



# TCC and the Relevance of Technology ...

(is it relevant?)

Kim Grant

(do you fear tech? ... dvds + cds)

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# eBooks: Amazon + Kindle @ \$9.95 (eBooks Outsold Print in 2012)


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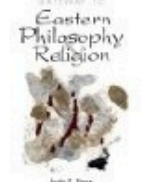
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**Climb the Joyous Mountain: Living the Meditative Way (2nd Edition)** by Justin F. Stone (Kindle Edition - Jun 15, 2012) - Kindle eBook  
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# eBooks: Highlight Text + Bookmark

STONE, JUSTIN F.

SPIRITUAL ODYSSEY: SELECTED WRITINGS: 1985-1997 (2ND EDITION)



## *Untitled Thoughts*

No Two Live In The Same World

Withdrawing into abstraction – from there comes all creativity.

Nothing is in a state of Being; everything is in a state of Becoming (from one point of view). T'ai Chi Chih can greatly influence that path of Becoming.

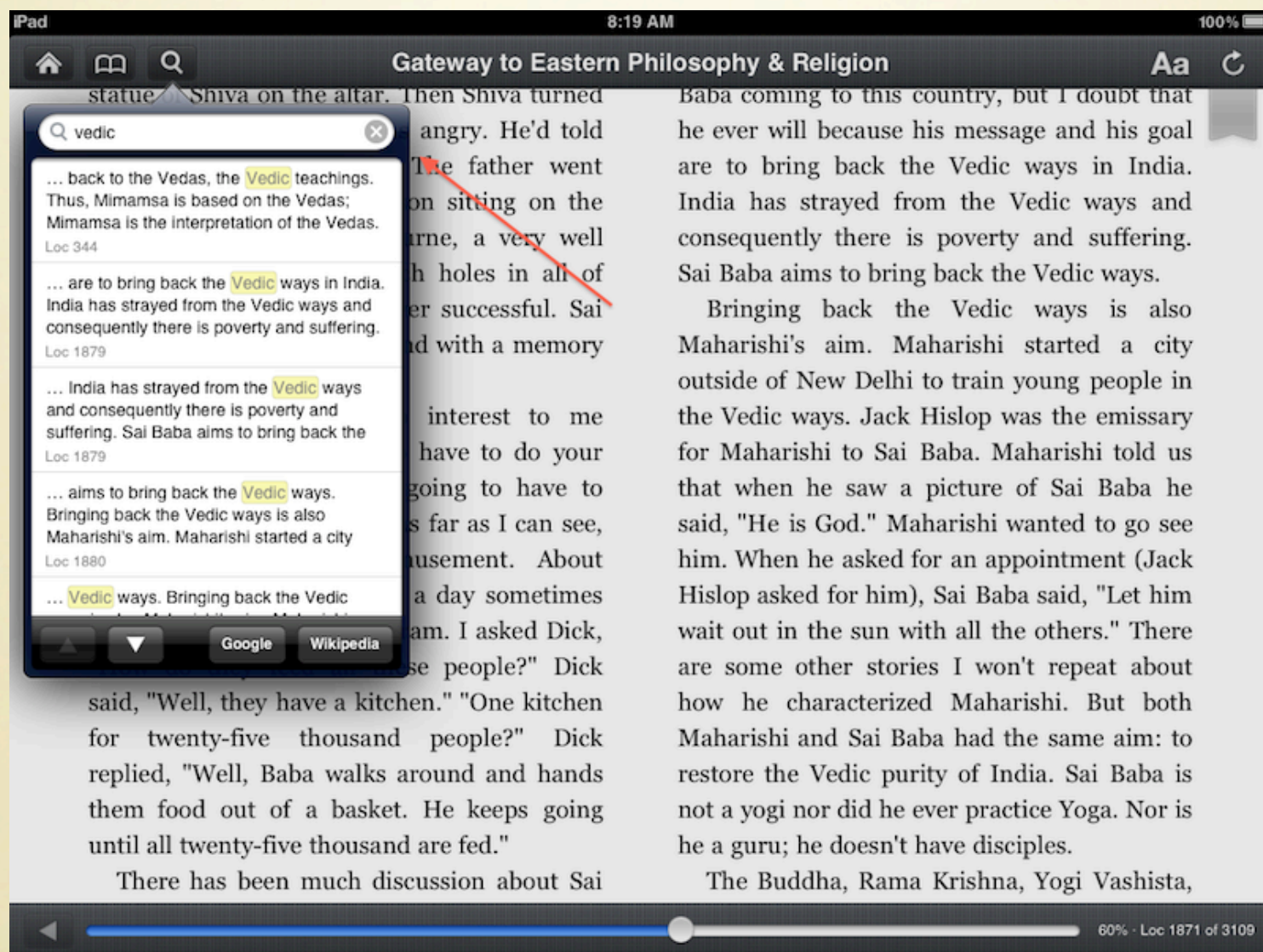
Posture influences the state of mind and is influenced by it. Just as we can tell the character of a Chinese or Japanese by his or her calligraphy, so can we read people by their posture and the habitual working of the wrists and waist. We can tell much by noting whether someone sits down or falls down and by how one closes a door.

