



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

Volume 9, No.3

Fall Equinox--CONFERENCE ISSUE

September 1992

**THERE IS WITHIN YOU THAT WHICH KNOWS...
THAT IS YOUR TEACHER.**

1992 CONFERENCE PRESENTATION BY JUSTIN STONE

So why do we act as though we are ignorant? Because that inner innate wisdom-called Prajna--P-R-A-J-N-A--is covered up. The Vashanas--habit energies--so cover the Prajna that it becomes impossible to shine thru to the conscious mind--but it is there.

All thru religious and spiritual literature we read "Know Thyself", "The Kingdom of Heaven is within", "The inner Guru", etc., but we don't believe this teaching and look outside ourselves, in the outer world we have created for ourselves to find someone to worship, someone to follow, and so forth. There are many teachers who use this fact to their own benefit, frequently financial in character. This is why Krishnamurti said the Guru system is 'an exploitation'.

I have frequently told you the story of the Sufi teacher who was approached by a seeker, who said:

"Teach me, Master!"

"Are you ready to learn?" was the reply.

"Teach me how to learn " earnestly implored the seeker.

"Are you ready to let me teach you how to learn?" was the cold water thrown on the seeker's aspirations.

When Paul Repts met someone, he said, "Thank you for your Life!" When people asked questions as to proper diet, whether to have sex or not, etc., Paul called these "Verbal delusionary". This has deep meaning, and relates closely to the reply of the Sufi master "Are you ready to learn?" Unless the delusionary way of thinking is changed, no teaching is possible and changing it can be painful. Giving up delusions, often recognized as neuroses, is not as easy as wallowing in them.

(Cont. on p.4)

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

Steve Ridley is the Spiritual Head of T'ai Chi Chih

This journal is dedicated to T'ai Chi Chih teachers and practitioners worldwide.

May it serve you in "Knowing the Real."

Reflections.....Along the Way

Justin said Teachers' Conference and The Vital Force are two very important sources to help teachers remain in touch. This issue will reflect some teacher experiences from this year's conference gathering and the Seijaku training. Those unable to attend may feel included by reading what participating teachers submitted and those of you who were there may re-live some of the events anew. Read on, for the sentiments of retreat and renewal prevail in the writings of teachers who came together once more. Also await announcement of next summer's 1993 conference so teachers and students may lay plans for the opportunity in advance.

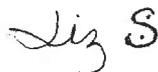
In general, **Vital Force Journal** encourages you to use our services as a resource for your teaching and promotion of T'ai Chi Chih. Whether this is through listing events notices in our calendar or writing your news and impressions that develop from teaching and practicing T'ai Chi Chih. (Lois acknowledged--during the introductions at conference--just how many interesting things teachers are doing!) Please realize the significance of sharing through **The Vital Force**. Each of you contribute much through involvement in T'ai Chi Chih and voicing what you are receiving makes this publication a **more personal journal**. So thank you for your written contributions and please plan to continue sharing!

Congratulations and welcome to the 26 newly accredited TCC teachers from the two June trainings held in Bemidji, MN and Denver, CO! Note: The enclosed update page (to be added to the Teacher Directory) includes all new teachers' addresses and phone numbers. Some of you have already ordered the revised Teacher Directory scheduled for December completion. We encourage everyone to utilize this important resource for referrals and communication amongst teachers. Please use the VFJ subscription form to re-order your copy of the New Teacher Directory today, so we may estimate our printing for the end of the year mailing.

Thank you all for your continued support in the many creative ways you show your involvement through VFJ! From writing to compiling the VFJ mailing (as the northern CA association of teachers does each quarter; **we are grateful**. The donations by Bernice Playle, Adele Wenig, Pat Hill, Susan Hudgens, and Viola Moriarty, since our last mailing, are much appreciated too. Such funds, donated in addition to subscription renewals are used primarily for outreach and to answer inquiries about available classes/teachers. Telephone costs, postage, duplication, and envelopes are items that must be covered. So **Thanks!** to those who have been so thoughtful.

Personally, it has been especially endearing to celebrate the joy around a first birth with many of you. It reminds me again just how new T'ai Chi Chih is (and still developing in it's eight-teen years!) May we all continue to do the same...

...in loving joy!



Liz Salada for *The Vital Force*

CONTENTS

	Page
Justin's Conference Presentation.....	1, 4, 5
Reflections, thank you.....	2
Readers' Commentary.....	3
Poetry.....	5, 9, 18, 19, 20, 22, 26, 32, 36
Conference Evaluation Summery, Pam Towne.....	5
Conference Experiences.....	7, 8,9, 10, 12, 13
Teacher Mannerisms.....	11
Vietnamese Tea Ceremony; Post Conference Interlude.....	14
Healing Power of Love; How Can There Be Two?; Hannah.....	15
Making Your Own TCC Video by Steve Ridley.....	16
Q/A: Seeking the Right Connection.....	17
TCC as Purification; Meditation in Motion.....	19
Calendar Notes and Calendar.....	20, 21
Teacher News; from Denver.....	23, 27
Making News.....	24
International News.....	25
Peace Within.....	26
Teacher Training Feedback; Experiences.....	28, 29
Karmic Komments.....	30, 31
<i>Climb the Joyous Mountain</i>	33
Teaching Tips; Materials.....	35, 36, 37
Teacher Directory & Contacts: TCC & VFJ.....	38
VFJ Operations, Subscription form, Expiration info.(see label).....	39, 40

READER'S COMMENTARY

I really enjoy reading the "Force." Sorry I missed the conference, it sounded like a great experience. --**Gary Halden**, Two Harbors, MN

Pat Hill, Golden CO Enclosed is a check for my renewal and a donation with thanks for publishing the Vital Force and Membership List thus making it possible for all the teachers to keep in touch with each other.

I want to thank you for your work on the Vital Force. Each issue is getting better and better! I have gotten a lot from each issue. Thanks for sending copies to our training I hope everyone will subscribe.--**Viola Moriarty**, Denver, CO

Paula Arnold, Minneapolis, MN: Thank you for doing such a wonderful job on the Vital Force. I find so very many helpful items in it for myself and the people I share T'ai Chi Chih with. The June issue was especially resourceful for me. Sorry I couldn't make it to the Conference. My love went to all of you .

There is Within You that Which Knows (cont. from p. 1)

I have known people who had legs amputated because it was easier than stopping the tobacco habit. With such deep-seated habit energies, where is the possibility of shaking the delusionary way of thinking, the maker of suffering?

"Prajna", your great treasure, the innate wisdom that you are never without, is often personalized as "Prajna Paramita", the perfection of wisdom, and is thought of as a Female. In spiritual experiences I have been told: "She will take you where you are meant to be." In other words, you are being led.

One time I told a young yogi, who was actively seeking to be free from bondage, "The thing that binds you is the feeling that there is a goal to reach and you have not yet reached it. Actually, you are complete. If you have faith in Prajna, this inner wisdom, you will do and feel the right thing. It will almost do the right thing for you. Every word spoken to you will be a signpost to guide you, if you let it. But, can you have faith in this guidance instead of always trying to manipulate it?"

It means you must "Let go!" Every spiritual path simply asks you to "Let go!" But this means to ignore your habitual thought patterns, your ingrained energy patterns and that is difficult to consciously do. The circulation and balancing of these energy patterns in T'ai Chi Chih practice can do it for you effortlessly.

I remember one teachers' training course in which a fine young man, who had many terrible habits, made a real breakthrough. At the end of the six day course, he suddenly realized he had not indulged any of these habits during the week. I doubt that he subsequently indulged these habits, though it is not easy to break away from habitual thought patterns.

My advice is to trust your inherent, intuitive wisdom rather than the accumulated knowledge we all pile up. There is no end to adding facts and filling our heads with knowledge, which serves a very real purpose in its place. Whether you call it God, Prajna, your own true nature, or whatever--my advice is to know it and listen to it. This means to come to know "who" and "what" you are.

(Lotus Sutra--"From state of emptiness". Key is the "emptiness", like an empty cup that can hold tea.)

Da Hui is talking about Prajna as opposed to Knowledge when he says:

"The great teaching must flow out point by point from within your own breast to cover heaven and earth; only then will it be the action of a man of power." That which flows out from one's own breast, as he calls it, is one's own beginningless present awareness, fundamentally complete of itself. As soon as you arouse a second thought, you fall into comparative awareness. "Comparative awareness" is something gained from external refinements (that is, acquired knowledge). "Present awareness" is something from before your parents were born (now don't get hung up on "before"--don't be literal; just sense the meaning. I call this "present awareness", the real power, "Prajna" or "Prajna Paramita". The names we use are unimportant, yet wars are fought over them (Allah vs. Jehovah, Krishna and Jesus). How infantile!

Da Hui goes on to say: "With strong power one can enter both enlightenment and delusion. If one's power is weak, he can enter the realm of enlightenment, but not the realm of delusion." (I call this "merging sense with essence.") (Cont. on p. 5)

There is Within You that Which Knows (cont. from p.4)

I say to have faith in this power, this Prajna (which is certainly related to Prana or Chi) and to let it function for you. Don't let delusionary thinking dull or obliterate it for you. In an interesting book I've been reading, "Do You See What I See?", the author says to have faith in Life and let it function freely. Thus he equates "Life" with "God", "Truth", etc. and rightly points out it is all here now, not to screen it out.

It is easy to tell people that; that this very moment is the transcendental and equal to infinity. Here is Da Hui's answer to that: "In the conduct of their daily activities, sentient beings have no Illumination (that is, Prajna). If you go along with their ignorance, they're happy; if you oppose their ignorance, they're vexed."

So, I can make you happy by saying what you want to hear. But I'm unwilling to talk down to people. I won't use cliches like "All is One." Do you live as though All is One", or do you see others, some opposed to you? Do you live in the transcendental or do you have to pay the rent?

Zen Master Danxia said: "In the 'function which is identical to essence', holding still and letting go rest completely in one's self. In the "Essence which is identical to Function", bringing forth and throwing away depend on no one else."

He is saying that it is all there with you, in your actions and your thoughts. You are complete. T'ai Chi Chih is helping you uncover that completeness. I say "Learn to live with and in that completeness and have absolute faith in it."

do we turn on our

INLIGHT

as we turn on a

LIGHT

SUPPOSE

WE LIGHT A CANDLE

OR A SMALL STICK OF INCENSE

DEDICATING

THIS LIGHT TO THE

INLIGHT OF YOU

. an oriental custom of respect

COMMENTS FROM JUSTIN

Trying is not the Way
Not trying is not the Way
You say it must be one or the other,
But I say
Neither Nor

Also,

The Soul in (or as) the Breath.
The breath as fire.

