



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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Winter Solstice

December 1991

THE IDEA OF IMPERMANANCE

Justin Stone

On my recent visit to Albuquerque I gave a talk to over 200 people on the subject "The Spiritual Life" (in a busy world). Many points were similar to the "merging Sense with Essence" talk I made to teachers at the Minneapolis Conference. This subject seems to hit people hard, as they feel they must get away from family and work routine in order to practice Spirituality (accordance with the Real).

That is far from the truth. I related how a Zen priest in Japan had said to me: "Stone-san, be the Big hermit; anybody can be the small hermit." I told them how I suddenly remembered this phrase while meditating with the Yogis in the cold Himalayan foothills, eating once a day, etc. I then thought: "I should be able to do this at 42nd and Broadway!" and left the mountain seclusion the next day. Though I didn't yet know the meaning of "Seijaku"--stillness in the midst of activity--the idea had already begun acting in my consciousness.

In my book, "Abandon Hope!", I have a chapter about the "Growth of Certainty," and once that has been experienced, it is not difficult to sense the Essence at all times, whatever the situation. This usually leads to a feeling of profound gratitude. As Paul Reps says: "How grateful I am with no thing to be grateful for." Note he didn't say "Nothing to be grateful for."

Once we accept the idea of Impermanence, it not too difficult to experience who and what we are. This is so well expressed by the Lotus Sutra, which says: "From the State of Emptiness, Man's body is a body filling the Universe, Man's voice is a voice pervading the Universe, and Man's life is a Life without Limit."

FEEDBACK FROM ALBUQUERQUE

Upon awakening to the changes that the previous night's storm had brought--18" of snow, trees split, power lines down--Tess, our 9-year-old, pointed to a branch on the ground and exclaimed, "Oh, that's our cat Gwinna's favorite branch." Justin's words from his talk, "The Spiritual Life," returned to me: "The true self grows to where it identifies with everything." Letting our boundaries expand without predetermining their scope. Justin was "at home" with it all--the world series action, a browse in the Book Garden, a prayer over dinner--and he made it look so easy. Being with Justin hones one's awareness and activates prajna: "Planting in the springtime, we harvest in the fall" (*Abandon Hope*). Thank you, Justin, for all those seeds.

Connie Hyde, Accredited TCC Instructor, Cedar Crest, NM

Justin Stone is the originator of T'ai Chi Chih! Joy Thru Movement.
Steve Ridley is the Spiritual Head of T'ai Chi Chih.

REFLECTIONS.....Along the Way

After looking back, the signs of times' changes help project a clearer view into the upcoming year. Now, with some experience behind us, we're ready to announce some plans for the T'ai Chi Chih Journal in 1992. Some of the ideas are for new columns, such as: "getting started" - an exchange of useful methods for recently accredited instructors beginning to develop their TCC teaching; and the "art of teaching" - will be an ongoing theme for articles, as teachers share refined skills used in presenting TCC, in function and essence. Questions of important consideration may be submitted to our Q/A panel who may be enticed to address "almost everything you want to know."

In expanding from our regular reporting, VFJ would like to develop a forum for focused exchange among readers--those who are connected by the TCC Journal. Many who write have asked for feedback on their articles and diverse "viewpoints", expressed in constructive ways, are most welcome. "Viewpoints" may be a brief commentary/letter to the editor-type column or other format. Perhaps we can aim the content of our sharing in a spirit of service to each other. After all, 'we' are our resources, in the growing TCC community!

A few operational changes that will consolidate energy and economize resources follow: the deadline for submitting information to VFJ has been moved up to the 1st (instead of the 15th) of the preceding month. In other words, February 1st is the next deadline for the March issue of VFJ. This will allow a more realistic schedule to prepare the quality journal we intend to continue developing. Please plan accordingly to send your written contributions by the new deadline. (To FAX information, see instructions under "VFJ Operations", pg. 23.)

The addition of this change should also improve the mailing timeframe of The Vital Force so you will receive your issue after the 20th (and no later than the 30th of the month). A few subscribers have mentioned the bulk-mail delivery has been inadequate in their areas. We are offering a first-class mailing option to those who regularly have difficulty receiving bulk-mail. If you choose it, your subscription rate will cost an additional \$5.00/year to cover the extra expense for special handling (and you'll have 'guaranteed delivery'). Along with this, we must begin adding the same \$5.00 increase to all Canadian subscriptions. Up to now we have absorbed the additional postage required to mail outside of the U.S. Now we must ask your support in covering future costs. As our budget is minimal and expenses have increased with project growth (especially in outreach and referral to teachers), we are accepting donations to sponsor these efforts. If it is possible for you to contribute (any amount), please follow information on subscription form.

Your understanding of these changes and support is important. VFJ would like to grow in providing services to teachers and in publishing other special issues. In this way VFJ will be more effective on intent: to further T'ai Chi Chih practice and the qualities of self-cultivation t'ai chi exemplifies.

Thank you for all you contribute to this joyous movement. May the upcoming year unfold continued Blessings in Abundant Chi!
Liz Salada for The Vital Force

Morning Prayer: With thanksgiving and joy I greet the day, and you, my friends.
by Loretta Shriver

Inspiration--Exploring Meditative Ways Weekend

Delightful
life full
of opportunities
open me up
store in me
possibilities
deepen my love
strengthen my desire
radiate, resolve
reflecting pond
of true hearts longing
to be One
Susan Caputo Hudgens
10-19-91



HOLIDAY REFLECTION

T'ai Chi Chih is a Christmas tree. Each teacher is a beautiful unique decoration on that tree, giving off his own radiance and warm glow. The collective beauty of the various decorations makes the T'ai Chi Chih tree sparkle and shine with an energy that expands into the universe. Some day, that beautiful radiant energy will return to earth, just as bright and clear as the day it began its journey into the infinite.