## *Zen Meditation*

There seems to be a renaissance of interest in Zen in this country. I am happy that Good Karma has decided to publish my book *Zen Meditation: A Broad View*, which had been out of print for many years. More and more people are beginning to realize that hearing sermons, observing memorized rituals, and believing what has been read have no connection with enlightenment. They are beginning to realize that one must go within and find out Who and What he or she is. This is the aim of Zen practice.

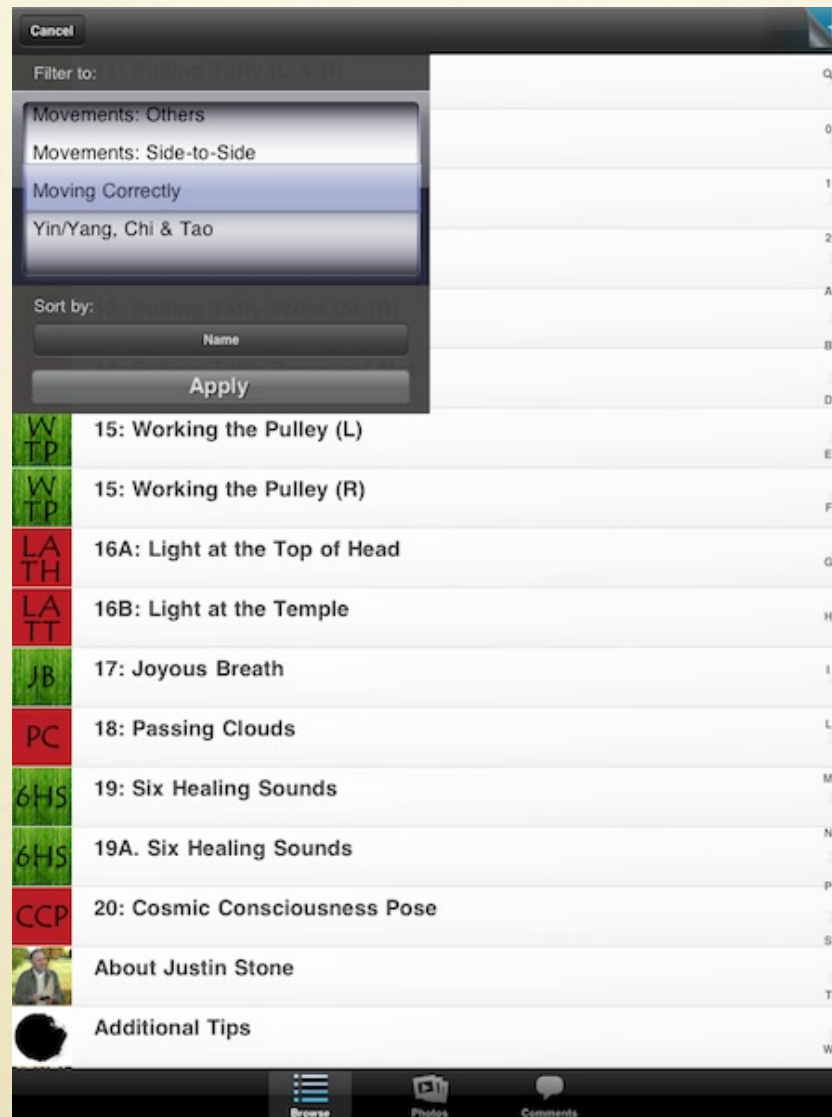
All Zen patriarchs of the past have stated that the object of Zen practice is to realize one's own nature (*kensho* in Japanese), and this nature is also called Buddha Nature, Mind. Having seen one's own nature, there are no doubts. This makes somewhat dubious the belief of Soto Zen that sitting cross-legged for long periods of time is enlightenment. If it