Justin

gather
spirit
internally



Justin

CONFERENCE EVALUATION SUMMARY

Pam Towne

Justin said that our purpose in coming together for Conference is:

1. to RENEW ourselves in the ESSENCE of T'ai Chi Chih and go home in that dedication, and
2. to REFINE the MOVEMENTS of TCC so that we do it and pass it on correctly.

The majority of teachers attending the Conference felt the same. Of 57 participants, 39 (68%) returned evaluation forms afterward. (A special THANKS to each of you for your constructive feedback!) In response to the question: "What was your purpose in attending the Conference?", most of the answers were variations of one or more of the following:

1. being with and learning from Justin Stone
2. refining TCC movements
3. fellowship or networking with other teachers.

Nearly everyone received what they came for, and MORE! Most valuable experiences included the above plus doing TCC together, meditation after morning TCC practice, the 3 workshops (Family Matters, Meditation, Marketing), and the Tea Ceremony.

The majority want a Conference again next year, and Chicago teachers are exploring the possibility of hosting it. California teachers are willing to host it again in 1994 and the dates of August 12-14 have been reserved at Vallombrosa for 1994.

Suggestions for next year included:

1. Have Steve and Justin teach/correct/refine each of the movements (in order) several times (but not before breakfast), starting with our first session before dinner Friday.
2. Hear more from Justin on philosophy, principles and spiritual journey (also, many would like to have heard on Friday evening what he said on Sunday morning).
3. Do movements in small groups with specific, individualized coaching/correction for each teacher by Steve, Justin and most experienced teachers.
4. Use Friday evening for meditation and inspiration; first emptying our cup so it can be filled.
5. Do teacher introductions (Friday evening) in small groups; get to know fewer teachers more deeply.
6. Add a day to the conference for more time together, workshops and teacher sharing.
7. Send pre-conference forms to gather information on each participant and sign up for workshops.
8. Personally contact other teachers in your region, share what you got from this year's Conference and invite them to next year's.

THREE CHEERS!

A very special Thank You to Pam Towne for a job well done at putting the conference together. She lives the T'ai Chi Chih way and it showed through her patience and gentle guidance through the conference.

Susan Webster, El Cajon, CA.

PERSONAL SHARING

Pam Towne

As coordinator I had a very different experience than I've had as a conference participant. It was a very challenging, growth producing, sometimes joyful and sometimes painful experience! In many ways it was a process of giving birth to something new, and giving birth can be painful. I gently remind myself that the pain comes from holding on, not from letting go...so keep letting go!

Looking back I recall special memories...heart connections with so many teachers for months before we met...Seijaku, the perfect prelude to a Conference...greeting old and new friends with warm hugs...feeling the strength of so many years of cumulative Chi in our group practice...enjoying the Yin-Yang sounds of harp and keyboards, violin and gypsy dancing...being in the Presence with Justin and Steve...gracefully concluding with silent T'ai Chi practice Sunday afternoon What a wonderful experience!

I send a heartfelt THANK YOU to each person who contributed to the success of Conference...to **Justin** and **Steve**...to every teacher who volunteered their time, energy and talent...and to every person who attended...you are special, loved and appreciated! Thank you for the opportunity to be of service.

CONFERENCE EXPERIENCES

Lois Mahaney, VFJ Editor

About twenty of the fifty-three attendees at the T'ai Chi Chih Teachers' Conference at Vallombrosa, Menlo Park, CA in July returned a form (in time to meet the deadline) which asked for a biographical sketch, including the kinds of groups taught. In addition teachers were asked to write of their experience at the conference. We will attempt to give in a concise manner the information gleaned from the form beginning with name, then address, types of groups taught, followed by conference impressions.

Regina Horgan, Ridgecrest, CA; cancer patients: "It was a wonderful experience and a real renewal of 'being' T'ai Chi Chih."

Shoko S. Purdy, Albuquerque, NM; general groups: I came to get the essence of TCC back and refresh and revitalize my TCC integrity. Only thing I regret is that there wasn't enough time to hear more words of Justin's spiritual aspects of TCC. Special thanks to all who were in the Family Matters workshop--what a valuable time it was for me!

Ellen Greyson, Santa Barbara, CA; general: Joy, Joyous, and Joyfulness are my main feelings as the conference ends. Because I helped Pam "give birth" to this "child of a conference" and I'm quite aware of the many difficulties of the "labor", I think the Great Chi was flowing 'to pull it all together'.. I was glad I could add some of my talent in the form of "calligraphic-Chi" with the name tags and cards.

Jean Katus, Ft. Yates, ND, presentations, workshops for teacher prep: Very rejuvenating to connect with friends and share ourselves, our common and diverse TCC experience--Justin, Steve, other TCC teachers. Because of my GKP involvement, I have quite a lot of contact with Justin and Steve on a regular basis (as well as at the frequent accreditation courses I attend). Thus, I treasure the time when I can be with TCC teachers from all over the country and internationally.

MORE FEEDBACK FROM CONFERENCE:

Joy Carle Barbour, Bullhead City, AZ (now, but moving); Elderhostel, retirees: Renewing acquaintances and making new ones is always a highlight at TCC conferences. As Justin has told us we might experience, I had unusual physical feelings--sensation of a small insect or spider crawling on my face, sharp pains in formerly broken bone areas, awakefulness, renewed energy, feeling of timelessness, spacelessness. I realized I had become careless in some instances and appreciated Steve's patient re-enforcement of TCC movements. To date, I haven't missed a morning practice with John (my husband) doing both Seijaku and TCC.

Susan Webster, San Diego, CA; handicapped, hospital employees, M.S. group (practice in a swimming pool); As soon as I got off the plane and saw Sandy McAlister's smiling face and gentle energy, I began to feel more of a wholeness within me. There was such peace when entering Vallombrosa and the energy created by Seijaku was very evident. I could walk around the grounds and feel a gentle softness. Hearing stories from other teachers is always wonderful. Even though there are a lot of new faces, they are all a part of my T'ai Chi Chih family and are definitely not strangers. What a special connection occurs here! I wish every TCC teacher who has ever been accredited could experience this unity and could also enjoy seeing Justin and Steve perform musically together. No one can ever know the conference experience until they have been here. (I really missed Guadalupe.) I think the conference was very successful. It is always good and enlightening to work with Steve and Justin. Plus getting together and being able to pick up info from all of the other teachers is always truly helpful for me. I could sit and listen to Justin and Steve speak for hours. They both have what we are working toward and there is so much we have to gain from their teachings.

Karen Carrier, Roseville, MN; older adults and terminally ill support groups: T'ai Chi Chih is truly joy through movement. My body does not let me pull a "perfect" taffy when it's not joyful. I felt much healing energy and peace from all of you in our circle of T'ai Chi Chih friends. I thank you all. Forgive me for my early departure on Saturday evening (got the last plane seat at 1:30 am) I joined my husband (after 3 hrs sleep) in the Minnesota sunshine for a 22 mile bike ride. Could it be the Seijaku and maximum chi? Thanks Justin, and all of you beautiful people. I am joyfull!

Hope Burla, San Leandro (student of Linda Braga) Although I was somewhat uncomfortable because I was only a student, I felt so welcomed and accepted! Just connecting with such special talented people was a real joy! Thank you all so much for allowing me to be with you in this time. I shall treasure what I have learned and experienced this weekend. Peace, Light and Love to you all! And as a student, I thank you--and bow to you--for the special gift of yourselves that you give to your students!

Connie Hyde, Cedar Crest, NM: Our Seijaku class brought new understanding and awakening to my life...thanks to Justin, Pam and to all who were present. At last year's conference I was a new-comer, and this time there was a comfortable, here-we-go-again with new growth to share feeling. Yes, a pretty nice bunch of people. I heard how Justin wants the teachers to operate in the maximum of their ability. He advises that we see through to the intent of what we're doing. "There is within you that which knows," he reminds us.

"It's Got to be the Going, Not the Getting There That's Good."

Janet Yannacone

We had just a few hours between the end of Seijaku Teacher training and the beginning of the Conference and I was in the mood to play. San Francisco seemed so close and inviting. I found Lynne Blackford and Susan Webster who shared my sense of spontaneity and adventure and off we went to Menlo Park train station.

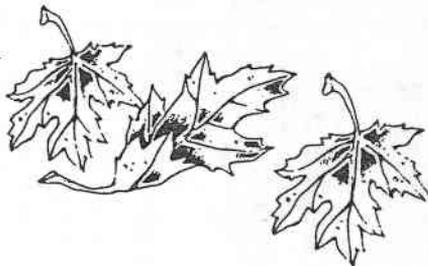
After some left brain schedule reading, a trip to the bus stop and some confusion about whether Friday was a holiday we finally boarded a very late train. I found immediate friendship and shared in the relaxed intimate fellowship these two women provided. We laughed, we talked, we shared.

When we arrived in San Francisco and read the return schedule we realized we had less than an hour for our afternoon adventure, but that didn't seem to dampen our spirits. We had just enough time to walk downtown, sample some Ghirardelli chocolate, browse through the magnificent FAO Schwartz toy store and take the bus back to the train station. We talked and laughed the entire time, so much so that a stranger had to tell us that the light had changed and we needed to cross the street. The train trip back provided the atmosphere for the continued fellowship. We arrived back at Vallombrosa with a few minutes to spare before the T'ai Chi Chih group practice.

Our short trip to San Francisco was a metaphor for the spiritual journey. It reminded me of the Harry Chapin song "It's Got to be the Going, Not the Getting There That's Good" that was popular about two decades ago. He sings about a miserable trip on a Greyhound bus that allowed him to see that the journey is as important if not more important than the destination.

This is true in my spiritual growth and unfoldment and also of my T'ai Chi Chih practice. (They are really one and the same.) Justin has said, and the T'ai Chi Chih movements have taught me, that we never really arrive. I can never be "finished" with my movements in the sense that I've learned all I can learn. I can never be finished with my spiritual journey, but I can enjoy, cherish, share and participate in the process. I can share and laugh and enjoy the friendship of others who are on the same journey.

It is each part of every movement that brings me "joy through movement". When my journey is fulfilling, joyous and meaningful each new moment will be an arrival and an awakening in and of itself.



Leaves aglow
it's Autumn
You know.

Carmen Brocklehurst

CONFERENCE COMMENTS CONTINUE:

Ursula Bridge, Victoria, BC, Canada; young and elderly: First of all, I was excited to be able to fly to San Francisco and be met by Vicki Brodie and transported to Vallombrosa Center--my room was great--the surroundings,...the overall atmosphere very much to my liking, not to forget to mention the excellent food. Meeting Justin Stone was definitely the highlight for me. Would we all have been there if it had not been for Justin? I was disappointed that Justin was not incorporated more into the schedule and did not lead a session or two alone or with Steve. I would suggest spending practice time on reviewing the movements every day, ..correct us on the spot at practice sessions ..then we can do our group TCC in Peace and Serenity without disturbance and "the Chi" will be able to travel and to accumulate amongst us.