Virginia Shilson

A FREE HOLIDAY PRESENT FOR YOU

Justin Stone's booklet **EVOLUTION THROUGH CHI** is available to teachers. Contact:

Carmen Brocklehurst

9500 Prospect NE, Albuquerque, NM, 87112

Bliss Yourself

Do not look upon T'ai Chi Chih as a routine, a practice we SHOULD do. T'ai Chi Chih is a moving meditation, an opportunity to temporarily move away from the external world, the world of 'things' and into the peaceful stillness of the inner world. Give your permission for T'ai Chi Chih to do T'ai Chi Chih, and experience the joy of silent bliss as you 'go with the flow', as you become one with the T'ai Chi Chih experience. All that is, is energy, pure consciousness, love. BE this energy. BE this love. Only then can you honestly impart to your students the true meaning, the true depth of Justin Stone's gift to the universe.

Virginia Shilson, from Albuquerque Teacher News

A BIRTHDAY SURPRISE FOR JUSTIN

Liz Salada, San Leandro, CA

A group of sixteen old and new teacher-friends joined together in Santa Cruz, CA for a celebration Saturday, November 16. Our surprised guest was Justin Stone and our intent was to honor the coming of his 75th birthday by sharing this special time with him. The luncheon of Indonesian-Malaysian fare was enjoyed by visiting teachers: Luis & Linda Sanchez (Goleta), Martha Immel (Baywood Park), Tom Bottoms (Santa Cruz), and these teachers from around the extended Bay Area: Cass Redmon, Dona Marriott, Linda Meyer, Vicki Brodie, Hope Ridley, Rosalind Braga, Lois Mahaney, Susan Hudgens, and her husband Bruce (who has begun to volunteer his talents in photography and more to future VFJ projects). Jean Graham, Vic Berg and George Balliet had also planned to attend. We appreciate everyone's gestures of meaningful intent in being together with loving respect for our teacher, Justin Stone. It was as if all caring teachers were there when the special tribute of The Vital Force was presented. (This special compilation of teachers' poems and messages for Justin on his 75th birthday is enclosed with this issue.) The frosting on this 'cake experience' was simply Justin's reply when I said, "We are all so happy you are here with us;" and he replied, "I am happier than you are."



ACCEPTING CHANGE GRACEFULLY

Lia Ridley

Many of us feel varying degrees of difficulty while dealing with change; the changes life presents us with and necessary changes we must enact. This fall was the first year I experienced the change of season without my customary tendency to feel sad. The transformation of summer into fall can be dramatic in Colorado. The flowers dry and die quickly. The leaves brightly flash a quick change in color and soon drop from the trees, with accompanying cool air that carries the distinct fragrances of autumn.

This year I didn't feel badly when the flowers began to wither but instead was at peace and even thankful to witness this naturally unfolding cycle of change. Perhaps this new found capacity has been awakened in me through T'ai Chi Chih practice and the contemplation of its principles with regard to the relationship of change and Essence. Recognizing anew the natural order of things filled me with peace and gracious acceptance.

Being rooted and sensitively aware while performing the movements of T'ai Chi Chih is not unlike participating fully in the changes of life without losing the recognition of our Changeless center. Being constant within the changing patterns of life is perhaps the greatest lesson that T'ai Chi Chih has taught me.



Joy to the World!

T'AI CHI / LIFE

Through T'ai Chi I move
Centered amidst the circles
Forward ... backward
Learning through experience

Through life I move
Centered amidst the cycles
Forward ... backward
Learning through experience

*Peace -
Gibson*

New Lenox, IL

Returning
I sense a change
My body reaches.
Looking down I see the land
and know I'm almost home.
My breath is taken by the sight
of so much green,
The life of a rainy summer.
Deep, dark green
Dotting the rich brown flesh
of the earth our mother.

Now I find the muddy thread
that winds and turns
Into the great water serpent
Crawling across the desert
Plumed with cottonwood
Bringing life to all things
Bringing me home.

Loretta Shiver



THE BIG HERMIT COMES TO TOWN

Recently Justin came to Albuquerque, NM for a visit. This was supposed to be a vacation. Everyone and everything was aglow. Fall in New Mexico is quite spectacular. A beautiful sunshiny day was specially ordered for his arrival. Even a long time friend found herself in town for this special visit. The Shilson's as always had opened their hearts and home for Justin's stay.

As a gift to the Albuquerque TCC Teachers, Justin offered to give a free public lecture. Over 200 people came. People were even standing out in the hall and not minding at all. People who were finishing up at other programs would walk by and stop for a minute, then they stayed till the end of the talk. It was all pretty wonderful to watch. So often I marvel at the kind of life I lead today as compared to the way it was before T'ai Chi Chih. (My family and friends tell me I'm easier to live with now.) And each time I marvel there is a great deal of gratitude and joy, not only for my life, but for the part that Justin (T'ai Chi Chih) has played in it.

So when I saw so many people there to be with Justin I was very grateful that they too were accepting the gift of growth from such a special person. As always, after Justin has been here, there is a new surge of energy that opens up. There is always new interest in T'ai Chi Chih and in personal growth. Justin's thought provoking title "The Spiritual Life" gave many people much to work with. What comes after we know 'who and what we are'? There is much wisdom in Daughter on the Mountain and Daughter in the Valley. The idea is not that we come to the end when we get to the mountain top but rather that there is more to do. We come back down into the valley, back to the market place, where, as Hakuin says, "when we look at the world it is like looking at the back of our own hand." What does the back of your hand look like? Is it goodness and light or muck and yuk?

We all had such a good time with Justin-- he had a chance to meet two new T'ai Chi Chih babies, Guy Kent's and Karen Morgan's; also to enjoy a potluck with the teachers at Dona Bundock's lovely mountain home. Does this sound like a man who has renounced or embraced life. Whichever you choose, we are very grateful that the hermit has come home.

Love and Share the Chi,

Carmen L. Brocklehurst, Albuquerque, NM

"Many who have a 'vertical' experience of the Absolute are sure they have achieved the final rung on the ladder and make no attempt to understand or integrate the experience. They may become renunciates and shun all worldly life. If they have a good teacher, he will see the dangers and lead them along the way to complete integration, back to the Marketplace with all humanity and, indeed, all life. Those who have followed a true teacher, or who spontaneously have an experience where they perceive their own enlightenment, are able to make the complete circle and come back to 'ordinary' life, which will now appear anything but ordinary. What need for argument when each thing is perceived in itself and seen as being true?"--Justin Stone

Some Perceptions of Justin's lecture on "The Spiritual Life."