# eBooks: Search Throughout Book

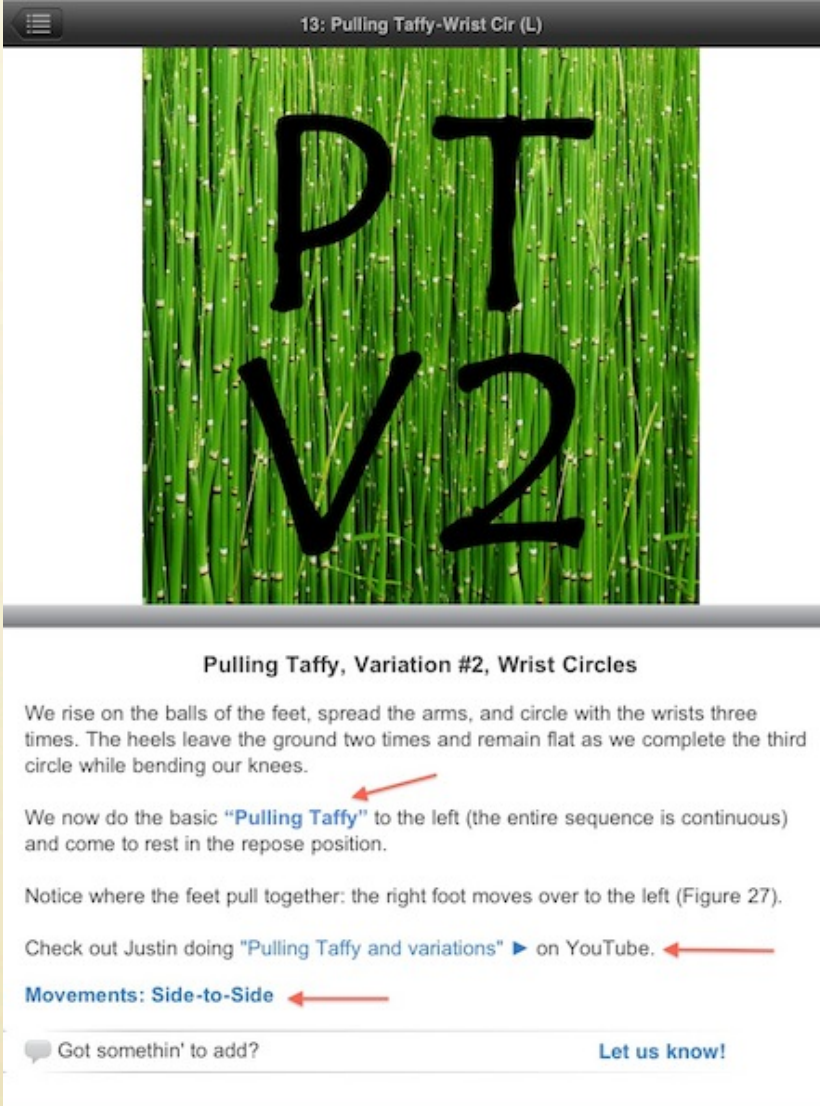




# Apps: TCC PhotoText: Sorting / 3D



# Apps: TCC PhotoText: Linking / 3D



13: Pulling Taffy-Wrist Cir (L)

PT  
V2

**Pulling Taffy, Variation #2, Wrist Circles**

We rise on the balls of the feet, spread the arms, and circle with the wrists three times. The heels leave the ground two times and remain flat as we complete the third circle while bending our knees.

We now do the basic "Pulling Taffy" to the left (the entire sequence is continuous) and come to rest in the repose position.

Notice where the feet pull together: the right foot moves over to the left (Figure 27).

Check out Justin doing "Pulling Taffy and variations" ▶ on YouTube.

**Movements: Side-to-Side**

Got somethin' to add? [Let us know!](#)

# Apps: TCC PhotoText: Time-Lapsed Photos





# Facebook.com/taichichih (900M users Worldwide)

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Tai Chi Chih Timeline Now Highlights Admin Panel

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17 people like this.

Write a comment...

382 people saw this post Promote

Tai Chi Chih Thursday

At the lovely Lan Su Chinese Garden, Portland, Oregon.



Like · Comment · Share

11 people like this.


Margery Erickson A great way to start the conference with this pre-conference practice! 16 hours ago · Like

Write a comment...

349 people saw this post Promote

Tai Chi Chih Yesterday

Every corner of the Garden flowed with the Chi.



Like · Comment · Share

20 people like this.

Rita Jankowska-Bradley Today at the Native American Center circle with my grandbaby Yesterday at 1:44am · Like

Write a comment...