Loretta Shiver, Albuquerque, NM; children: It is the most wonderful experience to come together and feel so close to all the teachers. The friendships that I have within this group are very strong. Practice with Steve deepens my awareness and personal practice. I am filled with Joy and Love.

Barbara Lefforge, Long Beach, CA; women of substance (size), abused and incest survivors, people in recovery from substance abuse: TCC has greatly helped me to stay grounded, to fully be present in my body, and to grow to love and appreciate my precious and powerful Chi. TCC is the tool that I use for myself and others to realize peace and serenity--a continual lifting of the clouds that sometimes hide the shining essence of our beingness. The conference is a time to experience and express the JOY--to meet and laugh and enjoy ourselves and each other--sharing our commonality--our lights!!

Linda Sanchez, Goleta, CA; elderly: I very much enjoyed the Conference--it is the first one I've attended. I would like to see more instruction from Justin and Steve on how to improve our movements. I would like to see us function more as a group instead of breaking down into smaller workshops and groups.

Meara Joy Rybczyk, Milton, VT; young adults, elderly, hearing impaired. (Special interest is in cross-cultural ceremonies that create sacred space for healing all our relations.): As one who lives and teaches so far away from the T'ai Chi Chih hub, I am so grateful for this opportunity to refine my practice with the master teachers, to share and be nourished by the other teachers who come to meet and connect on many levels. This year's conference was blessed with the serene and gracious guidance of Pam Towne, the coordinator, served as inspiration to us all in modeling how to bring together a diverse and rich community of dedicated individuals. I encourage us all to remember that we are growing and expanding as we continue to evolve our practice of the essence of T'ai Chi Chih.

Hope Ridley, San Mateo, CA; various people at recreation center: First Teachers' Conference for me--enjoyed every minute. Good fellowship. Learned more about TCC that I had known before. Beautiful location and good meals. Got better acquainted with other teachers and had interesting conversations about our respective interests and lives. Great to do TCC with a large group and continue to refine moves together. Good talks by Justin and Steve.

TEACHER MANNERISMS

Hope Ridley

This year's Teachers' Conference in California was a first for me, and it was an enriching experience. We had a beautiful location, good fellowship, and lots of shared thoughts and information.

I've been thinking about how important it is for teachers, whenever possible, to attend the conferences as well as any teacher renewal sessions that are held.

As teachers we influence the way our students perform the T'ai Chi Chih moves. If we develop mannerisms they will be copied, and over a period of years will affect many hundreds of people. For example, one student I helped to prepare for the teacher training course had picked up a flourish from another teacher while doing the circle motion from Bird Flaps it's Wings. This student made a circle eight instead of a simple circle. This is a small thing which could give the wrong information to a whole class.

I heard about a humorous incident which involved a class where the teacher brushed his brow with his fingers before beginning each move. This mannerism was copied by the entire class!

I personally use my video tape as a reference to keep myself on track, but I know I might from time to time, need correction.

It is important to keep the moves uniform to give the greatest benefits to our students. Also we should adhere to Justin Stone's original concepts and pass them along properly.

VIEWPOINTS: GO WITH THE FLOW

Vickie Brodie

As T'ai Chi Chih is evolving so are its practitioners. We must all learn to go with its flow.

Sensing the overwhelming majority of Conference attendees wanting a mix of TCC practice, discussions, related workshops, etc., Pam Towne should be congratulated for her efforts in achieving a pretty good mix at the Conference.

Perhaps in the future more workshops could be offered on Saturday afternoon in lieu of free time for those who want to have them. It could be a choice of a polarity session with Hannah Hedrick, meditation with Steve Ridley, toning or Seijaku with Justin Stone, spiritual dance with Lia Ridley, or other special non-T'ai Chi Chih things that instructors do. Not everyone wants to do the same thing, so perhaps this might be a solution.

It is very helpful for all of us to share teaching strategies (of helpful information). It works better though in small groups.

All of us should take advantage of auditing Accreditation Courses and Renewal Classes to refine our TCC; not expect this to be part of the TCC Conference as only a small minority of attendees wanted.

Coming together at the Conference is important for all of us. It gives instructors from various backgrounds a chance to share ideas and knowledge. We can all learn from each other if we have the chance to communicate with each other. When we can, there is more of a sense of family--a connection--and this is important.

We are all there because of T'ai Chi Chih. We can listen to and heed Justin's words of wisdom, learn from Steve's gentle guidance and find love and understanding in each other's supportive friendship.

CONFERENCE COMMENTS:

Hannah Hedrick, Chicago, IL; East Bank Club, New City Y, Self-help group for HIV: The 1992 Conference was more of a growth and healing experience than the other four conferences I have attended. I was able to get all of my "movement" questions addressed (including learning which questions were related to TCC 'principles' and which were inconsequential!). I especially benefited from the opportunities to frankly address TCC "Family Matters." I invite anyone interested in deepening TCC family connections to contact me so that we can provide similar opportunity to our TCC brothers and sisters. The entire conference empowered me to deal with issues in my daily life--an unexpected bonus.

Doug Harned, Belmont, CA (Teacher Candidate); possible college level: Incredible group of people. Their practice of T'ai Chi Chih shows in their lives. I believe the intent and solidity of their personal practice shines thru. As one lost tourist asked of a New York City resident--"How do you get to Carnegie Hall?" Answer-Practice, Practice, Practice.

Carmen Brocklehurst, Albuquerque, NM; anyone stressed out or interested; corporations, U of NM, retreats, conferences: This conference has been the most nurturing conference I have attended. It started with eleven of us from New Mexico breaking (French) bread on the streets of San Francisco, feeling the joy and harmony of being with long time friends. This of course was after we had been graciously met by Vicki Brodie's beautiful smile and BIG car. Everything was so well arranged at Vallombrosa that check-in provided a great time to meet old friends in a relaxed atmosphere. It seems that every year we are more happy to see each other, each year we participate in new and special ways. So much to share with old and new friends!

Vicki Brodie, Burlingame, CA; various-private or small groups: To be in the presence of Justin, Steve, and other "teachers" is so very special. To communicate with other TCC instructors is so very valuable. If one comes to the conference like a dry sponge willing to soak in all that is offered, one goes home renewed, refreshed and more inspired to do T'ai Chi Chih. Let's keep the TCC Family connected.

Luis Sanchez, Goleta, CA; elderly, general public of all ages: I enjoyed meeting and working with Steve; of course Justin's presence was essential. Meeting other teachers and exchanging experiences and ideas and getting a re-charge for my personal practice of TCC was a benefit.

Ellen Tatge, Albuquerque, NM; seniors: During Seijaku training, I found myself sitting next to a familiar face that I could not place. After some conversation and questioning, Margaret Weber and I discovered/remembered that we had attended high school together and were in the same class! Reminiscing was fun, but what was particularly potent about the experience was seeing how we each had moved into the richness and fullness of life--and how we continue to do so.

Caroline D. Chavez, Albuquerque, NM; senior citizens: I experienced so much joy upon seeing familiar faces and meeting new people. I am really grateful for being a part of the T'ai Chi Chih family. It has been a life enhancing experience for me. All I can say is, "Thank you, Justin, for bringing T'ai Chi Chih into the world."

Theda W. Gillespie, Medford, OK; adults: Feel it a privilege to be taught by Justin and Steve. Joyful feeling meeting TCC teachers when I am isolated for a year.

CONFERENCE FEEDBACK:

Timothy Stuetz, Anaheim, CA; various: I was able to really enjoy the peace"full"ness of the Vallombrosa setting...Grounds permeated with peace and serenity...and an abundance of so many beautiful trees and plants. Such a perfect place for T'ai Chi Chih. During the days of Seijaku I loved to sit next to the Japanese Maple outside my room and watch the incredible light streaming from the trees all around. Losing myself in gratitude for these gifts Justin has given us filled my heart...and for being with so many dedicated T'ai Chi Chih teachers whose love heightened all the experiences. Seeing where I was "off" in the practice of the movements and making the necessary corrections has shifted the energy flow in my body and consciousness. Teaching is now more relaxed. Many times during breaks I lay down to let the energy generated through the movement pour through my body. Very often now this energy takes the form of inner waves. At the conference it hit flood tide, crashing through and purifying body and mind with an even greater intensity. As we moved Saturday evening in the woods, I could feel us sending love back and forth to each other. What could have been greater? Such contentment. Within the field of oneness, I couldn't believe my good fortune. I've never felt as "moved" by the Chi. I realized how I wanted to attend as many trainings as possible to continually allow the movements to refine me and to give back all that I have been given to new teachers. And I realized how much I really do enjoy teaching and sharing T'ai Chi Chih and can't let myself get in the way of that any longer. Thank you. How divine, how ecstatic. The grace of Seijaku,..the grace of T'ai Chi Chih...the grace of Justin, Steve, and everyone who was there in such wondrous ways. For each of us there is nothing left covering the light, love and life we all are! I recently found a quote by a contemporary philosopher commenting on Soren Kierkegaard's book Repetition reminding me of Justin's comments on REPETITION during the Conference.

"By virtue of repetition the individual is able to press forward, not toward a sheer novelty which is wholly discontinuous with the past, but into the being which he himself is. By repetition the individual becomes himself, circling back on the being which he has been all along."

In love, light, and life and gratitude to everyone at the Conference physically and energetically.

Seijaku

Accreditation



**The Vietnamese Tea Ceremony or
A Tribute to My Father in his Shriner's Hat or
A Rocket in My Pocket**
by Janet Yannacone

My memory of the Tea Ceremony in Minnesota at the 1991 Conference prompted me to attend this year's Tea Ceremony. The splendid quiet, followed by gentle sharing from the heart made last year's ceremony a moving spiritual experience.

Well, T'ai Chi Chih has taught me that "spiritual experiences" come in many different forms. Didn't Justin say something to the effect that each word spoken is a spiritual lesson if we know how to listen. And so, this year's Tea Ceremony turned out to be a moving spiritual experience all of its own.

The stifled laughter was followed by stifled laughter and then more stifled laughter. As it began to build I worked harder and harder to stifle my own laughter and to keep within the serious ceremonious mood that I thought was necessary to contribute to the spirituality of the experience. Each time I thought I was about to get it under control my eyes would meet someone else's laughing eyes and my inner stifled laughter felt like it would explode making me explode in the process. This was so beautifully expressed in Meara's poem. I literally stifled my laughter until I wept with joy.