Steve Vogel, Albuquerque, NM

As the coordinator of the event I would like to thank Justin for his generosity. I would also like to thank all of the New Mexico T'ai Chi Chih Teachers - and other volunteers - who made the event so successful. My job was no job at all because of the help of so many dedicated and disciplined people.

I am certain that the Albuquerque community looks forward to Justin's next visit and we extend him an invitation to come back anytime. Here is a sampling of his message:

The goal is to integrate the spiritual life with the everyday life. What is needed is non-attachment. Non-attachment is not achieved by getting away physically but by having a change in mind, in the way of thinking.

The starting point and key feature of merging the spiritual life and everyday life is to recognize impermanence and to accord with it. Most people, however, live as if they are immortal. If you can recognize impermanence and life everyday as though it were the last day, you will live a happy life. But most people resent non-attachment and impermanence.

The spiritual task is to find out who and what you are. If you can understand the following you will truly understand who and what you are:

From the state of emptiness man's body is a body filling the universe, man's voice is a voice pervading the universe, man's life is a life without limit.

FREE FOR THE ASKING

Teachers may receive an audio cassette of Justin's October 25, 1991 talk "The Spiritual Life" by requesting a copy from: Justin Tape, 977 Seminole Trail #130, Charlottesville, VA 22901. (This talk goes far beyond belief systems.)

(Publisher's Note: We thank you for making this offering available!)



IMPORTANT MOVEMENT PRINCIPLES

Steve Ridley

"The internal environment we create through Tai Chi practice cultivates the circulation of chi, which diversifies and compounds to produce progressive stages of personal development or spiritual maturity. This process is cumulative and spans years, until it culminates in the state of perfect Clarity or formless Tai Chi. The key to success is, as always, continued practice and adherence to the principles." Steve Ridley, Perspectives in Motion & Stillness.

I want to outline some principles of movement that relate directly to each Tai Chi Chih movement pattern, so that any needed adjustments can be made to ensure that we are deriving an optimum chi flow. Of course, the chi flow improves generally as we improve our applied level of "softness and continuity", but there are more specific principles having to do with synchronicity and alignment that we should be able to enact to more completely foster the desired circulation of chi.

Weight Displacement and Hand Position



Weight Displacement & Hand Position:

When your weight is fully displaced on one foot, the hands are at one of the two extreme positions of the particular movement pattern, either at the beginning position or at the halfway point.

For example, while performing "Daughter on the Mountaintop" (left side), we begin with the hands at the extreme low position, at the sides of the upper thighs (palms forward). The weight is fully displaced on the right foot. As the weight smoothly and gradually shifts forward, the hands begin to rise simultaneously at a uniform speed, timed so that they arrive at the halfway point (extreme position) at the same instant that the weight is fully displaced on the left foot. Likewise, as the weight smoothly and gradually shifts backward, the hands simultaneously begin to come down at a uniform speed, timed so that they arrive at the beginning position at the instant that the weight is fully displaced on the right foot.

(See Principles p. 9)

Principles-Cont. from p.8

This movement principle of weight displacement and corresponding hand position should be applied consistently to each T'ai Chi Chih movement pattern, whether front-to-back or side-to-side. Otherwise there will be either a stagnation or a loss of momentum regarding the chi flow. For instance, if you find that your weight has arrived fully on your forward foot, and your hands are still moving to complete the first half of the particular circular pattern, the movement is out of synchronization and power is being lost. Similarly, if your hands have arrived at the extreme halfway position and you are still moving into your full weighted halfway position, the movement is out of synchronization. Remember the statement from the T'ai Chi Classics that advises that we move "without hollows"? A hollow move is an empty move, an independent hand motion made without support of a simultaneous leg motion. When our upper body moves independently from our lower body, we are in a weak, fragmented condition, and we have severed the unification of power that should exist in T'ai Chi Chih movements.

Check each movement pattern to see if you are in conformity to this movement principle. If you are, then you will be sure to derive optimum potency from your present level of proficiency. If you find that you are deviating from this principle on a few movements, make adjustments, even though they may feel odd and strictly mechanical at first. It will be a matter of establishing a new "feeling pattern", that will seem natural in a short time.

Alignment of Strength:

Keep yourself aligned in a position of optimum strength, as if you are going to encounter physical opposition throughout the performance of each movement, so you could resist such opposition with optimum physical strength, within the context of the particular movement pattern. This alignment, however, is performed in softness, with the exception of "Joyous Breath".

For example, while performing "Working the Pulley", your advancing hand should extend directly from your shoulder, where your optimum strength is. If you push your hand forward from a position above your shoulder or to the side of your shoulder, the potential strength of the movement is lessened considerably.

There are a number of commonly mis-aligned movements that I've noticed through the years. The 6 Taoist Healing Sounds: During the side-to-side sweeping motion, the forearms should be held parallel to the ground, one above the other, with the elbows close to the torso. Push Pull: Hands should push out directly from the shoulders, positioned shoulder width throughout the movement pattern. Carry the Ball to the Side: The elbows should be close to the torso especially as the ball is carried up and over, so the hands don't extend too high - all wrists and forearms. Joyous Breath, Light at the Top: Temples: Pushing down, the hands are kept close to the torso, shoulder-width apart. Lifting up, the hands are kept close to the torso, shoulder width apart. Passing Clouds: The elbows are kept low and fairly close to the torso, so that there is no undue extension with the upper arm - all wrists and forearms.

(See Principles p.10)

Principles cont. from p.9

Alignment of strength should be applied to each T'ai Chi Chih movement, not because we are going to encounter external resistance with muscular strength, but because this alignment is most conducive for an optimum, unified chi flow. By aligning ourselves as described, we provide the ideal internal shape for the chi to conform to. If we perform a movement with improper alignment, by over extending or deviating from our optimum strength positioning, the circulating chi is likewise influenced and weakened.