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Tai Chi Chih Thursday

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Now

June

2012


2011

2010

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# Facebook.com/taichichih

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 **Tai Chi Chih**  
What led you to take your first T'ai Chi Chih class?  
1,492 Impressions · 1.01% Feedback  
Like · Comment · Share · September 15 at 9:07am

 View 1 share

 **Esther Matassarín-Jacobs** I am a cancer survivor and had wanted to take Tai Chi Chih to improve my balance. As soon as I retired, I joined! 5 years and counting.  
September 15 at 9:10am · Unlike ·  1 person

 **Rob Moore** ...was feeling stressed to the point where I felt I needed to take tangible action to address it. I had thought about Tai Chi for many years and all of a sudden I found myself invited to join a group. 15 months and counting...  
September 15 at 9:18am · Unlike ·  1 person

 **Conner Gorry** It was all Kim Grant!  
September 15 at 9:35am · Unlike ·  1 person

 **Neal Roy** It was the physical benefits I was looking for. Little did I know how much deeper T'ai Chi Chih would effect me.  
September 15 at 9:46am · Unlike ·  1 person

 **Michelle Callaghan** The PE class I had signed up for my freshman year of college was filled up and I got plopped into a tiny TCC class, having never heard of it in my life, and having never done anything similar... not even yoga! It was a blessing in disguise... not sure I would've made it this far in college without it! :)  
September 15 at 9:49am · Unlike ·  1 person

 **Cleo Roemele** The same thing that still motivates me to keep it in my life today....a need/desire to maintain inner peace which translates into harmonious balance in sooooo many other ways (at least when I "choose" to go with the flow). Great question :)  
September 15 at 10:00am · Unlike ·  1 person

 **Pete Gregory** Standing outside an AA meeting in Lincoln Park, Chicago, I looked up and saw a poster on a telephone pole announcing a TCC class. Oops, the instructor was still 3 months away from accreditation, oops, the other students dropped out and I felt obliged to practice, oops, the changes compelled me to get certified, and oops, 2 days ago I celebrated 15 years as an instructor. But I digress..what led me to my first class was simply an upward glance.



YouTube.com => World's 2nd Biggest Search Engine

YouTube

Browse | Movies | Upload

Kim Grant 2 +

Good Karma Publishing + Subscribe

225 subscribers 160,647 video views

Featured Feed Videos Search Channel

Uploaded videos 1-10 of 11 Play all

**Tai Chi Chih: Justin Stone demonstrates "C...**  
tccabq 23,556 views 2 years ago

Tai Chi Chih originator, Justin Stone, gives instruction on how to perform "Carry the Ball to the Side: Part 1" (one of 19 movements and 1 pose that comprises Tai Chi Chih...

**Tai Chi Chih: Justin Stone discusses "How 1**  
tccabq 10,349 views 2 years ago

Tai Chi Chih originator, Justin Stone, gives instruction on "How to Move" when performing the movements of Tai Chi Chih (made up of 19 movements and 1 pose, a moving

**About Good Karma Publishing**

Tai Chi Chih® is a series of 19 movements and 1 pose that together make up a moving meditation that balances the vital energy within us, which the Chinese call chi. Tai Chi Chih is easy to learn, and the movements can be done by people of all ag...

more v

gkpub.com

by tccabq

Latest Activity Mar 2, 2010

Date Joined Aug 15, 2007

Country United States

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Uploaded videos 11 videos

http://www.youtube.com/watch?v=Ew9WLx6ja-w...K4qcdJ78AKkd7BI73--w&index=2&feature=plcp

one Demonstrates "C



YouTube.com => Free Intro to Justin + Principles

The image is a screenshot of a YouTube channel page. At the top, the YouTube logo is on the left, and a search bar contains the text "tai chi chih". To the right of the search bar are links for "Browse", "Movies", and "Upload". Below the search bar, the channel name "T'ai Chi Chih: Principles" is displayed. Underneath the channel name, there is a "tccabq" channel icon, a "Subscribe" button, and a "11 videos" dropdown menu. A link "See all 11 videos »" is positioned above a grid of video thumbnails. The grid shows five video thumbnails with their respective titles and view counts. The first video is "Tai Chi Chih: Justin Stone demonstrates" with 23,556 views. The second is "Tai Chi Chih: Justin Stone discusses" with 10,349 views. The third, which is highlighted with a yellow border, is "Tai Chi Chih: Justin Stone Demonstrates" with 11,849 views. The fourth is "Tai Chi Chih: Justin Stone demonstrates" and the fifth is "Tai Chi Chih: Justin Stone demonstrates". Below the grid, a large video player shows a man in a striped shirt sitting and speaking. To the right of the video player, there is a vertical sidebar with four small image thumbnails.