Yes, this year's Tea Ceremony was every bit as spiritual as last year's. It is essential to my spiritual unfoldment to be tickled by the everyday experiences of life and to laugh out loud with joy. What seemed like a very long time of stifling my laughter while we attempted to seriously (and quietly) crunch our cracker and sip our tea, taught me that holding back my laughter and joy is as painful as holding back my sorrow and tears. Each must flow so that I may be part of the Chi flow of life.

I appreciate Jean and Chris for hosting such a fun party and all my beautiful (you were so right, Suni) T'ai Chi Chih sisters for your presence, acceptance and verbal or silent sharing. I will laugh out loud with Joy every time I think of each of you and our tea ceremony.

POST CONFERENCE INTERLUDE

Jean Katus, Ft. Yates, ND

What a capper to the conference energy I had last night! Went to a Japanese restaurant for dinner where the hibachi tables are set up for eight. Besides a couple at the other end where we simply exchanged "hello's," a group of three Taiwanese were seated at my table. We were all a bit shy with one another at first until the man initiated questions about TCC. (I still had on my t-shirt from the conference.) It turns out his computer company has sent him to San Jose for graduate study and that he's seeing a trend in Taiwan of younger people beginning to be involved in T'ai Chi now--more so than the previous prevailing attitude that it was mostly for "old people." Everything began to loosen up a lot and we were soon all laughing and joking a lot. Such fun! We parted by exchanging business cards and bowing to one another.

THE HEALING POWER OF LOVE

Janet Yannacone

When dealing with someone who is troubled or whose behavior is provoking anything but love within yourself, I suggest the following:

Place a picture of the person in your heart alongside a picture of yourself. Fill your heart with the pink light of love and visualize the pink light (yellow, green or white, will also work) coming up through your and the other person's feet, through the bodies and out the top of the heads. Allow yourself to "see" whatever is causing the issue to be released or pushed out by the love. The more difficult the person or their behavior, the more they need to be loved and the more we need to love ourselves. If we stay present within ourselves while we do this, we will not invade another person's space, but rather change the flow of Chi.

This simple exercise has changed the energy within myself, the room and other people quickly and miraculously. This technique works equally well with a tired, disgruntled adult as it does with a small, violently tantruming child who needs three adults to hold him down.

There is always a need for additional Love and Light and Its harmonious, peaceful, joyful effects.

HOW CAN THERE BE TWO?

Steve Ridley

In meditation practice it is not enough to achieve bodily relaxation and relative mental quiet. This state of calm is only the foundation from which a steady, applied intensity of internalized, surrendered focus issues.

Resting within the initial calmness of the mind-body, following pranayama, one's intention must be directed through the heart, brow or crown point with relaxed yet constant effort, feeding the point of focus with full ambition. This can only be done properly once the mind-body has been brought into relative harmony-ease, otherwise the effort will be sporadic and nervous in nature, and success will not be possible.

Applied intensity of internalized, surrendered focus, with an intent of realizing the Highest Reality will result in samadhi (super-consciousness; soul-knowing).

Always affirm and acknowledge: I am the Radiant Light indwelling this body temple.

Reason that : "If GOD indwells me, as me, how can there be two?"

CONGRATULATION, HANNAH!

Hannah Hedrick, Chicago, Il. received word that C. Everett Koop, M.D., former Surgeon General of the United States, has nominated her for the Albert Schweitzer award for *Humanitarianism*. Anyone who has been around Hannah recognizes her dynamism so beautifully combined with compassion. Working with HIV self-help groups takes a special kind of person, and Hannah is that kind of person.

MAKING YOUR OWN TCC VIDEO

During the past couple of years some TCC teachers have produced their own instructional videotapes for students, and more have been asking permission to do so. This seems fine to me, and accredited teachers are free to provide useful resources like videos, information sheets, etc. at their classes. Hopefully, their students are also made aware of the supportive resources in the form of literature, audio and videotapes through Good Karma Publishing and through me.

I have one request of you if you plan to film yourself on videotape for distribution at your classes: allow me to check your performance of TCC beforehand. This can be accomplished either by 1) sending me a home-made videotape of your movements, so I can critique it and give you corrections, or 2) by visiting me for a private session in Denver or when I am in your area.

By checking with me in this way we can be more certain that your taped presentation represents TCC and the movement principles correctly. Because a videotaped production is a semi-permanent expression, you should be sure that each of your movements is up to par.

The reason I am asking for your consideration in this matter of self-producing TCC videos is that I have had the opportunity to view several these past months, and I am frankly not happy with much of what I've seen. Let me just say that breeches of movement principles abound!

Please don't get the wrong idea. I think it is admirable that some teachers have gone to the expense and effort of making tapes of themselves for their own students. Loyalty to one's teacher is a common sentiment and I am sure that many students value having their teacher on tape to practice with. All I ask is that before you go to the trouble of producing such a tape, please let me help you determine whether your movements need some adjustment.

Even if you do not plan to make your own videotape, please plan to attend one of the annually offered "Teacher Review" classes, to be sure you are in keeping with movement principles and are teaching movements properly. It is easy to get somewhat off track and to unconsciously get into habits of deviating from standard TCC. I was recently surprised that of the many accredited teachers living in the Minneapolis, St. Paul area, only a couple attended the Teacher Renewal class at Moose Lake Resort, though it had been advertised for over 1 year. I was saddened that the effort to bring me to Minnesota was partially wasted in this way, though we had a fine Teachers' Training Course the same week.

My basic message here is: Please keep improving your TCC and be willing to undergo correction. After 17 years of practice I am still attempting to improve my TCC daily. When Justin designated me "TCC Master" in 1981 and had me write the new foreword for his TCC text, I didn't make my TCC practice videotape until 5 years later. Though I feel good about the way TCC is represented on it, I have very noticeably improved my TCC since the tape was made.

Thank you for listening. JOY,

Steve

Seeking the Right Connection

Often times it is not that we require a new teaching to further our growth, but a renewed commitment, effort and willingness to dive more deeply into the study and application of our chosen and worthy path. --Steve

QUESTION/ANSWER

Q: Dear Steve: Re: "Seeking the right connection." you wrote in June VFJ: isn't it "inner resolve" that allows us to live (or apply) the truth or reality of what we've studied (or chosen?) to guide us? Liz S.

A: My brief statement titled: "Seeking the Right Connection" was intended to reflect the restless notion of many who are periodically driven to find a teacher or teaching that will result in their hoped for fulfillment (ease). I frequently notice that seekers are not willing to devote themselves in depth to their current path of study, and that they instead, attempt to link up with some other spiritual growth resource which seems to promise more potent or even exciting results. This is natural, human nature, and is fine. It is all useful learning, but as one matures in the process of self-integration work, the restless tendencies are replaced with deeper sincerity and dedication, and a new capacity for persisting regardless of ego challenges. One who is thus resolved can make rapid progress by plumbing the depth of the Teaching, which will always be comprised of three basic aspects: purification methods, philosophical study, and principles of living. The existence of an authentic Teaching Way, which always includes these three aspects, is due to the reflex expression of an individual who has undergone direct spiritual knowing and has thus been inspirationally motivated to compose a Teaching based on this authentic realization, for the potential benefit of others who seek spiritual resolution/integration.

Your remark that "inner resolve is what allows us to live or apply the Truth or Reality of what we've studied or chosen to guide us," is certainly valid. I would say that "inner resolve" is the result of being prompted by the Truth of our being as it naturally and continually impulses toward ultimate resolution/integration. Certainly when one has known the revelation of Truth, there is the unmistakable recognition that spiritual resolution/integration is of utmost necessity, is truly "the only dance there is" and naturally becomes one's living priority.

We engage in our chosen spiritual practices to hasten the resolution/integration process of being whole. Mind-body balancing and purification, philosophical contemplation, and application of harmonious living principles assist us efficiently when we remain resolutely and steadily involved. When we are driven by restlessness we tend to dabble and fluctuate in our search for fulfillment (ease), making only superficial efforts toward our worthy aspiration.

As progress unfolds, our efforts to live the principles and comprehend the philosophy are replaced with knowing and naturalness. The Teaching is what we become and therefore what we ultimately are.

The Movement by Larry Kessler (student of Barbara Lefforge)

The one

separates into two
and moves into the many.

and the blossoming universe
unfolds petals of moon and sun,
night and day,
heaven and earth,
you and me,
all things...



things delighting in things,
the seeing,
the touching,
playing
laughing,
the feelings,
the lovings...

you loving me,
me loving you...
the simple we,
pausing,
resting,
returning...

and the many we
flowing like tides
in a circle,
into two...
one

(Ed Note: **Richard Brier**, Mill Valley, CA sent some poetry to me a couple of years ago, and, in the VFJ publishing transition, they became misplaced. Richard said: "Read these in a spirit of fun-full-ness." Let's do that!)

Poem III

We thank Great IT
for giving us a bit of you,
The Infinite.
This isn't the end,
How could it be?

A Poem
(about taking a 'train'
and 'training' one's being)

Training can take a long time
Especially if I concentrate on 'there'
rather than 'here'
If 'there' has become my 'here'
then my 'here' is 'there':
very hard to reach.
Better to be so 'here'
that when we get 'there'
we're 'here'
I sincerely hope I understand

TCC AS PURIFICATION

Justin Stone has said that our lifelong experience is an ongoing purification.

Daily T'ai Chi Chih practice can be thought of as a purification rite, an activity that lends assistance to the already existing purification process of our lives.

By augmenting and harmonizing chi flows throughout the body, on a regular basis, self-evolution-refinement is boosted and progress becomes consistent.

Contending with our daily challenges represents a continual opportunity for purification-growth. As we progress in our mastery of T'ai Chi Chih we recognize and are better able to accord with the harmonious living principles upon which it is founded. We are able to handle our circumstances from a basis of inner certainty-stability. It is increasingly natural to live the TCC principles - "the effort of no effort." We become free of the common mode of struggling with the "outer" through our improving condition of Ease.

T'ai Chi Chih practice significantly contributes to purification in various yet related ways, as all faithful practitioners are learning. As always, keep your daily appointment with TCC regardless of the ever transitioning interior and exterior cycles. Let TCC be your one consistent involvement and you will observe a definite influence expressing effortlessly through you to harmonize our world. Loving, Steve Ridley

MEDITATION IN MOTION

Lia Ridley

This afternoon I sat in on Steve's ongoing TCC group practice session. We performed each movement very slowly, deliberately and sensitively.

Halfway through the involvement an effortless sense of expansiveness came over me while I rested in all inclusive comfort within the lower tan t'ien. This was a unique happening for me in 15 years of practice.

I, the seeming individual was no long 'doing' TCC though it was occurring within a relaxed, expanded awareness. This state of spontaneous meditation might be described as: no thought, no sense of individuality, while presently aware without doing.

