



# The Vital Force

Journal of the Tai Chi Chih® Community

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"Tai Chi Chih is a gateway to Humanity. It is a Form of Love." —Justin Stone, Originator

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## Contributors

**Sheryl Adair** is a newly accredited teacher from Atlanta, Ga and has been joyfully practicing T'ai Chi Chih since 1999.

**Nancy Beck** received her TCC accreditation in Albuquerque in November 2002. She originally felt that, on retirement, she would be involved in volunteer work, probably in a nursing home where her parents had been. However, she decided against that because of too many painful memories. In 2001, HealthPoint opened and she took a TCC class. With the help of Larry Sava, Wellness Director, she says she not only found a place to volunteer where she could help promote senior health, but also found in the TCC classes a very close-knit, caring, and supportive group. Now, as a volunteer/staff member she works with other classes, which she enjoys, but it is the TCC community that is like family.

**Linda Braga** teaches and teaches in California.

**Carmen Brocklehurst** was the first distributor for Satori (the previous publisher of Justin's books, tapes and videos) and she continues her role as a distributor for Good Karma Publishing, Inc. She feels it's a special gift to talk to so many teachers and students about the perceptive materials that Justin has created, materials she uses as an integral part of her teaching.

**Debbie Cole** is learning that one of the best ways to dissipate one's own animosity is not to make assumptions, but to ask questions and listen with an open mind and an open heart.

**Cary Fellman** was accredited in 1998. She is a poet, teaches poetry writing classes and presents workshops on self-publishing.

**Pat Flynn** became accredited to teach T'ai Chi Chih Joy Through Movement in October of 2002 and Seijaku in January of 2004. Along with her husband, Larry, she successfully started and

ran an engineering firm based in the Washington, DC area for more than 20 years until it was subsequently sold.

**Ellen Dee Foster** lives in Albuquerque but hails originally from Missouri. She stayed some days after the 2004 conference in St. Louis to spend time with her Missouri kin.

**Kathy Grassel** in her spare time is trying to save the endangered silvery minnow from extinction.

**Marilyn Irvin** was accredited in November in Albuquerque. See her comeback story in this issue.

**Michael Isaacs** recently moved from New Jersey to California to enjoy his family and the weather.

**Dorene Krause** is from Midland Park, New Jersey. She was accredited in November 2003.

**Ginny Morgan** lives in Albuquerque and was accredited in November 2002. Ann Rutherford introduced her to TCC and encouraged her to become a teacher. Ginny is an active teacher, does the class schedules twice a month for the TCC Center, and serves on the TCC Board.

**Marie Myszkier** is a newly accredited Tai Chi Chih instructor. She lives in Albuquerque, New Mexico and enjoys hiking, photography and journaling. Special moments for her are doing Tai Chi Chih at the base of the Sandia Mountains.

**Daniel Pienciak** has been practicing T'ai Chi Chih since 1995, and teaching since 1997. He has very much enjoyed hosting area trainings, retreats, and workshops in TCC and Seijaku since 1998. He teaches piano, and sees individual clients for other bodywork modalities such as IET and Thai Yoga Bodywork, sometimes simply known as Thai massage. Daniel also enjoys facilitating retreats/workshops in personal growth and spirituality, particularly as they relate to those in re-

covery, and as a ministry to the gay community. He especially appreciates (and feels challenged by) the slow, but large changes that T'ai Chi Chih and meditation have introduced into his life, and observing the same in his students and other teachers.

**Rhonda St. Martin** stumbled into her first TCC class, taught by Carmen Brocklehurst, in 1986. Enthusiastic, young, wounded and totally out of her body, she was quite challenged by the movements but TCC would not let go. She believes TCC is a gentle re-entry to the body, however still finds herself not really surrendering to the flow. She is most grateful to live in Albuquerque and everything that that means. Rhonda shares her life with her karmic appointment of 20+ years, Ed, and their two dogs Bella and Luna. Once not even friends, they now find joy in adventure and lessons around the healing power of love.

**Larry Sava**, while attending a demonstration of T'ai Chi Chih at the Southwest Yoga Conference was impressed with his flow of chi. He worked with a cancer survivors group using T'ai Chi Chuan and, feeling that was not the answer, began to search for other methods. He came back to T'ai Chi Chih and was certified in the first Texas teacher accreditation in San Antonio by Ed Altman (and by the prayers of Sr. Alice!). Larry later completed Seijaku training. He believes the chi has helped with recovery from thyroid cancer. He is currently director of the HealthPoint Wellness Center in Lubbock, a facility for seniors. Larry says, "I believe in, and have seen, the dramatic benefits of TCC in our senior membership."