YouTube tai chi chih Browse Movies Upload

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**Tai Chi Chih: Justin Stone demonstrates**  
by tccabq

**Tai Chi Chih: Justin Stone demonstrates**  
by tccabq


Tai Chi Chih: Justin Stone Demonstrates "Cosmic Consciousness P

www.taiichichih.com

# Taichichih.org + YouTube = Two Way Street



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"We find that awareness is the root of T'ai Chi Chih ... circularity is fundamental ... softness and continuity are the essence." - Justin Stone, originator >>>


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## Movements

T'ai Chi Chih consists of 19 movements and one pose, in this order:

- Rocking Motion
- Bird Flaps Its Wings
- Around the Platter
- Around the Platter Variation
- Bass Drum
- Daughter on the Mountaintop
- Daughter in the Valley
- Carry the Ball to the Side
- Push Pull
- Pulling in the Energy
- Pulling Taffy
- Pulling Taffy, Variation #1, Anchor
- Pulling Taffy, Variation #2, Wrist Circles
- Pulling Taffy, Variation #3, Perpetual Motion Working the Pulley
- Light at the Top of the Head / Light at the Temple
- Joyous Breath
- Passing Clouds
- Six Healing Sounds
- Cosmic Consciousness Pose

### Tai Chi Chih Working the Pulley



Justin Stone demonstrates Working the Pulley.

See more video demonstrations by Justin Stone on [Good Karma Publishing's YouTube channel](#).

Twitter.com/taichichih => #TCC or #taichichih

T'ai Chi Chih (taichichih) on Twitter

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**T'ai Chi Chih**  
@taichichih  
Popular moving meditation: soft, easy to learn, brings peace, joy, better health (reduce arthritis pain, depression & more). Originator: Justin Stone  
Albuquerque, NM · <http://taichichih.org>

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@taichichih

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**Tweets**

**T'ai Chi Chih** @taichichih 5 Jul  
Still more #TCC teachers practice along the lake in Portland this morning [ow.ly/I/Ktul](http://ow.ly/I/Ktul)  
Expand

**T'ai Chi Chih** @taichichih 5 Jul  
#TCC teachers gathered for a group practice near a beautiful lake this morning; conference officially opening now [ow.ly/I/Ktig](http://ow.ly/I/Ktig)  
Expand

**T'ai Chi Chih** @taichichih 5 Jul  
New Jersey #TCC teacher Dan Plenciak & students explain (in local newspaper) benefits of their T'ai Chi Chih practice: [on.app.com/KUYqpd](http://on.app.com/KUYqpd)  
Expand

**T'ai Chi Chih** @taichichih 4 Jul  
Greetings from Albuquerque, NM airport where 15 TCC teachers/students are boarding one plane together to Portland #TCC  
Expand Reply Retweet Favorite

**T'ai Chi Chih** @taichichih 4 Jul  
We'll tweet from conference Fri/Sat/Sun w/live updates from Portland - sharing the Chi! Follow us + tag your own tweets too: #TCC  
Expand



Twitter.com => (Current) Reality ...  
social media is social

The screenshot displays the Twitter.com homepage with a search for 'taichichih'. The top navigation bar includes 'Home', 'Connect', and 'Discover' tabs, a search bar with the query 'taichichih', and user profile icons. The left sidebar features a 'Tweets' section with a 'People' filter and a 'Trends' section listing various hashtags like #GreatnessIs, #farn12, #Island, Navy Pier, San Fermin, Not Bloc, Tiny Wings 2, #Pamplona, and Serena Williams. The main content area shows 'Results for taichichih' with a 'Tweets' filter. A single tweet is visible from Siobhan Hutchinson (@NextStepStrat) dated 30 Jun, discussing '3 Natural Steps To Health and Vitality' and linking to a video. Below the tweet, a message states 'You've reached the end of the Top Tweets for taichichih.' with a link to 'View all Tweets.'