I have experienced related and similar meditations during sitting meditative practice, but never to this extent through TCC.

I acknowledge the generated group energy that undoubtedly contributed to this joyous opening. I share this with you to perhaps prompt an inspiration to practice TCC regularly and reverently. In Gratitude, Lia

P.S. If you are ever in Denver, come by any Monday, 5:30-6:30 pm for group practice.

Haiku

Prairie grass swaying
Caught by wind--rising, falling
Itself a vast sea

by Jean Katus

SPRING MEDITATION RETREAT

with Justin Stone

TIMELESS FEELING

This is it!!! At last, a golden opportunity for growth and self-awareness under the guidance of Justin Stone as he leads a five-day meditation retreat April 14-18, 1993. The length of this retreat will give participants the advantage of not only learning techniques but being able to immerse oneself in the practice. The location has been especially chosen to enhance the occasion: Green Gulch Farm is a Buddhist Meditation Center where priests and practitioners live and practice Zen Buddhism. It is situated in a valley on the slopes of Mt. Tamalpais, approximately 25 minutes north of San Francisco. Muir Beach is a 10 minute walk through the farm's gardens where they grow their own food and flowers.

NOW is the time to set plans in motion to take advantage of this rare opportunity for Justin to share his years of experience. The retreat is open to anyone who is serious in their desire to Know. The cost is extremely reasonable at \$350 which includes lodging and meals. We will begin Wednesday at 10 am and end Sunday at 3 pm. The retreat will be limited to twenty people.

A deposit of \$100 can be sent to: Sandra McAlister, 24835 Second Street, Hayward, CA 94541. If it is not possible for you to send the deposit at this time but you are sure you want to attend, please send Sandy a note indicating your intent.

MEDITATION TECHNIQUES

Quotation from *Climb the Joyous Mountain*

"What technique of meditation we use, if we do meditate formally, is not important. Expanded awareness, or an inner certainty, are the fruits, and 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, thinking mind. To rest in awareness, without labeling each happening "good" and "bad," "pleasing" or unpleasing," takes training. The mind is restless with the habit energies of many life times. 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 into new directions is also hard. If we do not make the effort, we stagnate. Habit is man's greatest enemy, spontaneity, 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 think: 'Did I say that?'"

Recognizing people
 not as the body facades worn, but
 As individual states of Consciousness
 riding within each bodily vessel.

Steve Ridley



1992-1993 T'AI CHI CHIH CALENDAR

- | | |
|--------------------------------------|---|
| October 1 | \$25 Deposit Due for TCC-Meditation Workshop with Steve Ridley
To: Susan Hudgens, 787 Sweetwater Way, San Jose, CA 95133
Please see more information under November 7 event date below. |
| October 10 | Meditation Workshop with Steve Ridley
Contact: Loretta Shiver, 505/345-0976; 505/255-7451
300 Placitas Rd. NW, Albuquerque, NM 87107 |
| October
19-24
Mon-Sat | TCC Teacher Accreditation Course, Denver, CO
Contact: Steve Ridley 303/322-7717
1921 Jasmine, Denver, CO 80220 |
| October
26-31 | TCC Teacher Accreditation Course, Chicago, IL
Contact: Hannah Hedrick, 312/464-4697 |
| November 6
Friday
Evening | Informal Gathering with Steve Ridley. Sharing Focused for TCC Teachers
and Candidates Preparing for Northern CA June Accreditation
Contact: Liz Salada 510/278-3263 |
| November 7
Saturday | TCC-Meditation Workshop with Steve Ridley, San Jose, CA \$50
Contact: Susan Hudgens 408/926-5664 or Liz Salada 510/278-3263 |
| November 8
Sunday | TCC Practice in the Park with Steve Ridley, San Mateo Central Park
Contact: Vicki Brodie 415/343-4275 or Hope Ridley 415/341-3089 |
| November 14
Saturday | TCC Meditation Workshop with Steve Ridley, San Diego, CA
Contact: Susan Webster, 619/441-1165 |

1993

- | | |
|---|--|
| March
Sat & Sun
Friday eve | Exploring Meditative Ways Retreat with Steve Ridley, Bay Area, No. CA
Contact: Liz Salada 510/278-3263 or Susan Hudgens 408/926-5664
Informal Talk and Practice for Teachers & Candidates precedes retreat |
| April 14-18
Wed-Sun | 5-day Meditation Retreat with Justin Stone \$350
Green Gulch Zen Center, Marin County, CA.
Contact: Sandy McAlister 510/582-2238
\$100 deposit to reserve a space (limited to 20 participants). |
| April 1
April 25
June 1993 | Application Due and
Recommendation Letters & \$175 Deposit Due for Candidates of
TCC Teacher Accreditation Course, Bay Area, Northern CA
Contact: Liz Salada, 1477-155th Ave., San Leandro, CA 94578 |
| 3rd week
July | 8th International Teachers Conference, Chicago, IL area
Contact: Hannah Hedrick 312/464-4697 |

SUCCESSFUL COMPLETION

During the last class of the basic TCC course, I present each student with a certificate of completion. Each person shares what the TCC class experience was like for him/her, including poems that they've written. I'd be glad to send a copy of the certificate of completion to any teacher who wants one. It reads "...for successful completion of the basic course in T'ai Chi Chih." Just send a business size SASE to me. Love, Barbara Lefforge, 4224 E.11th Street, Long Beach, CA 90804

Rooted, grounded, balanced
cycles and circles
circles and ovals
ovals and ellipses

Neverending, always flowing
flowing ribbons
ribbons flowing
rooted flowing

Resting in harmony
harmony and peace
peace and stillness
stillness

Barbara Lefforge, Long Beach, CA

Circles in circles the energy
flows without thought. To be,
to accept the moment as you
move. To feel the sun and shadow,
to feel the air, the warmth and
coolness, the sound of civilization
all around. To feel and see and hear,
yet stay centered in the flow
of the energy. Male and female
the energy flows in time and the
now.

Robin E. Wheeler
(student of Barbara Lefforge)

T'ai Chi Chih is....

The breeze that caresses my hair
Picking it up and brushing it against
My ear and cheek

The blade of grass that tickles
My leg as I walk through
A meadow

The bird that glides with the
wind holding it in the palm
of its hand

The rustling of the leaves on the
Trees dancing

The warmth and light from the
sun smiling at everyone

The moisture in the raindrops
Replenishing the earth that is
so thirsty

The bubbles that float under my feet, around my
form and through all that is me, connecting us all

AS ONE.

Becky Lampl
(student of Barbara Lefforge)

embody the
essence that flows
through you



TEACHER NEWS

Alice Holden, San Antonio, TX: I have moved and am enjoying my work here and believe that T'ai Chi Chih has been helpful in my getting to know the larger community of San Antonio. I am grateful.

Lisette Tingesdahl, Janesville, WI: May 1, 1992 I attended the annual ROM Institute teacher training conference in Madison, Wisconsin. I had been invited to assist in teacher training/testing. I have been accredited with the ROM Institute for two years and have enjoyed the connection of their work with the purpose of T'ai Chi Chih. As I arrived I saw a face that looked so familiar. After incidental conversation with my neighbors at the table where I was seated, I found out this familiar face belonged to a T'ai Chi Chih teacher from California. My brain suddenly and happily compiled this information and the last August TCC conference came to mind instantly. This had to be the answer. So I walked up to this lady, introduced myself and asked if she remembered me and we spoke of TCC. That was the link of our acquaintance. Barbara Joy was the name I could not remember. Barbara Joy was the person whose face I could not forget! So it was such joy to see her and together we even had the opportunity to share about TCC with the group. It was "Joy & Lisette thru movement" that day!! I still rejoice at the unexpected turn of events that day. Small world! Wonderful people! T'ai Chi Chih is growing! Many thanks to Joy for crossing my path on May 1. Love & Light.

Gary Halden, Two Harbors, MN writes: I'm still teaching actively, and usually have one or two classes going at all times. I have a senior citizen ..doing the movements while sitting in her wheel chair. After five weeks she is able to pick up her one bad leg and straighten it out--she's just ecstatic! This is what I've really wanted to experience in my teaching, it really warms my heart. Maybe I can do a story on her in the future.

Ellen Tatge, Albuquerque, NM writes: I received a call from the New Mexico Arthritis Foundation whom I've been lobbying to offer a class. First step--I'm on their program for education in August to give a talk and demonstration on TCC. This will be advertised in a newsletter that goes to 10,000 people--public awareness of T'ai Chi Chih is really growing! Best regards and love to (you and) all the TCC family.

Ruthmarie Arguello-Sheehan and **Brendan Curtin**, Sun City, AZ: T'ai Chi Chih instructor, hypnotherapists, Therapeutic Touch Therapy and Professional Storytellers will be part of The Great Pyramid Healing Conference, Dec. 5-12, 1992 held at the Great Pyramid on the grounds of the famous, opulent Mena House Oberoi Hotel in Egypt. Presentations will be made in full view of the Great Pyramid.

Sister Dorothy Ferrell, Rochester, MN: I do appreciate and enjoy each VFJ issue, receiving inspiration and help in continuing my journey with Joy Through Movement. This past year I have been limited to teaching only The Franciscans here at Assisi Heights. In September however, I shall expand into the Community of Rochester by teaching in the Continuing Ed. Program as well as to employees of IBM. IBM will grant scholarships to any of their employees wanting to take the class. I need only provide the space. In time, I anticipate introducing T'ai Chi Chih to the employees of the Mayo Clinic and St. Mary's Hospital.

MAKING NEWS

Mark Harrell, Saratoga, CA was featured in the *Living* section of the *San Jose Mercury News* in June. Not only did he have a picture above the masthead of the paper, but inside was a note on Interesting Reading headed **Go to class...and relax**. To quote "The sound of the surf lulls you into breathing in unison with the waves, in and out. Relaxation sets in. Watching Mark Harrell lead his class of T'ai Chi students is a lot like that. Harrell finds that T'ai Chi Chih is becoming an increasingly important way for him to ease the stress that permeates Silicon Valley life." Then reference was made to page C1 that had a five-column picture of Mark with a class doing *Passing Clouds*. The article, titled "Grace under Pressure" took up virtually all the front page and continued on the following page with another picture. Mark says that the article was not entirely accurate but the marvelous thing about it was that it generated over 400 calls to the Camden Lifetime Activities Center in the San Jose area and almost 200 to the area teacher referral number. Mark's classes were filled and a waiting list started. Susan Hudgens, Dona Marriott, and Donna Shaffer helped Liz make contact with interested persons in the extended San Jose area. How great it would be for the spread of TCC if more of the teachers could get this sort of publicity!