Check each T'ai Chi Chih movement pattern by assuming that you are going to meet resistance at various positions. Are you aligned in an optimum strength position, within the context of the movement? Be willing to make adjustments, and you will derive a more efficient chi flow. A major objective of T'ai Chi Chih practice is to cultivate the chi in a dynamic and efficient way.

Additional Considerations:

Mental State:

T'ai Chi Chih should be practiced with a quiet mind ("unclouded mind") so that movements may be accomplished in a state of expansive sensitivity and intuitive awareness. Thought directs chi and the body follows, alertly accommodating an integrated flow.

Physical Attitude:

The soles of the feet should be substantially rooted to the ground. The general stance should be low, with a primary emphasis of feeling awareness focused within the lower abdomen. The spine and head should always be vertically aligned and at rest, as if suspended from above - the torso should move as easily as a mobile being motivated by the wind.

Circularity

Through each movement, the physical motive force is rooted in the feet, passes up the legs as the weight moves from substantial to insubstantial, is distributed by the relaxed openness and pivoting of the waist, and nourishes the upper body. Each T'ai Chi Chih movement pattern should be developed and felt in this way.

I hope that this sketch of movement principles will contribute in someway to the enrichment of your practice of T'ai Chi Chih. Sincerely, Steve Ridley

B R E A T H E in through the soles of the feet.

B R E A T H E out through the soles of the feet.

Yessssss



STILL TALKING ABOUT LAST SUMMER'S CONFERENCE

Now that my life has taken on the normal routines I'm accustomed to, I have a little time to write and say how much I enjoyed the Conference and Seijaku.

We were excited about having everyone come to Minnesota. After many months of planning and anxious moments (and progress) the Conference took shape and Inver Hills became the T'ai Chi Chih capitol of the world for a few days! Having Justin and Steve both here to share this time with us was really special to me.

Thanks to everyone who came to the Conference. It was great to meet people I'd heard about through other teachers or read something about in *The Vital Force*. I'm feeling like a member of the TCC Family now.

I encourage all teachers to attend the Conferences if they possibly can--especially those who have never been to one. This was my first time and a very worthwhile experience.

The Seijaku course was certainly an awakening for me. I thought that T'ai Chi Chih--as I knew it--was the 'Supreme Ultimate,' but with Seijaku it is even more than that! I hope the teachers who feel they are ready for it, will take upcoming courses. It has added a lot to my personal practice as well as my teaching capacity.

I'm already looking forward to next year's Conference! You'll see me there!

Bernice Playle, Brooklyn Park, MN

It was a wonderful Conference and I am so grateful that I was able to attend. Thanks to everyone for making it possible. So much warmth and love and sharing. I feel blessed. I sure hope I can see everyone again next year!

Linda McKenzie, Regina, Sask. Canada

"Seijaku" is aptly named "stillness in the midst of activity." Since I have been back from the course in Minnesota, I have practiced daily. I am amazed at the calmness and centeredness it has brought to my daily life! I have simultaneously begun teaching a new year at my Junior High School (learning handicapped students), looking for a home to purchase, made arrangements for my next TCC teaching session (PR., room rental, etc.), and continued with my usual responsibilities. All this with ease and energy and a love and peace I don't think I have ever experienced before.

The energy seems to flow within me, continually. In fact, my constant companion has named me "Barbara Burning Hands." But more amazingly, the energy around me seems to be synchronized with my inner flow.

Thank you,

Barbara Lefforge, Long Beach, CA

福 Season's Greetings

賀 Meilleurs Voeux

福 Felices Fiestas

福 Поздравление

SPONSORING T'AI CHI CHIH EVENTS

It is a privilege to offer our communities the fellowship and personal development opportunities inherent in T'ai Chi Chih gatherings. We are fortunate that Justin is available to lecture or talk to those who seek inspiration or clarification on real elements of spiritual living.

These are available avenues in which our understanding is cultivated and the expansion of T'ai Chi Chih continues to be nurtured. All it takes is a teacher who recognizes the value and is committed to sponsoring a lecture, teacher accreditation course, review or retreat. The result is often a deepened motivation for participants to be active, in community through classes and personally through newly cultivating practice. The events are proven methods of promoting T'ai Chi Chih and its significant message of mutual accord with benevolence.

The 1992 Calendar is still open for scheduling T'ai Chi Chih events with Justin and Steve. Call or write them to receive further planning details (note the TCC Contact on page 22). Many readers look to the calendar for such activities and VFJ is happy to announce your event in our next issue.

7TH INTERNATIONAL TEACHERS CONFERENCE

Plan now to nurture yourself, your T'ai Chi Chih practice and your TCC teaching by participating in next July's Conference. It will again be held at the beautiful, serene Vallombrosa Conference Center in Menlo Park, CA (that's south of San Francisco in the "Bay Area"). It will be on the 4th of July weekend (that's the only time available at Vallombrosa next summer).

IMPORTANT DEADLINE

Jan. 10 **\$75 Deposit Due for July 1-3 Seijaku Accreditation; \$25 for Reviewers. Make check payable to: Pam Towne/Seijaku**

Jan. 10 **\$45 Deposit Due for July 3-5 International Teachers Conference**

Make check payable to: Pam Towne/TCC Conference
(Indicate single room on your check, if you want one. Additional cost delineated below.)

SEND TO:

Pam Towne, 2700 Ponderosa Dr. #34, Camarillo, CA 93010

**If it is not possible for you to send your deposit at this time, write or call Pam (805/987-3607) stating your intention to attend and when you can send your deposit. NOTE ADDITIONAL INFORMATION under July dates.