Home Connect Discover taichichih

**Tweets** >

People >

Trends · Change

- #GreatnessIs Promoted
- #farn12
- #Island
- Navy Pier
- San Fermin
- Not Bloc
- Tiny Wings 2
- #Pamplona
- Serena Williams

**Results for taichichih** ⚙

**Tweets** Top / All / People you follow

 **Siobhan Hutchinson** @NextStepStrat 30 Jun  
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[View video](#)

You've reached the end of the Top Tweets for taichichih.  
[View all Tweets.](#)

# Twitter.com => Potential

Results for **#reiki**

Tweets **Top** / All / People you follow

**Pamela Miles** @Wellith 57m  
How a brief **#Reiki** treatment helped one man undergoing **#chemo** for **#cancer** [shar.es/tHVEq](http://shar.es/tHVEq)  
Expand

**Robin Bela** @RobinBela 1h  
**#Reiki** level 2 course is on 14th & 15th July! If you were thinking of joining, plz see details at [bit.ly/pUDU4](http://bit.ly/pUDU4) **#edinburgh**  
Expand

**JoseMataloni-Unkido** @JoseMataloni 1h  
Estos son los talleres y cursos online UNKIDO: [bit.ly/N3tKGE](http://bit.ly/N3tKGE) Aprende **#Reiki** a la manera intuitiva de **#Unkido**, vive la espontaneidad!  
Expand

**Cape Cod Daily Deal** @ccdaillydeal 2h  
54% OFF a 1-hour **#Reiki** Session with Masjah Movement & **#Fitness** Studio in Harwich Cape Cod Daily Deal [ow.ly/c20Vj](http://ow.ly/c20Vj)  
Expand Reply Retweet Favorite

**Pamela Miles** @Wellith 2h  
Reiki Healing & Cancer Treatment [shar.es/tHleu](http://shar.es/tHleu) **#reiki**  
Expand

**Alice Langholt** @ReikiAwakening 3h  
Learning **#Reiki** connects you to your healing. I'm here to help!  
[goo.gl/NQzJK](http://goo.gl/NQzJK)  
Expand

**nyambura otieno** @maumausdaughter 5h  
**#reiki** has made my belief in a higher power stronger  
Expand

# Taichichih.org => all the links you need



## TAI CHI CHIH ON FACEBOOK

*TCC Teachers' Conference:  
Early Morning Circle Practice.  
July 6, 2012*




*Every corner of the Garden  
flowed with the Chi.  
July 6, 2012*




*At the lovely Lan Su Chinese  
Garden, Portland, Oregon.  
July 5, 2012*


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**Tai Chi Chih on Facebook**  
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Lisa Lori Diane

  
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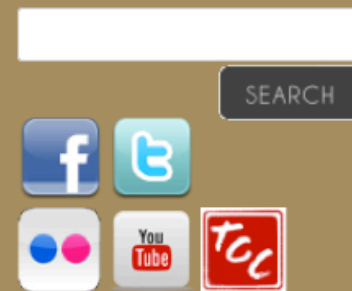
Facebook social plugin

## TWITTER (@TAICHICHIH)

*taichichih: Still more #TCC teachers practice along the lake in Portland this morning  
<http://t.co/9DNMPHQB>*

*taichichih: #TCC teachers gathered for a group practice near a beautiful lake this morning; conference officially opening now <http://t.co/Kp3P2eO3>*

*taichichih: New Jersey #TCC teacher Dan Pienciak & students explain (in local newspaper) benefits of their T'ai Chi Chih practice:  
<http://t.co/ImWgV3Hn>*




## T'AI CHI CHIH ON FLICKR







# Taichichih.org => ... and then some

TinyURL!  
javascript:void(location.href='http://t...l'+encodeURIComponent(location.href))

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"We find that awareness is the root of T'ai Chi Chih ... circularity is fundamental ... softness and continuity are the essence." - Justin Stone, originator >>>




Tai Chi Chih has changed my life Chris Bartnik Photograph

Looking for better health? Happiness? Peace of mind? "Nothing is more important than knowing how to circulate and balance the Intrinsic Energy, the Vital Force of the body, known as Chi in Chinese," says T'ai Chi Chih® founder Justin Stone, now 94 years old. "The rewards in good health, wisdom, serenity, and longevity are great for the one who learns the ancient principles and applies them in a modern way."




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### T'ai Chi Chih

This set of 19 movements and one pose is a soft, flowing, moving meditation practiced by tens of thousands of people around the world. It's easy to learn and brings benefits to many – including peace of mind, improved health and, simply, joy. Instructional DVDs, photos, texts and classes show you how.








### Health Benefits

T'ai Chi Chih brings about profound healing for many people by circulating and balancing the essential energy (Chi). For some it may be physical, for others emotional, and others spiritual. Learn more from teachers and students who tell their personal stories here.



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# Taichichih.org > T'ai Chi Chih > In The News

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"We find that awareness is the root of T'ai Chi Chih ... circularity is fundamental ... softness and continuity are the essence." - Justin Stone, originator >>>

## In the News

### A Summary of T'ai Chi Chih Research and Media Coverage

2011

Ongoing

"T'ai Chi Chih – Moving Meditation"

*NationalPainFoundation.org*

Chronic regional pain syndrome (CRPS) sufferer describes how TCC helped reduce symptoms.