Brian Battista, Oak Brook, IL was recently featured in a local newspaper under the heading "Health/Medicine." Picture with students was centered in a four-column spread. Quoting part of the article Battista says: "T'ai Chi Chih is one of the few things in my life that has proven to be true. It is simple, straight forward and it works. T'ai Chi is a discipline, not a sport. If you are a weight lifter, you build your weight-lifting muscles. If you're a cross country runner, you build your legs. With t'ai chi you are developing discipline within yourself so that everything you do is more effective, regardless of what it is. It is not as important to learn the philosophy behind t'ai chi as to practice the movements. The more you do them, the better you get and the more effective you will be. You are in better control of yourself so you can determine how you want to deal with your stress in your life."



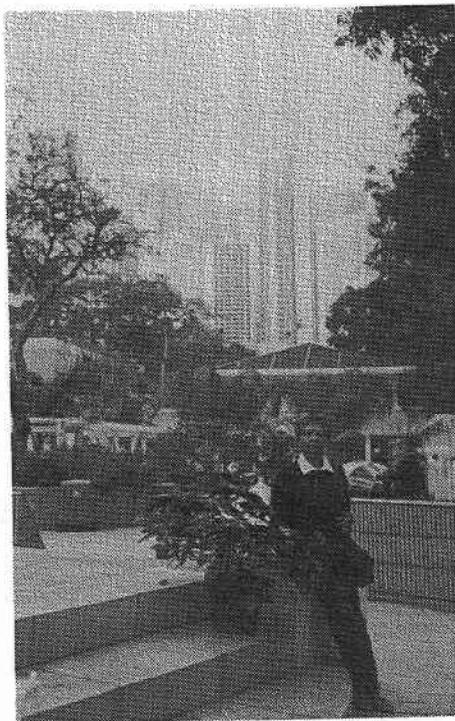
Mark Harrell



Brian Battista

INTERNATIONAL NEWS
T'ai Chi Chih in Hong Kong
by Mary Naidu, Victoria, BC, Canada

The first T'ai Chi Chih class was held in Hong Kong (HK) at the Personal Growth Centre (PGC) in February, 1992. The Centre was established in 1991 "...to help people develop a sense of direction and purpose for their own personal growth..." and I believe that TCC added a new dimension to this meaningful setting of human existence.



Mary Naidu in Hong Kong

The students, ten in number, were an ethnic mix of Australians, British/Italian, Californians, Malaysian Chinese and one Swede - professional people living and working in HK. All had prior knowledge of one or more of the healing arts - T'ai Chi Chuan, yoga, Qi Gong, et al which might explain why the students took to TCC like "ducks to water."

Some comments from the students' appraisal - "TCC is my answer to how can I find someone who knows TCC prayer", TCC offered "a bit of peace in a place like HK". The general consensus was that the twenty movements of TCC, besides being enjoyable and easy to follow, provided both physical and emotional benefits to all participants.

Evening classes began with warming-up exercises and some Qi Gong self-massage, conducted in a room setting that accommodated no more than ten students at a time and away from the deafening noise of the world outside.

For one hour and one-half, the students move effortlessly, with softness and continuity, focusing their attention on the yin/yang chi and to feel (sentir) the flow of energy emanating to the extremities of the body. The final "Cosmic Consciousness Pose" movement was accompanied by Kitaro's New Age music aimed at easing the mind as well as the spirit.

Out of a class of ten students, six "graduated", having successfully completed the twenty movements of TCC including the Connecting Forms.

Resource materials left at the PGC included "Joy thru Movement", "TCC Guidelines," "Perspectives in Motion and Stillness," Qi Gong Self-Massage tapes, "A Potter's Notes on T'ai Chi Chuan" (very popular reading), a reading list compiled by me of books and tapes.

I returned to Victoria, BC in late March with a sense of achievement that TCC has finally gained a foothold in Hong Kong and with the hope that it may, one day, also find its way to other parts of S.E. Asia and/or Australia. I also believe that I have benefited from the enjoyable and enriching experience and hope that it had been for the students as well.

In closing, I am looking forward to a similar encounter in Hong Kong next year.

PEACE WITHIN

Diana & Richard Daffner, Siesta Key, FL

At a picnic on the beach with the Sarasota Peace & Justice Center, Richard and I invited the others to join us in TCC. Richard introduced some movements to the group, and led us through them.

Each movement for me became a metaphor for the movement of peace. First we took some time to find deep within us, within our physical selves, the place where peace exists, where the recognition of our alignment with peace begins.

As we moved in Bass Drum, we held the earth in our hands, gently moving her through an energy circle of peace, all the while allowing our attention to rest in our inner center. Awakening peace.

During Push Pull, we touched that place of peace within us. and gave it a push out into the universe. As our hands returned, we realized that we each must also be nourished by the efforts we make, that we each need to allow energy to return to our place of peace within. Breathing peace.

In Around the Platter, we sank down into that inner place of peace and spread it out equally and evenly over the earth. Sharing peace.

It was a special practice for all of us. I am including poetry written by two of the participants.

Keep spreading the Chi! Diana

Shall we pour beautiful jewels
into the voluminous bay
of time which seeks
to be filled yet moves
on ceaselessly?

Concentration
Penetration
Decision
and
Precision
Precede
Creation

Only one thing: Creation
Only one feeling? Elation

by Chrystalle M. DeLuce, Sarasota, FL



Peace of Mind
Peace of Body
Peace of World
Peace Within.

Peace of Mind - Mind of Peace
Peace of Body - Body of Peace
Peace of World - World of Peace
Peace Within - Within Peace

Words shared by Zan, Sarasota, FL

NEWS FROM DENVER

It had been five years since Denver had a Teacher Accreditation Course so the Colorado teachers looked forward to the June class with great anticipation. It was a well received event with most of the local and three out-of-town teachers attending for all or part of the week. Fourteen new teachers were accredited, eleven of whom are located in the Denver-Boulder area. The other three new teachers are from Sedona, AZ, San Diego, CA and Winchester, VA. It was a great experience for all and we are looking forward to the next course which will be held in October.

There are now about 18 interested teachers in Colorado with about 3-5 more expected in October so we have formed a loose organization. Viola Moriarty is our Good Karma distributor. Mike Merriman was drafted to be our chairperson for awhile and we had our first combination meeting-practice-potluck July 24 at his home. We decided to hold our next meeting in one of the city's large parks to show off the nice weather-proof T'ai Chi Chih banner Mike recently purchased. All the teachers are encouraged to bring their flyers as we expect the banner and our practice session will attract the attention of the public. Some of our new teachers are teaching already and the rest have classes planned.

Submitted with Joy, Pat Hill, Golden, CO



Denver Teacher Accreditation

TEACHER TRAINING FEEDBACK

Gordon. Wade, Edson, AB Canada: Many thanks for the copy of the Vital Force and nice note with it. I completed the course on 13 June and enjoyed it immensely. Steve is an excellent instructor. We shared a cabin at Mooselake, MN and Jeannie (Engen) did a fabulous job setting up the training in such a lovely setting. Keep up the good work on the Vital Force I find it interesting and informative. I hope to contribute once I have instructed for awhile. Sincerely

Viola Moriarty, Denver, CO: I just completed the Teacher Training in Denver. I feel so grateful, not only for TCC and having Steve Ridley as my teacher and model, which are great gifts in my life, but also for everyone else at the training, and the process itself. I was very lucky to have had the benefits of the Teacher Preparation Class with Pat Hill and Bryan James, and to have them and all the visiting teachers present at the training. I learned so much from the other teacher candidates, as well, and I look forward to our continued association. Also, Lia Ridley's dance was beautiful! Thanks to everyone for a week of learning, growth and very loving energy!

Ken Koeneman, Lakewood, CO: Thank you for the copies of the Vital Force you made available to use during our Teacher Training. I have found the Journal to be very informative and useful.

Anne Metzenbaum, San Diego: I was accredited in Denver in June. It certainly was an intense week with excellent instruction. I'm looking forward to receiving the *Vital Force* and receiving Joy thru Words. Thank You.



Minnesota Teacher Accreditation

TEACHER TRAINING EXPERIENCES

Merry Lynn Noble, Lakewood, CO.

It was with great delight and joy that on Saturday, June 27, 1992, I received my TCC teacher's certificate. In fact, during our last practice session of the training, I had tears in my eyes at one point. What seems to have miraculously happened during the intensive, very focused week-long session with Steve presiding is that my "love affair" with T'ai Chi Chih has deepened even more richly. My husband agrees and doesn't even mind since the changes in my life because of TCC are of the most positive kind. In fact he even wants to learn it now. I am profoundly grateful to many people for having made this priceless experience possible. Most especially I want to thank Justin Stone for having been the channel for TCC. I also am deeply appreciative to Pat Hill for having been so patient with me and my stubborn ego. Pat was my initial introduction to TCC, which was an easy-enough-to-learn yet paradoxically profound and complex internal art.

I am also grateful to Bryan James, as well as Pat Hill, for their superb TCC teacher preparatory workshop. More thanks go to Susan Webster from El Cajon, CA, Judy Murphy from Colorado Springs, CO and Lia Ridley, Denver and to the other already-accredited teachers at the training, for all their help in so many ways.

In my journey, I have sought the best books, methods, and teachers I could find. It seems that, just when the answers all fit into place, there has been a quantum leap into a whole other realm of ecstasy, joy, and serenity. This has been precisely my experience with T'ai Chi Chih. Furthermore, along this path of eternal growth, I have truly found that, the more I know, the less I know.

My first TCC class begins in July. I feel very privileged to now be able to share this joyous experience with others in my psychotherapy practice, Successful Stress Management, Super Self-Esteem, eating disorder/addiction recovery workshops, and now, TCC classes! In closing, I want to share a little poem channeled by my husband, Dan McClerren.

Involution
Convolution
Evolution,
The many return to the One.

FELICITATIONS

I would like to say congratulations to all of the newly accredited teachers from the Denver class in June. It was certainly a well-prepared group of people and they had a great connection with each other. I feel they will all be excellent teachers.

I especially want to thank Steve for his loving way of sharing Chi and assisting all of us through the movements. I have moved to a new level with my practice. I also attended the Teachers' Conference the following weekend and continued to be re-newed and once again became the student. Thank You Justin and Steve. **Susan Webster, El Cajon, CA**



KARMIC KOMMENTS
from Good Karma Publishing
Jean Katus, Publisher

As we all know, regular practice of T'ai Chi Chih serves the same purpose as **various types of meditation**. We find that we ourselves, as well as some of our students, may be interested in exploring some of these other meditative forms in addition to T'ai Chi Chih. Some questions that may come up: What can I tell my students about meditation? What meditations are best for relief from stress? Which ones should I recommend for energization, for sudden insight? Are there meditations that offer quick physical healing or psychological perception? What can I suggest to my students for weight control and serenity? For those who want a strictly devotional form, which one is best?