**Meg Scinto** is a resident of Ringwood New Jersey, current host-home of many Tai Chi Chih events, including Intensives, Teacher Trainings and weekend workshops. She became

accredited in November ('04) at the Albuquerque Teacher Training session. Meg feels very fortunate to be part of the New Jersey Tai Chi Chih community and attributes the many opportunities to practice and study together along with the giving attitude of the teachers a major part of her progress on this journey. A special nod to Sr. Antonia for her guidance. Always grateful and amazed at how the Chi moves and evolves in one's life, she is looking forward to extending this gift to others through teaching.

**Sharon Sirkis** was accredited in 1997 by Ed Altman. Due to a vision she saw in the sweat lodge fire a few years back, she continues to combine TCC, Reiki / Chakra Energy healing, and Native American healing, in her work with helping the people. She is currently reading *Journey to Ixtlan*, the lessons of Don Juan, by Carlos Castaneda.

**Ellen Tatge** lives in Albuquerque with her husband and cat, keeping her sanity in her workplace by offering to teach everyone T'ai Chi Chih. She has been holding together a Tuesday night ongoing TCC class for regulars for the last twelve years.

**Judy Tretheway** has volunteered for seven years as the facilitator and teacher for the Folsom Prison program. She is also a chaplain and spiritual director.

**Justin Stone** still likes to drive fast cars.

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## Justin Stone

### Understanding oneself

By Justin Stone

**I** find an indication of maturity occurs when an individual admits to him or herself the real reason for the action or judgment he or she has made. This means understanding the true motivation. First, there is usually the false view of what has been done, and then the need to invent reasons in order to save face with oneself. Pretty soon the subject begins to believe what has been invented and it becomes solidified in the subject's mind. The "alaya vijnana" (the Buddhist "receptacle of consciousness") is stuffed with such junk, along with the habit energies one has developed over a lifetime.

The vashanas (habit energies) go back to the indoctrination given to us from childhood, and we assume that cloak even though the parents and teachers we knew may not have been well-balanced.

Racial prejudice and strange sexual judgments color our views and, unless we can discard them (almost impossible for some), they put us in a twisted bondage for the rest of our lives.

I once knew a professional tennis player who usually told the unvarnished truth, no matter how bad a light it cast on him. People thought he was a wit and just being funny when he said things like, "I'm going to steal that ashtray," or,

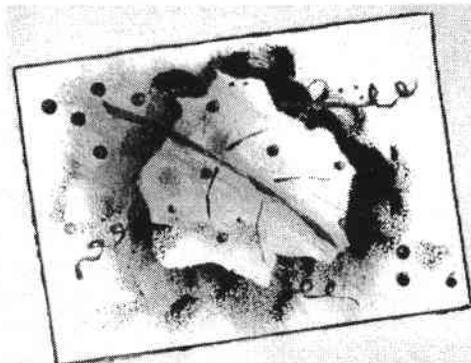
during the second world war, "What you read in the papers is all propaganda." He saw no reason to lie or manufacture half truths, so he became known as a wit. Sometimes, of course, he caused bad reactions. But he told the truth.

There are incidents where a father or a teacher has schooled a child to "always tell the truth"; then, when the telephone rings, say to the child, "Answer it and say I'm not here."

An interesting question, which only a psychologist or psychoanalyst can answer, arises when we ask: Does a person lose stature with him or herself when that person deliberately lies? Or can the falsehood be rationalized so that it does not hurt the image one has of him or herself? Each one of us has an image of him or herself, and in some cases that image is not very flattering.

There are instances when one tells "a little white lie" in order to save another's feelings. If a woman tells another woman, "That dress is very flattering on you," knowing full well that it isn't, can we fault her for not telling the truth? "Be true to yourself" is a saying we have all heard, but it's often hard to apply. We certainly do not

want to hurt others, so we must judge what is best to say at all times. Nevertheless, the above poses some interesting questions which we might do well to consider.



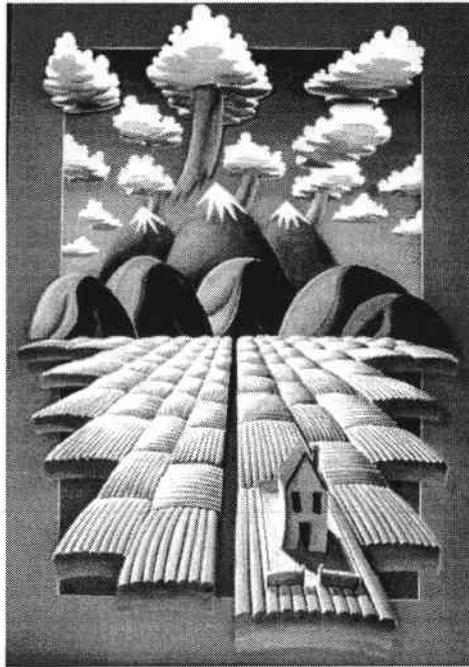
## Getting Stoned

By Rhonda St. Martin

The timing seemed right. Justin had fairly recently moved from California to Albuquerque. I had seen him at the Tuesday morning teacher practices at the TCC Center and we had had a few conversations. It was time to go to lunch. We agreed to meet at his then-favorite Indian restaurant, Shalimar (the building has since been demolished and in its place is a high-end drive-thru coffee bar).