7/18/11

"Local Woman Teaches T'ai Chi Chih in the Park"

*The Daily Times*, Farmington, NM

Interview with T'ai Chi Chih teacher Ann Anthony

4/5/11

"The softer side of martial arts"

*Metro News*, Edmonton, CN

General feature on benefits of practicing T'ai Chi Chi; interview with Kim Grant, editor of *The Vital Force* (TCC journal)

3/20/11

"T'ai Chi (Chih) Beats Back Depression in Elderly, Study Shows"

*ScienceDaily.com*

Report on research at UCLA Department of Psychiatry and Biobehavioral Sciences

3/18/11

"T'ai Chi (Chih) Eases Depression in Elderly"

*The New York Times/Well* blog

3/18/11

"Good News: T'ai Chi (Chih) Helps Fight Depression Among the Elderly"

*TIME* magazine

**Well**



**Tara Parker-Pope on Health**

March 18, 2011, 1:18 PM

## Tai Chi Eases Depression in Elderly

By TARA PARKER-POPE



Robert Spencer for The New York Times

A tai chi group practicing in Pawtucket, R.I.

The ancient Chinese practice of tai chi appears to relieve symptoms of depression in older people, a new study shows.

The findings, [published this month in The American Journal of Geriatric Psychiatry](#), are the latest to suggest that the slow movement, breathing and meditation of tai chi results in meaningful benefits to patients with chronic health problems. [Other recent studies](#) have shown that practicing tai chi may provide benefits for patients with arthritis and fibromyalgia. But the newest research is important because depression is notoriously difficult to treat in older people, many of whom are already coping with other health problems and are less likely to respond to drug treatment.

Researchers from the University of California, Los Angeles, studied 112 older adults in whom major depression had been diagnosed, including many who had been struggling with the illness for years. Their average age was about 70.

# The New York Times

March 2011



# Google Alerts => Making Life More Efficient

THE

DAILY TIMES

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Local woman teaches t'ai chi chih in the park

By Kayla Prasek The Daily Times

Posted: 07/18/2011 01:00:00 AM MDT

FARMINGTON — As the sun rose, a Farmington resident led a group in meditation and relaxation, something she does on a weekly basis. Local t'ai chi chih instructor Ann Anthony, a health-promotion specialist for San Juan County Public Health, teaches a free class every Saturday at 8 a.m. at Kiwanis Park. T'ai chi chih, developed in 1974 by former jazz pianist Justin Stone, is an adaptation of the ancient t'ai chi chuan martial art.

Both forms of meditation help center the chi energy that Chinese philosophers believe circulates throughout the body.

"The whole idea is to increase that energy flow," Anthony said. "The longer you do it, the more energy you have."

Anthony said there are two ways in which t'ai chi chih differs from t'ai chi chuan: "It's easier to learn and you receive the benefits immediately. Those are pretty significant differences."

Class member Dawn Snuggerud said she had tried both forms of t'ai chi.

"I've tried the long form, but it never worked for me," Snuggerud said. "Ann mentioned this class to me, and I thought it sounded intriguing. It's easier, so I remember the moves and don't get frustrated."

Class member Annabel Miller said she, too, had attempted to learn the long form.

"We never learned any background about the other form," Miller said. "Ann tells us what everything means and gives us details about every move. If I want to know more, she'll tell me more."

T'ai chi chih consists of 19 movements and one pose, as

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opposed to the 108 movements that make up the ancient form. Anthony said it takes up to two years for a person to learn the old form and even longer for the benefits to kick in.

"With t'ai chi chih, you get into it, and it's the same kind of movements, but they're repeated, and it's simplified," Anthony said. "Within five minutes you'll start to feel the benefits."

Anthony said she saw the benefits firsthand after a cooking accident left her with third-degree burns.

# Taichichih.org/category/blog/ ... (snippets of The Vital Force + more)

## NEW JERSEY TEACHER FEATURED IN LOCAL NEWSPAPER

Congratulations to T'ai Chi Chih teacher Dan Pienciak and students who describe the benefits of their practice in the [Asbury Park Press](#) this week.



## LIVE CONFERENCE UPDATES: Twitter, Facebook & here

Follow us #TCC this weekend on Twitter for live conference updates. We'll also post photos & videos here on the blog and on our [Facebook page](#).