Justin's Meditation for Healing/Particular Meditations for Particular Results is a complete resource that responds to all these and more questions. The foreward, written by Harold Cohen, a medical doctor and certified T'ai Chi Chih teacher, corroborates what the author has discovered through his own study and practice of meditative forms from India, China and Japan. He offers detailed instruction in the history and practice of each meditation presented, giving the reader far more examples of meditations than are possible to use in a lifetime. It seems best to try out each of the practices presented, then choose one that suits oneself the most, and practice it regularly to reap the results discussed. "All it takes is perseverance," says Justin in his introduction. He also declares what T'ai Chi Chih practitioners and other meditators have found to be true and accurate in their own experience: "In the final analysis, the best *healing is self-healing*, and there is no better way to achieve this than thru the various types of meditative practice."

Before actually presenting instruction in such forms as circulating the chi, breathwork, mantra meditation, fixation, visualization, chanting, and others, Justin Stone builds a strong case for why one would want to meditate in the first place. He offers background in the many types of meditation in which he is well-versed and discusses their beneficial effects. He gives an extended definition of meditation and classifies the different modes along with the cultural milieu from which they arise. His statement of the idea behind such a book is clearly and concisely stated when he says:

Meditation is healing and spiritually edifying. The more that is known about it, the more motivated one will be to try it. The purpose of this book is to make known more about meditation, stressing the healing benefits that can be achieved. It is hoped that great benefits result from the practices taught in its pages. Meditation for healing is certainly a reality.

If you and your students have not yet had the opportunity to experience the wealth of information in this book, we highly recommend that you get a copy and delve into the material.

Some students may want less in-depth work with meditation instruction and would be interested in the simple, yet profound, practices presented in Justin Stone's *Heightened Awareness*. Especially since Justin no longer leads seminars on the subject, to study the book promotes a way of becoming acquainted with some of the practices offered in greater detail in *Meditation for Healing*. A nice companion to the longer volume! (Cont. on p.31)

Karmic Komments (cont. from p. 30)

Thanks to all the teachers who stopped by the Good Karma table at the conference to peruse, parley (chat), purchase. We reiterate our invitation that was given there: if there is a Good Karma item you're not yet familiar with, why not buy a copy to see if it's something you might want to share with your students?" (See the flyer enclosed for a brief description of our offerings.)

New items and notes of interest for all teachers and students include the availability of *Climb the Joyous Mountain/Living the Meditative Way* by our T'ai Chi Chih originator. (See related article on p.33)

We are in process of remaking the instructional Justin Stone video. Watch the next *Vital Force* for further information.

Some teachers have asked about the Oriental lecture series videos that were made from Justin's talks in Albuquerque some time ago. They are now available for rental from Good Karma. Write for information.

We have a new teacher distributor in the Denver area, Viola Moriarty, 303/399-4189.

At our June board meeting, we decided to ask that anyone who pays for their Good Karma purchases with a credit card help us out by splitting the 4% fee we are charged for every credit transaction. That means that we will add 2% to the total for credit card charges.

Margy Emerson, author of *A Potter's Notes on T'ai Chi Chuan* which Good Karma distributes, has informed us that her second book is completed. Watch future issues of *The Vital Force* for a time when we have copies for you to purchase.

In response to Joel Andrews' concert at the conference and to requests for his "Emblissening" tape, we are negotiating with him on our distributing it. By the time you receive this issue of VF, the tape will most likely be available. That means that you and your students will now have a choice of three styles of music to use with T'ai Chi Chih practice for those who like the musical enhancement. Native flute music in Kevin Locke's "The 7th Direction," electronic/nature sounds in Lar Coughlan's "Elevation Music," and harp tones in Joel Andrews' "Emblissening."

Sale/bargain items: We have a limited supply of coffee/tea mugs displaying six dolphins on either side of banners that read, "T'ai Chi Chih/Joy through Movement/Originated by Justin Stone." The cup is white and the design is blue; \$6.00 each (an already discounted price) includes shipping. Nice gift item!

Also in limited supply are older-edition copies of two of the books we offer. The content is the same, but we'll sell the titles for less because we also have current-edition copies. Order yours while they last: *20th Century Psalms* for \$6.00 each; *Abandon Hope* for \$8.95 each. The 40% discount, of course, applies to certified TCC teachers on the purchase of 3 or more items in any combination--these older-edition copies and any of our other materials.

**POETRY FOR PLEASURE
AND COMTEMPLATION**

T'ai Chi immersion
frees poetic mind
Impressions symbolic
reflecting the Character
In identified things, patterns, beings
The comfort of embracing
no other.

Steve Ridley 7-30-92

Pausing in a doorway
Not here...Not there
Liminality.
Whirling helixes of energy
interconnecting...changing
moving from doorway to doorway.

--Viola Moriarty, Denver, CO



Being Consciousness
wrapped in egocentric perspective
All relationships become diversions
from our essential Authenticity.

Steve 7-18-92

Changing Light,
Shadows shifting by the Moment
A Single Thought
Enough
To Miss it All.

Ed Altman, June, 1992

identifying
outward/inward
orientation
in between
what does it matter to
the time traveler
hitching a ride?

apprentice to
journey-man
studying
practicing
mastering
the no-mastery
of non-identity

sch 6-11-92

God is Love
Love is--
Now and Forever

And is
indestructible

Joe Apt, Minnetonka, MN

CLIMB THE JOYOUS MOUNTAIN

Back in print after many years, Justin F. Stone's *Climb the Joyous Mountain/Living the Meditative Way* teaches us to "live the meditative way" in every day life. Because the book has not be available for such a long time, many of the present T'ai Chi Chih teachers and students have not had the opportunity to read it. Good Karma is very excited to bring forth this penetrating look into Justin's musings and clear observations of concepts he has incorporated into his own life through his exposure to Eastern culture and tradition. He doesn't leave it at that, though; he bridges those concepts and disciplines with Western thought by offering ways anyone can integrate the simplicity and beauty he finds into their own way of being for a more meaningful existence. Those who have studied and enjoyed *Abandon Hope/The Way to Fulfillment!* will definitely want to include this volume in their close attention to the T'ai Chi Chih master's writings as a sort of continuation of what is presented in *...Hope*.

The author relates a variety of compelling incidents based on his involvement in non-Western culture and spiritual life in the Orient. He expresses insights and inspirations in human terms, making it easy for any reader to derive meaning and gain comprehension of profound truths. From personal stories that carry useful lessons to essays on "The Human Condition" and "Joy is Man's Heritage" to unique pyramid poetry to a Buddhist meal prayer, the material offers practical information for contemplation and application.

A section of drawings and poetic quips done by Ou Mie Shu contributes to the overall sense of wonder, joy, and simplicity as seen through the eyes of a man who knows the East as well as he knows the West.

Some of the depth of what we find in this book is apparent in the epilogue:

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 world outside 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.

Steve Ridley has written a new foreword to this edition of *Climb the Joyous Mountain/Living the Meditative Way*, which retails for \$9.95. As a certified T'ai Chi Chih teacher, if you want three or more copies of this terrific volume to be able to pass on to others, you will receive a 40% discount. A must for your T'ai Chi library!



Living the
Meditative Way

by JUSTIN F. STONE

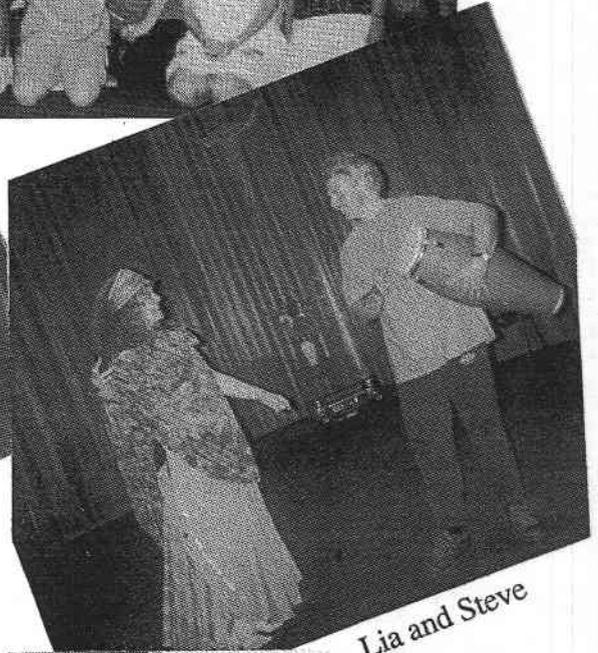
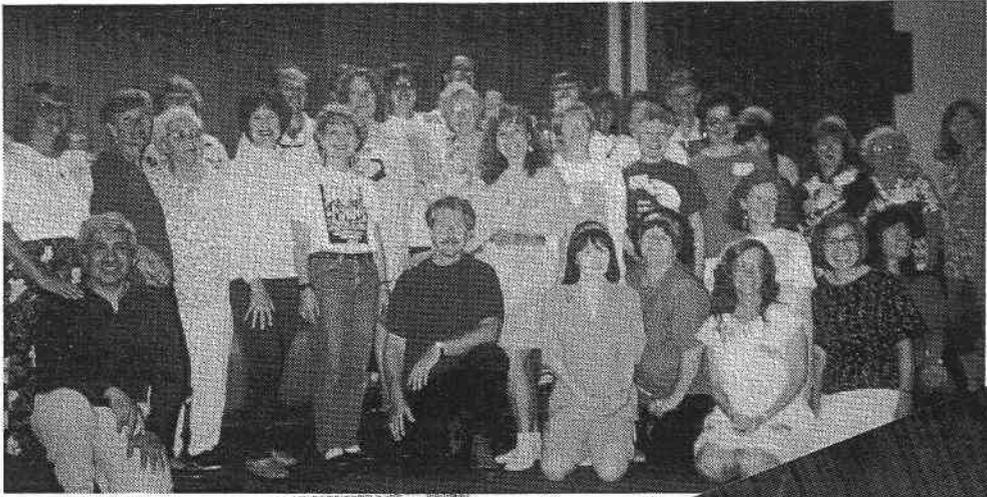
U—E—A

H—E—O

W—O—K—O—S—S

M—O—N—A—C—H

CONFERENCE HAPPENINGS



Lia and Steve



TEACHING TIPS FOR T'AI CHI CHIH TEACHERS

(A look at learning/teaching integrated movement.) by Linda Braga

At the July 1992 Conference, Steve asked me to share some information about brain dominance patterns and how these affect movement. My knowledge has come from working with Learning Handicapped children for 28 years. I am particularly interested in how the brain affects gross and fine motor skills, learning styles and naturally-occurring dominance patterns. The brain controls all these skills and influences how we learn and what we learn. Most brain functions, simplistically put, fall into two categories--simultaneous processing or sequential processing. When both hemispheres are "switched on", we can perform an integrated motor movement with both sides of the body performing easily, effortlessly, automatically. If we have to "stop and think", we switch to our preferred dominance mode which may not be integrated.