LENDAR OF EVENTS

- Jan. 11 Northern California Teachers Gathering, Oakland, CA
Contact Host: Linda Meyer--510/568-8444
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- Jan. 18 **Seijaku Review for Accredited Seijaku Instructors**, Camarillo, CA
9am-4:30pm CONTACT: Pam Towne--805/987-3607 COST: \$50
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- Jan. 19 Southern California Teachers Gathering, Camarillo, CA
Contact Host: Pam Towne--805/987-3607
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- Feb. 1 **New Deadline for submitting your news and information for the March issue of The Vital Force.** **NOTE: Teachers plan ahead to announce the TCC activities you plan to sponsor in 1992. Submitting information under VFJ Operation on p. 33.
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- April date to be announced in 1992 **Teachers Preparation Workshop, St. Paul, MN or Fargo, ND**
Hosted by: Christeen McLain, Jean Katus 701/854-7435, and Jeanne Carlson-Linscott 218/751-3173
**Prospective teacher candidates from all areas are welcome.
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- June 8 **Teacher Renewal Course, Bemidji, MN**
8-13 **Teacher Accreditation Course, Bemidji, MN**
CONTACT: Jeanne Carlson-Linscott --218/751-3173
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- June 22-27 **Teacher Accreditation Course, Denver, CO**
CONTACT: Steve Ridley--303/322-7717
-
- July 1-3 **Seijaku Accreditation or Review Course, Menlo Park, CA**
Wed. eve, Vallombrosa Conference Center (nearest airport--San Francisco)
Thurs.& Fri. CONTACT: Pam Towne-805/987-3607
days COST for Accreditation and Accommodations:
\$475 - includes double (shared) room and 6 meals -or-
\$505 - includes single (private) room and 6 meals
COST for Review (Accredited Seijaku Instructors) and Accommodations
\$150 - includes double (shared) room and 6 meals -or-
\$180 - includes single (private) room and 6 meals
**NOTE ADDITIONAL DEPOSIT INFORMATION ABOVE.
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- July 3-5 **7th International Teachers Conference, Menlo Park, CA**
Contact: Pam Towne--805/987-3607
COST: \$195 - includes a double room and 6 meals -or-
\$225 - for a single room and 6 meals. (Only 20 single rooms are available on a "first come" basis; indicate "single room" on your check if you want one.)

TEACHING WITHOUT ACCREDITATION

Steve Ridley

Now and then we will hear of a person offering instruction in T'ai Chi Chih without having completed a TCC Teacher Accreditation Course. They may be unaware that such courses exist or that they are required by Justin, the originator.

The best that we can do when we become aware of such a situation is to communicate with that person in order to explain what is available, as far as training, and the reason that training is required. In addition, it would be good to mention this policy to our students in the classes we offer, so that following class they don't feel at liberty to teach others.

Justin has often stated that T'ai Chi Chih is based on integrity and sincerity, and that it would be unethical to offer instruction in the art without earning accreditation. It is common knowledge in the Orient that a student of any art form or meditation discipline never offers instruction until the teacher or spiritual preceptor gives authorization. The reason for this is that it ensures a certain purity of transmission. There are sound reasons for performing the movement patterns of T'ai Chi Chih in specific ways and they should be adhered to. Of those who teach without being accredited, most have added their own variations and frills, without being authentically familiar with the subtle and important principles of movement.

In our cultural setting, it is not automatic for students to esteem and respect their teachers, and it is quite common to see attitudes and behavior that reflect impatience and strong egocentricity. Teachers must be very broad-minded and patient, in order to demonstrate the teaching, and thereby educate students into the profound and practical philosophy of T'ai Chi Chih. In this way, "hard cases" will naturally come around and recognize the subtlety of the teaching and will naturally respect the teacher. A respectful student would never offer instruction in T'ai Chi Chih without accreditation.

Share the word "Integrity" to Encourage Accreditation

As this concern periodically comes up, accredited teachers would do well to consider how to communicate this to students.

We want to be sure that TCC is passed on as purely as possible, and completing a teacher accreditation course will accomplish this. Those who want to teach, please be conscientious and respect Justin and the form of TCC enough to see to your own accreditation before sharing it with others.

**See the article Preparing Teacher Candidates in the Sept. '91 VFJ issue which outlines how to proceed. Readiness must be endorsed in the form of a letter of recommendation from an accredited teacher. Then it is a matter of attending one of the courses regularly listed in the calendar of each issue of The Vital Force. Candidates may write to VFJ address for a listing of upcoming courses. Teachers contact Steve Ridley for details on sponsoring an accreditation course in your area.



EVENTS FEEDBACK, Northern California

The Exploring Meditative Ways Workshop provided a quality weekend to relax and learn, to become thoroughly engrossed and enlivened in a supportive atmosphere.

So often after a time away from family and the home, I walk through the door and the door to where I've just been shuts behind me. Not so this time. All week I have savored the lingering benefits of a rigorously meditative weekend!

My son, Nicholas, even noticed. He said, "Mom, I like how you act." This is the integration I believe Steve talks about. It is a blessing to have clearer awareness and to be able to appreciate Nick's compliment more fully. Susan Hudgens, San Jose, CA

Since this was my second workshop I knew it would be worthwhile. I think all TCC teachers, as well as others, would benefit. Steve gives so much information and instruction and the fellowship is important too. I'm sure teachers who attend are better teachers as a result. Hope Ridley, San Mateo, CA

PARTICIPANTS

EXPLORING MEDITATIVE WAYS WORKSHOP

OCTOBER 19-20, 1991
LAFAYETTE, CA



L-R Front--Steve Ridley, Bev Cornet, Hope Ridley*, Gail Kelton-Jones, Linda Braga*, Michelle Speroni, Dona Marriott,* Susan Hudgens*, Rosa SantaMaria, Christopher Fallon
Back--Liz* and Brian Salada, Valerie & George Bear, George Balliet*, Deborah Bosse*, Jean Walker-Wiley, Laurie Ameral, Carole Coons, Cheryl Hamblin*, and Mark Matheson*. Not pictured: Luba Blumberg*, Fran & Fred Ducey, Stephanie Al Otaiba, Marilyn Faull, and Philip Ziegler.

