence like a dream animal came into my awareness. It got so close I could hear its rhythmic breathing, witness the pulsating life in its chest, feel the gentle stretching of its wings and settling of its great body on a warm and sandy shore. For this, I yearn to deepen the practice of a larger rhythm where 10,000 beings manifest. For this friend, I will open my hand."

NANCY FROST: "I have become aware. It's not something I'm thinking; it's something I'm experiencing. After years of practicing TCC, I finally understand this profound truth: I can reliably tap into my own flow of *Chi* any time. Practicing with my accreditation group was a powerful spiritual experience. We seemed to move as one body. I was aware of our ebbing and flowing with the slow, steady rhythm of waves on a beach."

Doing my first full Seijaku practice on my own, a shift in awareness has occurred. I am astonished. I am not focused on anyone else nor my group, but only on myself. I am infinitely more aware of the flow of *Chi* within me. I am experiencing that growth of certainty Justin talks about. I've never felt so sure of the *Chi* before."

LOREL MAPLE: "The *Chi* forcefully acknowledged its presence and then went where I sent it, down to the soles of my feet, heating them over and over after every movement. This friend called *Chi* brings peace and calming, energy and health, and asks nothing in return. Respect seemed like all I could give it, but a true friendship isn't one-sided. My commitment to use the gifts to serve, grow and let go ought to bring a smile to its face."

JIM MAPLE: "A friend is someone that knows your idiosyncrasies and accepts, loves and supports you unconditionally. A friend has your back and protects you from harm. TCC has introduced me to *Chi* and it's been a favorable acquaintance. Learning Seijaku has made *Chi* my friend. I have felt the presence of *Chi* and witnessed its healing powers and the serenity it brings."

LINDA MINOR: "Seijaku has helped me make friends with the *Chi* by giving me new tools to open up pathways for it to flow more strongly through my body."

JANET STARR: "Wow, what a luxury to practice Seijaku with experienced teachers. It's such a benefit to solidify the precious adjustments from the conference in a smaller group so I can internalize refinements and feel the *Chi* more deeply."

*At left: Newly Accredited Seijaku Teachers. Front: Bonnie Sokolov, Mary Strom, Linda Minor, Janet Knapp Star; Back: Pam Towne, Nancy Frost, Lorel Maple, Jim Maple.*



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## Community Calendar

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

### DATE / WHAT & WHERE / CONTACT

Aug 20-23 | TCC Teachers Symposium w/ Sandy | Aston, PA | April Leffler | 610-809-7523  
 Sep 24-27 | TCC Retreat w/ Pam | Santa Barbara, CA | Pam Towne | 442-222-8332  
 Oct 4-6 | TCC Retreat w/Daniel | New Jersey Shore, NJ | Daniel Pienciak | 732-988-5573  
 Oct 6-10 | TCC Intensive w/ Pam | Aston, PA | April Leffler | 610-809-7523  
 Nov 7-10 | TCC Intensive w/ Sandy | Albuquerque, NM | Amy Tyksinski | 505-228-2104  
 Nov 19-24 | TCC Teacher Accreditation w/ Pam | Santa Barbara, CA | Marie Dotts | 970-412-9955  
 Aug 20-23 | TCC Teachers Symposium w/ Sandy | Aston, PA | April Leffler | 610-809-7523  
 Sep 24-27 | TCC Retreat w/ Pam | Santa Barbara, CA | Pam Towne | 442-222-8332

### ~ MORE WORKSHOPS & RETREATS ~

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

Sep 13-15 | TCC Workshop w/ Caroline Guillott | Glenwood Springs, CO | Eliza Fulton | 970-945-8586  
 Sep 26-29 | TCC Retreat w/ Carmen Brocklehurst | Albuquerque, NM | Judy Hendricks | 505-573-0820  
 Oct 25-27 | TCC Retreat w/Amy Tyksinski | Fremont, CA | Amy Tyksinski | 505-228-2104

### 2020

Mar 23-27 | TCC & Meditation Retreat w/ Amy Tyksinski | Aston, PA | Kathleen McAlister | 610-308-4846

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### Contact Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone / Email \_\_\_\_\_

Teacher \_\_\_\_ Student \_\_\_\_

### Teacher Accreditation Information

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

Date you were accredited as a Seijaku teacher \_\_\_\_\_

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

Name of "second signature" \_\_\_\_\_

### Vital Force Subscription Information

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

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

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P.O. Box 92674  
Albuquerque, NM,  
87199-2674

Check number \_\_\_\_\_ Check date \_\_\_\_\_