## TAI CHI CONFERENCE IN PORTLAND 7/5-8



T'ai Chi Chih teachers from across the U.S. and Canada will meet in Portland, OR this weekend to share the Chi. We hope to see all of you there. If you can't make it this year, watch this blog, our Facebook page and our Twitter feed for live updates on Friday, Saturday and Sunday. Then check out [The Vital Force](#) journal this fall for photos and stories. And start planning now to join us next summer!



[taichichih.org/health\\_benefits/](http://taichichih.org/health_benefits/)

HEALTH BENEFITS »

OVERVIEW

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GENERAL HEALTH

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HEALTHY WEIGHT

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INCREASED ENERGY

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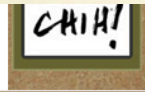
PAIN RELIEF

PEACE



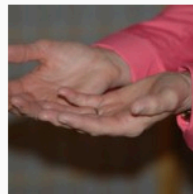


# Health Benefits section > Arthritis page



"We find that awareness is the root of T'ai Chi Chih ... circularity is fundamental ... softness and continuity are the essence." - Justin Stone, originator >>>

## Arthritis



"T'ai Chi Chih has changed my life," say many people who practice TCC regularly. In fact, it is one of the most common statements of gratitude TCC originator Justin Stone has heard from students over many years. Improvements in physical, emotional, and mental health are enjoyed by students of all ages – children, teens, young adults, mid-lifers and seniors. The benefits are often quickly apparent to newcomers, as well as cumulative for those who have practiced TCC for years and decades.

Quotations below are from students and teachers, provided as inspiration and an invitation. This information is not intended to replace any medical treatment by, or perspectives from, your own health care provider.

### T'ai Chi Chih provides arthritis relief after chemo and surgery recommended

"I played competitive volleyball for 20 years and developed severe arthritis in my fingers. When the arthritis doctor had me fill out a form to indicate my pain level, I placed zeros in all the categories. She recommended that I be put on chemotherapy to retard the progress of the arthritis. I went to an orthopedic surgeon to see if he could straighten the fingers, and the only thing he could offer was to remove the finger joints and fuse the finger bones. Before I started TCC, my fingers hurt and were so stiff I could hardly bend them. When I do TCC, my fingers shake as the Chi flows through them. The arthritis is still there, but the pain is almost gone as is my need to take pain medicine." – Ann Rutherford, TCC teacher

### Teacher feels younger at age 61 than she did at age 48

"I am the very fortunate survivor of the polio epidemic that swept the West Coast during WWII. I recovered and led a pretty normal life until my 40s when I began to develop osteoarthritis. This seems to be aggravated by what is called "post-polio syndrome," a condition similar to fibromyalgia involving weakness and pain. Medication brought little relief until I began regularly practicing TCC. I'm down to one Naprosyn per day and feel better and younger at 61 than I did at

### TCC in the News

- *"Arthritis Sufferer Says T'ai Chi Chih Has Changed Her Life"*
- *"T'ai Chi Chih: An Exercise Option for Older Adults"*


### Resources

- *Find a teacher in your city*
- *Arthritis Foundation*
- *National Institutes of Health*
- *Centers for Disease Control and Prevention*

# The Vital Force + Technology

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### The Vital Force

*The Vital Force*, the official quarterly journal of T'ai Chi Chih, belongs to the entire worldwide T'ai Chi Chih community. In short, it is for everyone wanting to know more about T'ai Chi Chih and the mental, physical, and spiritual benefits gleaned from regular practice.

Each 24-page issue of *The Vital Force* features articles by Justin Stone, the originator of T'ai Chi Chih and Seijaku (TCC's advanced form), and others sharing their own experiences.

The journal is distributed in early February, May, August, and November. To ensure receipt of a particular issue, if you are ordering on-line, be sure to renew two weeks prior to the publication date. If you are mailing your order form, we need to receive it six weeks prior to the pub date.

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Download a sample copy of *The Vital Force*.



*The Vital Force*  
Quarterly Journal of T'ai Chi Chih

Justin's Words  
Emphasizing Yin-Yang

**A**fter the first issue of *The Vital Force* was published, many people expressed interest in receiving a copy. This issue, the first of its kind, was a special one. It was the first issue to be published in the new format, and it was the first issue to be published in the new format. It was the first issue to be published in the new format, and it was the first issue to be published in the new format.

#### Order Back Issues

New to *The Vital Force*? Catch up on what you've been missing! Every issue includes insightful practice tips, inspiring real-life stories, encouragement and wisdom from Justin. Issues are available back to 2007.

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But really, what does this have to do with TCC? ...  
Nothing ...

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Thanks to all who contribute  
to spreading the word about  
T'ai Chí Chih