* T'ai Chi Chih Teachers

ULTIMATE INTEGRATION

What a pleasure to host this special weekend-workshop with Steve Ridley for the third consecutive year! It continues to offer students of all levels the value of an in-depth experience while presenting a variety of methods. We are fortunate to be able to choose from approaches which reinforce a healthful foundation for our ultimate integration.

By practicing together our focus was supportive of the inner experience generated by specific techniques. Socializing in between programs fostered friendship and a unity that was evident in many cooperative gestures. The joy in this is--it endures! Students have been stimulated to contemplate the purpose of their involvement in new and meaningful ways. Better still, they feel confidently equipped to put the methods to practice.

I am very grateful to everyone who contributed to the intent of this gathering! By joining together in rich presence and awareness much was unleashed and set in motion. It is an honor to sponsor this event with Steve, so others may experience the profound possibilities under his guidance: *a relaxed, calm body; clear, focused mind, and uplifted spirit* for starters! Sincerely, in mutual accord, Liz Salada, San Leandro, CA

Teachers: Contact Steve for details on sponsoring "Exploring Meditative Ways" in your community. It will be a great service to yourself and others!



MEDITATION

The Beast comes to rest
at the command of the Dreamer

Who allows the Angel's ascent
to reveal their Unity.

Steve Ridley
Sept. 29, 1991

REACTIVE LIVING

Onto the stage of dreams
thru screens of memories

Wrapped in the bitter-sweet
of gain and loss

The slumbering Visionary suffers
among the many.

Steve
9-5-91

T'AI CHI, EMOTIONAL ENERGY AND RECOVERY

Justin has stated several times that he does not understand why T'ai Chi Chih instructors who are doing very well sometimes suddenly stop teaching and disappear. Likewise, I believe every teacher has had students who seem to be doing very well and then suddenly stop and disappear. My experience suggests the answer lies in how T'ai Chi practice, in particular the circulation of the chi, stirs up emotional energy stored in the body from old traumas or unresolved issues.

I believe a perfect spirit resides within each one of us. However, the human plane of existence covers this up with many layers of conditioning and damage. Most of this occurs during our receptive years as children. Another view is that our spirits are still evolving and the karma we bring into our human lifetime dictates what occurs to us and what we have to work through. For some, the karma, and resulting emotional damage, is slight. If this is true of you, then rejoice for your main task is simply to apply discipline in the recovery of your perfect spirit. For the majority of people, however, the damage that occurs in childhood is substantial enough to seriously interfere with life. In fact, probably the majority of people in the U.S. experienced some form of serious abuse in their childhood. This might be sexual abuse, physical abuse, or emotional abuse and the degree can be quite varied. Even some aspects of our cultural conditioning are abusive. Usually the emotional energy generated by the abuse has no outlet and so becomes stored in the body. In cases of extreme abuse even the memory of the abuse might be blocked out until rediscovered many years later through recovery work or some triggering event. Such stored emotional energy then exerts major control over our view of life and the choices we make. Also, such emotional suppression is physically unhealthy. Most people can not see the damage in themselves very well. They think (privately) only that they are bad or flawed. How to know if you are emotionally damaged? It is very likely if you find yourself reacting to other people or external events a lot..

It is important here to not condemn the parents responsible. They were probably also severely abused as children. The problem is most certainly multi-generational. Only now are the taboos coming down about looking at and talking about these problems.(Cont.p.17)

The point is that T'ai Chi practice circulates the chi and also tends to mobilize and ultimately liberate such stored emotional energy. We usually do not know why we are experiencing the emotional turmoil and we certainly are not comfortable with it. Also, a damaged ego self nearly always resists any substantial change. The result can be an emotional resistance to T'ai Chi practice. The practice of T'ai Chi acts to gradually release such emotional energy but if the emotional surge is strong it can overwhelm the positive influence of T'ai Chi. In such instances continued forward progress with T'ai Chi requires more than just discipline; it probably requires some level of active involvement with uncovering and release of the stored emotional energy - the emotional interference is simply too great for T'ai Chi to stand unassisted. I believe that we must repair the ego self (rebuild the ego boundaries - "where I stop and other people begin") before consistent spiritual (ego dissolving) progress can occur. The process is to begin with acknowledgement of the emotional pain, then discovering what happened to you, how it controls you, and expression of the emotions. This is not a short process and must be accomplished slowly and gently. Finally you learn how to live uncontrolled by the emotional energy of the past. This is what the emotional recovery movement (as opposed to the more familiar substance abuse recovery movement) currently gaining so much momentum in our country, is all about.

For many, myself included, a real sticking point is allowing the emotional expression. We are generally conditioned not to express our emotions. Furthermore, to a large extent we have only very dysfunctional models of emotional expression (for sadness and anger in particular) that have been displayed to us. So hand in hand with gradual expression of the emotional energy is learning how to express difficult emotions **functionally**. No emotion is a bad emotion; emotions are our teacher. Our **expression** of emotion may, however, need some major work. Finally, as major emotional repair is effected, strong emotional responses become weaker and are triggered less frequently. We are then free to be more in our pure natural state of joy and harmony. I strongly believe we are evolving toward this state of increased joy and harmony. I also believe that some of us, at least, will probably have to shed some tears along the way.

Lastly, I have had a few students who began T'ai Chi while they were already doing emotional recovery work whose experience was a nearly overwhelming surge of emotional energy. It was so scary for them that they felt compelled to stay away from T'ai Chi.

To summarize, T'ai Chi is a major tool for the emotional recovery process as we recapture our innate pure state. It acts to both trigger stored emotional energy and to gradually assist in its release. If, however, the emotional damage of the individual is severe enough, it is likely that some active emotional recovery work will be needed to assist in the cleansing process. As teachers, it is important that we do not make the mistake of thinking that emotionally damaged people should be able to (functionally) think, or do something, in a certain way that we might find very easy. In other words, we must be careful about extrapolating our experience of life to other people. Much progress can be made if we proceed with awareness, compassion and reassurance. This is true with respect to others as we teach and also to ourselves as we work on our own evolution.