How does this relate to T'ai Chi Chih? It helps us understand that each of us moves in a unique way, based on our preferred dominance pattern and the amount of motor movement we've experienced in our life through early childhood creeping and crawling, running, jumping, rolling, skipping, walking and sports participation. We are the product of all the motor movement we've experienced. If we do not move effortlessly in T'ai Chi Chih patterns, but have parts of the movement that "are hollow", or not synchronized, then we are most likely not in an integrated mode but in our preferred dominance mode.

Most teachers (and students) want to improve their form but are unable to through words and demonstration alone. Their brain dominance pattern prevents them from making the switch.

So, what can we do?

Information about how to improve motor movement patterns is available in many forms today--everything from pills to improve memory to visualizing the "perfect move" (such as offered by cybervision).

I especially like the books published by the Edu-Kinesthetics Foundation because they are written for parents and children in a simple, understandable format. And their books offer a variety of ways to help both hemispheres to "switch on" simultaneously and become ready to learn/process/perform a more complex movement.

This information is valuable to us as T'ai Chi Chih teachers. It gives us a basis for understanding movement and ways to improve/refine it. This in turn helps us to become better observers of movement in ourselves and others, and discover which aspects (arms, legs, torso) are not integrated. It enables us to coach others to move more synchronistically by pointing out exactly what is out of synch. The "teachable moment" becomes the one in which the student is moving and continues to move, making adjustments in posture, timing, and flow. Non-integrated movement can be changed by first "getting the brain ready" to process simultaneously.

For more information, please contact Linda Braga, 22120 Earl Drive, Castro Valley, CA 94546

softness and
continuity



TIPS FOR TEACHERS

Gary Halden, Two Harbors, MN

1. While teaching T'ai Chi Chih we must never stop learning ourselves, no system is complete, and each level of achievement is a stepping stone to the next. Set an example for your students and make them aware of their own sufficiency or insufficiency.
2. Encourage the students faith in her/his own capacity by pointing out demonstrable improvement from week to week. With visual progression in the movements from week to week, she/he will value the increased feeling of well-being and sense of feeling awareness.
3. Never push students farther than they can physically go, give them the opportunity to momentarily sit out if they feel the need, and/or take reasonable breaks throughout your class time.
4. Become acquainted with common feedback from students, especially complaints about muscle aches and pains and help them realize how they can avoid problems. When you hear "My quadriceps are so sore," remind the student not to lean too far forward or suggest experimenting with a shorter step. "My lower back is killing me" is a sign they are not shifting the weight from leg to leg and are leaning too far forward.
5. No matter how large your class may be, at some time or other during the instruction give each student an individual pointer to let them know you are not just concerned with their progress in T'ai Chi Chih but are concerned about them as a person as well.
6. Work to create a receptive mood for the end result you are striving to attain. Be more interested in the means than the end. In T'ai Chi Chih there is something for everyone and you can never know where or when the seeds you cast out may germinate.
7. Learn to compassionately accept all those who come to you and are willing to try.
8. Have Fun!

T'AI CHI CHIH TEACHER

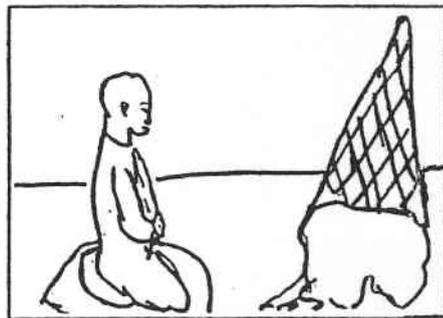
Teach T'ai Chi, Teach T'ai Chi
Lucky are We, Lucky are We
To teach T'ai Chi.

Share the knowledge, Share the Spirit
The more we do it
The more we endear it.

Loose wrists, Empty Mind
Forth and Back, Back and Forth
Lose the Ego, Our True Home we Find.

What can be better than Yinng and Yanging
Through a Hurry Worry World
In an Age of oneness Dawning?

Gary Halden, Two Harbors, MN



Gozon contemplates the Ice Cream Koan.

A FEW TEACHING MATERIALS & THEIR USE

by Linda Braga, Castro Valley, CA

I have developed some teaching materials which I've used for several years now with T'ai Chi Chih students and in group presentations. I presented these for sale at the July 1992 Conference and they were received with great enthusiasm. For those of you who were not able to attend, here is a brief description of each.

If you want more information or wish to purchase a set, contact me at 510/886-3859.

1. Commitment Cards ©1992 - Business-card size Cards with a simple affirmation to practice TCC regularly. These cards can be given as a gift at your last class and as a reminder to continue to do TCC. Set of 100 = \$3.50 Set of 200 = \$7.00
2. ABC's of T'ai Chi Chih © 1992 - 26 (3"x11") flash cards--each has one letter and several words which represent key concepts about TCC. Sample: J Justin Stone, Joy through Movement
These cards have been used at the last class to review concepts and principles of TCC.. Students read the cards aloud, in order. It enables all students to participate in a positive, non-threatening way, even those who may have missed a class. ABC Cards - \$9.00/set
3. Presentation Cards ©1992. "T'ai Chi Chih is..." 24 (3"x11") flash cards and 6 extras. These cards contain key ideas that you would use in a group presentation, conference or workshop for TCC. Pre-select the cards you want to use and hand them out at the beginning of the workshop. People read these as called upon by you. Group interest is heightened and participation is assured. The blank cards are for additional points you wish to emphasize to certain groups. These cards have been "field tested" with many different groups and the response has been very positive. Presentation cards \$9.00/set

T'AI CHI CHIH T-SHIRTS

A Great Way to Promote your Classes

Beautiful, soft, 2-color design on a preshrunk white 100% cotton shirt, available in large and x-large sizes only. Design illustrates bamboo and moon on a blue-green ground with words T'AI CHI CHIH down one side, framed in a band of mauve containing muted Chinese Calligraphic characters and the words "Serenity in the midst of activity" and "Joy through Movement" at the top and bottom. The design and colors really convey a feeling of serenity. This shirt was a big hit at the teachers' conference and has been selling well to students in Albuquerque at \$12.95. Wearing this shirt is a great way to advertise your classes!

Teacher prices: 1-2 shirts-\$12.95 each (shipping additional); 3-11 shirts-\$10.50 each (shipping additional); 12 or more-\$8.50 each (shipping additional)

For ordering information contact: **Ellen Tatge**, 1001 Girard Blvd. SE, Albuquerque, NM 87106, 505/255-5888

TEACHER DIRECTORY AVAILABLE

Pre-order your **NEW** copy of the TCC Teachers Directory to be available in December 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
1992-1993

CONTACTS FOR T'AI CHI CHIH

Justin Stone: Originator of T'ai Chi Chih

and conductor of Sejjaku (Advanced TCC) Courses
214-A Congress, Pacific Grove, CA 93950

Steve Ridley: 1921 Jasmine, Denver Co. 80220

(303/322-7717) Spiritual Head of

T'ai 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

Jean Katus: (701/854-7459):

- Publisher, Good Karma Publishing, Inc.
- P.O. Box 511, Ft. Yates, ND 58538
- Distributor of T'ai Chi Chih instructional materials and others related to spiritual practice
- contact for teacher referrals
- conductor of 1991 Teacher Survey

CONTACTS FOR THE VITAL FORCE - JOURNAL OF T'AI CHI CHIH

1477-155th Avenue, San Leandro, CA 94578

Liz Salada: (510/278-3263)

- Publisher, The Vital Force, journal subscriptions and submittals
- Publisher of T'ai Chi Chih Teacher Directory

Lois Mahaney: (510/276-5718)

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

MAIN DISTRIBUTORS OF T'AI CHI CHIH MATERIALS

Jean Katus 701/859-7459, Good Karma Publishing, Inc.

P.O. Box 511, Ft. Yates, ND 58538

Albuquerque, NM - Carmen Brocklehurst 505/299-0562

Edmonton, AB, Canada - Guadalupe Buchwald 403/489-6748

Bemidji, MN - Jeanne Engen 218/751-3173

Fargo, ND - Christeen McLain 701/235-0449

San Leandro, CA - Liz Salada 510/278-3263

Camarillo, CA - Pamela Towne 805/987-3607

El Cajon, CA - Susan Webster 619/441-1165

Denver, CO - Viola Moriarty 303/399-4189

THE VITAL FORCE Journal of T'ai Chi Chih is published quarterly on a not for profit basis by The Vital Force, 1477-155th Ave., San Leandro, CA 94578 510/278-3263

Liz Salada, Publisher; Lois Mahaney, Editor
Yearly subscription: \$20.00; \$25.00 outside of U.S or for 1st class mailing option. If teachers would like extra copies of THE VITAL FORCE for their students, please send \$2.50 for each copy desired.

Copyright © 1992
by THE VITAL FORCE, San Leandro, CA 94578.
All rights reserved. Reproduction or use in any manner of the whole or part of this document without prior written permission of the publisher is prohibited. Printed in the U.S.A.

VITAL FORCE JOURNAL OPERATIONS:

PUBLISHING AND MAILING SCHEDULE: Bulk-mailed quarterly-to subscribers only-during these months: March, June, September, and December. Additional special issues as announced.

INQUIRIES: If you have not received your issue by the 30th of these months, please contact us. We offer a **first class mailing option** at an additional \$5.00/year.

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.



Fall

SUBSCRIPTION FORM for THE VITAL FORCE JOURNAL of T'ai 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).
- Renewal or
- New subscription
- My subscription is current but please note changes in address, etc. on your mailing list.

Name _____

Phone () _____

Address _____

_____ Zip _____

Enclosed is \$_____ (\$20/year, bulk-rate in U.S.) for _____ year(s) subscription. New rate for Canada and others preferring 1st-class delivery: enclosed is \$_____ (\$25/year) for _____ year(s) subscription.

Make checks/money order in U.S. dollars payable to: The Vital Force
and send to: 1477 - 155th Avenue
San Leandro, CA 94578

The Vital Force
Journal of Tai Chi Chih
1477 - 155th Avenue
San Leandro, CA 94578

BULK RATE
U.S. POSTAGE PAID
PERMIT NO. 207
SAN LEANDRO, CA

ADDRESS CORRECTION REQUESTED

If this box is checked,
your subscription is **PAST DUE**.
For delivery to continue,
please **Renew!**