I hope there is information here that assists you and/or your students or helps to explain some experience you have had. If anyone wishes to provide feedback or continue this discussion I can be reached at 11558 W. Arizona Ave., Lakewood, CO 80232. Namaste,

Bryan James

TEACHER NEWS

"Get Well, or Else"

Wonderful things are happening here with T'ai Chi Chih. I have contracted with a Wellness Center to do a program at their center. Plus they are going out into the corporate world and setting up workshops and want me to participate for \$150/hr. Isn't that great? The director there said California has passed a bill that will penalize corporations who do not offer "wellness activities" for their employees. So, you may want to pass that information on to other teachers....Susan Webster, El Cajon, CA.

Ruthmarie Arguello-Sheehan, Sun City, AZ writes: Our T'ai Chi Chih, oriental



Ruthmarie & Brendan

movement exercise classes were filled and the happy, immediate results we saw in renewed energy, stress-reduction, meditation-centering were as usual very, very gratifying. The students throughout all our travels were all adult ages, walks of life, even including many martial arts teachers returning to the gentle approach of T'ai Chi for nourishment of body, mind and spirit. We were honored to be invited to be

Seminar presenters, and teachers at the National, International Hypnotists, Hypnotherapists 40th annual convention in Nassua, New Hampshire. WOW! what an experience! We taught 7 am daily T'ai Chi Chih classes to the participants from all over the world. Our classes were crammed, and delightful. Over 700 men and women attended. We are so blessed, we have been receiving phone calls already in the couple days since our return here to Arizona, of the great physical and spiritual improvements to the delight of many of our students. We are blessed again. We have been asked to Seminar teachers at a large annual symposium in New York in January with Dr. Bernie Seigel, whom we admire so much; sponsored by the International Association of Therapists and Counselors of which we are now lifetime members. Perhaps we will be able to see some of you who live in that area! Tentatively, we are planning on going towards Texas, Florida, and the East Coast in early Summer next year. We'd like to combine our work with pleasure travels again.

Sr. Dorothy Ferrell shares this: A 180 degree shift has occurred since practising T'ai Chi Chih each day. Clarity and Understanding have been transmitted from knowledge--resulting in a deep joy and peace. New energy is abounding which has been blocked for many years. My gratitude and love energy especially goes out to Justin, Steve and Sr. Kay Frances for bringing into my life "Joy thru Movement." Rochester, MN.

Jennifer Biehn of Oakland, CA reports: "I'm teaching a wonderful class lunchtimes at work--where faculty and secretaries are learning T'ai Chi Chih--it is a rewarding experience for all."

MORE TEACHER NEWS

Beverley Bach, Arcata, CA writes: I'm not teaching at the moment, though I did take T'ai Chi Chih on the road last year with the Global Walk for a Livable World--a nine month walk from Santa Monica to New York to talk along the way about Peace and the Environment. We joyfully did it each morning while we were in Simi Valley for two weeks organizing ourselves. Many people have mentioned in letters how much they enjoyed our two week period of T'ai Chi during orientation.

Ellen Tatge and Carol Gustafson, Albuquerque, NM, received approval of their proposal to the New Mexico Nurses Association to offer T'ai Chi Chih to nurses for credit towards license renewal. The association approved a class offered in two parts of 3-1/2 hours each. Participants can receive 9.2 credit units for attendance at both parts, which is about one third of the credits required to renew their licenses. We are working on ways to get the word out to nurses about the workshops. If any of you can help us by spreading the word or have ideas for us or suggestions on receptive people to contact, please give us a call. Thanks for your support!!!

Juanice Quazi-Manuel, Flagstaff, AZ has been living out a van on an Apache reservation for two years; has been away from TCC for that time but is ready to get back to teaching. The experience she had at the reservation was "quite a learning experience.. I've met some people--mostly good--and I've learned a lot about Indians and how desperate and bleak their lives are on the reservations. I've learned a lot about alcoholism also. And my lessons still go on. I am not bitter about any of it--if anything I feel more whole because of it." She is now living in Flagstaff, AZ.

Mary E. Selby, of and accredited in Alameda, CA June 1990 tells us: T'ai Chi Chih has done a lot for me in centering and physical balance and I enjoy sharing something so easy and wonderful.

T'ai Chi Chih presentations will be given in honor of the 150 year celebration of the naming of St. Paul. November 22, 1991 at the Norwest Building, St. Paul, MN, led by Paula Arnold, Karen Carrier, and Dorcus Heuners--all certified teachers--and students from Linna Home, St. Paul.

Susan Hudgens answered an ad for a health instructor at Club Sport in Fremont, CA, offering them T'ai Chi Chih, which she has now begun to teach there.

Donna Marriot joined a group called Integrated Healing Arts in Palo Alto, CA where she will present accupressure and T'ai Chi Chih to complement IHA's program philosophy that "all healing is self-healing."

Christeen McLain, Fargo, ND teaches a variety of TCC and Seijaku classes with the intent of meeting individual's personal schedule needs. For example, she offers one a.m. and one p.m. Beginning TCC class weekly; Intermediate TCC class meets once a month (3rd Wed., e.g.) and Seijaku Practice and Training are offered regularly throughout the year.

TCC HUMOR

Lucy Hocking, Salsbury Cove, ME

In December a sprained ankle slowed me down. Several months later I agreed to start a TCC class at the local College of the Atlantic...the surprise came to me when I realized that my ankle had not fully recovered and I was having problems flexing it. So, I went to an M.D. and he suggested rocking heel-ball-toe, toe-ball-heel to aid its healing--he didn't realize how funny this was as he was demonstrating TCC to ME! and talked about shifting my weight, etc. He still didn't seem to get the humor or irony of it all even when I explained, but he was pleased that it improved my mood--which had been a bit grey and frightened. That ol' Universe sure has a great sense of timing and humor! Needless to say, I taught the classes and showed great improvement--the students were patient and did the form better than I could! Joy thru Movement indeed! In Chi!



Permission for use given by
Andrew Lehman, Chicago, IL

Roxann Post, Riviera, AZ writes about the following humorous incident:

My Mom, Gladys, recently began taking TCC at our local Community College from Joy Barbour. She was excitedly telling an elderly woman friend of hers about her new class over the telephone. Here is a portion of their conversation:

Gladys: No...No...Not "Dyed Sheets", ...T'ai Chi!

Pause

Gladys: No...No...Not "Tight Cheeks",...T'ai Chi!

Pause

Gladys: No...No...Let's have lunch. I'll tell you all about it then..

Susan Hudgens, San Jose, CA says: I'm teaching three students in my home on Tuesday evenings. One young lady is 10 years old. Her sister, Jenny who is 13, after the fourth class asked what she should be thinking about when practicing T'ai Chi Chih. She asked what made it a meditation? I answered as best I could and suggested positive thoughts at the conclusion of practice-- peace, joy, good health--and Nellie (10) piped in--the "A"! oh, I just beamed and hugged her and enjoyed the moment. (Ed. note: For those not "up" on baseball--the A's are an Oakland, CA team that struggled all season and really needed the positive vibes.)

GOOD KARMA NOTES

As this issue of The Vital Force goes to press, the third edition of Abandon Hope is in the process of being reprinted. This is a book that many TCC teachers and students enjoy. It has lots of information about various Eastern philosophies and disciplines from one who has a background in these subjects. Justin Stone's personal observations about his travels in the Orient are based on his own personal experience in various cultures. It is a wonderful compilation to read and make available to your students.

We appreciate your continued support in purchasing Good Karma and Satori materials to augment your teaching!

Jean Katus, Publisher

Good Karma Publishing, P.O. Box 511, Ft. Yates, ND 58538

P.S. Anyone who wants information about José Argüellos book, The Transformative Vision and In Search of the Drum by Ailo Gaup, may contact Jean Katus directly. Good Karma will NOT be publishing these books because of financial considerations and because of focusing mainly on TCC-related materials.

TEACHER SURVEY

Thanks to all of the Tai Chi Chih teachers who completed the teacher survey--either at the conference or in the mailing sent to those who were not at the conference. Because there is so much information in it, some time will be needed to compile and report on the data. As soon as that information is available, you'll know about it through The Vital Force.

Jean Katus, P.O. Box 438, Ft. Yates, ND 58538

(Note: Though VFJ addressed the bulk-mailing of this survey, teachers returning their completed form should mail it to Jean at her address shown above. Thank you.)

WHAT IS YOUR PERSPECTIVE ON T'AI CHI?

How do you view mastery, the basis of discipline, the foundation of practice.

Highlighted in Perspectives In Stillness and In Motion are insights and commentary on refining performance of movements (through tan tien significance, e.g.), unification through synchronization of motion, and more. Guidance in establishing the primary, effective foundation for full integration and optimum functioning are also presented.

This book is useful to students who want a deeper look at what they are practicing. It is a good service to have copies on hand at class. If teachers haven't yet read Perspectives they are missing potentially valuable direction and insight that could assist their own practice and teaching.

Quicken your impulse to act on this opportunity for a deepened perspective of your own! See the enclosed order form from Good Karma Publishing.



NEW TEACHER DIRECTORY AVAILABLE

Additional copies of the new TCC Teachers' Directory are available for referral purposes and communication among accredited TCC instructors.

Teachers may request a copy of the new directory by sending \$5.00 to: The Vital Force, 1477-155th Avenue, San Leandro, CA 94578.

Consult VFJ for updates to information contained in the directory. Each quarterly issue will include new listings of recently accredited teachers, changes of name, addresses, and phone numbers. Please keep us up to date on any changes to your listing by sending all new information to our address above.

This is a wonderful referral tool to support the wide-spread teaching of "Joy Through Movement!"



Teachers' Directory
August
1991

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of Tai Chi Chih
and conductor of Seijaku (Advanced TCC) Courses
214-A Congress, Pacific Grove, CA 93950

Steve Ridley: (303/322-7717) Spiritual Head of Tai Chi Chih and conductor of

- Teacher Accreditation Courses
- Teacher Renewal Workshops
- Exploring Meditative Ways Workshops
- Lectures & group practices in T'ai Chi Chih
- his creative works and supportive materials

Liz Salada: (510/278-3263)

- publisher, The Vital Force, journal subscriptions and submittals
- publisher of Tai Chi Chih Teacher Directory

Jean Katus: (701/854-7459):

- publisher, Good Karma Publishing, Inc.
- distributor of T'ai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- selling agent for Satori Resources
- conductor of 1991 Teacher Survey

Lois Mahaney: (510/276-5718)

- Editor, The Vital Force:
- contact for teacher referrals
- update to mailing list and Teacher Directory

PROMOTIONAL MATERIAL

This is a copy of the stickers Bernice Playle was selling at the Conference.

ASK ME ABOUT...

TAI CHI CHIH!

Joy Thru Movement

Stickers are available (size 4" x 17"), medium aqua-blue lettering on white background. Suitable for use as bumper stickers, on glass windows or doors, bulletin boards, etc. They are a good advertising aid. Can be purchased from Bernice at \$3.00 each or 5 for \$10.50 postpaid.

Contact: Bernice Playle, 4509 Brookdale Dr., Brooklyn Park, MN 55443.

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SUBMITTING INFORMATION: Deadlines are now by the 1st of the preceding month of issue (i.e. February, May, August, and November), unless indicated otherwise. Lengthy articles should be typed and double spaced to be considered for print. FAX service is available, if you are in need of fast delivery of your VFJ submittal. Our FAX is 510/276-5541. You will also be responsible for covering our expense for receiving your FAX. Cost: \$2.50 for first page, \$1. each additional, plus 25 cents for cover letter which should be addressed to VFJ/Liz Salada and include our phone number 510/278-3263. This way we will be informed when your communication arrives. Thank you.



Winter

SUBSCRIPTION FORM for THE VITAL FORCE JOURNAL of Tai Chi Chih

- I am a teacher; send me the new Teacher Directory. Enclosed is \$5.00
- I would like to make a donation of \$_____ to assist VFJ projects (outreach and referral to teachers).
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- New subscription
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