Feeling quite nervous about being with the great Master, I arrived. Justin was, of course, already at the restaurant. He knew the owners and they were visiting. Justin, always and still the quintessential gentleman pulled my chair out for me. He wore a snappy tan blazer. We sat for a moment and then proceeded to the small lunch buffet. What happened next was one of the most profound teachings Justin would ever offer me. It was wrought with genius and simplicity. In fact it was so absolutely powerful, so Zen, that I was left stunned and speechless.

While at the buffet I handed Justin a small salad plate (there was soup and salad nearby). He took the salad plate, got a ladle of soup and poured it onto the plate. The soup went splashing everywhere! It dripped, it ran off the plate, some of it on the floor, some on me. He looked at me. I was totally dumbfounded and had no idea how to react. Obviously it was very funny—the sort of razor-sharp humor I would later come to learn as that for which Justin



is famous. It was as though time stood still. I didn't know what to do. I didn't dare laugh. But it was so funny! For anyone who has ever enjoyed the Pink Panther movie series, it was like a stellar performance by Inspector Clouseau. We got a bowl for the second course of soup and I remember little else about the rest of the lunch that day.



Years later as I recall this most unexpected encounter, I see that it was only one of many times when Justin pulls the rug out from under one's feet. In Native American terms, he has Coyote Medicine (Trickster always teaching). Humor is only one of the ways he tries to wake us up. It is also one of the more gentle.

Recently I arrived at Justin's home for a Sunday evening meditation. I had just spent some time prior to that Christmas shopping and remarked "It's a jungle out there." He quickly fired back, "It's a jungle in here." Indeed. He was, of course, referring to the inner world, meditation and the trappings of Mind.

So what have I learned from Justin all these years? Well much, I would hope, but what immediately comes to mind is this: Take this life and the lessons presented by it seriously but not too seriously. Get to know this Chi which makes us who and what we are. Do not fall into the trap of putting Justin on a pedestal. Extraordinary human? Absolutely! God? No more than you or me. Justin does not want to be deified or reified, and to do so misses the point of his teachings. He is

always pointing to our dualistic thinking. Practice T'ai Chi Chih and meditation with Teh (power of inner sincerity). And when it's funny, by all means laugh!!

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## Interview

## Good Karma in good hands with Kim Grant

*Kim Grant, while based in Boston, is on the road a lot. She's not just a writer; she's a travel writer, writing for Lonely Planet for the last two decades. She happened to be on the West Coast for this interview, finishing up three books. A lot is happening in Kim's world right now, not the least of which is heading up Good Karma Publishing. More is about to happen, as she has decided to move to Albuquerque, New Mexico, in the very near future.*

**VFJ:** So how does it happen that you are moving to Albuquerque?

**Kim:** Here's how it happened. I was writing a book in Provincetown on the Cape. I was driving around one night—it was really cold and rainy. Things hadn't been going well. I was in the dunes, and this little frog hopped across my path while I was driving. I had to come to a screeching halt. There was something in that particular moment with the simplicity of this frog—hopping across the road to get to the other side for no other reason. That's what frogs do, they hop. In that blink of a moment, I had this epiphany that I want to be as simple and as purposeful as that frog hopping across the road. I have to go to New Mexico! It was the strangest, clearest thing beyond logic—it doesn't make any sense, but it was one of those moments that when we do TCC we trust those moments.

**VFJ:** You must have been thinking about it before to some extent, no?

**Kim:** It's true, I've been thinking about it for a year and a half. I have a great life in Boston; the choice to leave is my own, except it doesn't feel like the choice is mine, like what Justin talks about—the choiceless choice. I just

think it's time. And what I've learned over the last year and a half is that everything changes—huge lesson—and so nothing has to be

forever. And that makes my decision a lot lighter. I can go to New Mexico thinking, okay, if it works, great I'll stay; if it doesn't, I won't stay. And, my God, I'm going to New Mexico because Justin is still alive. He is gracious and generous enough to give me his time and his wisdom, and I just can't ignore that any longer. There's not a single thing in my life that I regret, but I also came to the conclusion with this frog that I would regret not having spent more with Justin if he died. And I don't want to regret that. So that's why. You know, I'm incredibly attached to my house. I'm attached to my friends, so I kind of want to test that attachment—see how real it is. It may only be real in my mind.

**VFJ:** Will you sell your house?

**Kim:** No, I'm going to rent it because...

**VFJ:** Yeah, because.

**Kim:** I'm probably not going to give up my life as a travel writer; I'm just not going to write as many books as I usually do. I mean, I wrote five books this year. So I'll write one or two books a year, be reasonable about it, and try to live a more simple life, and really devote—and here's the key—a heck of a lot more time and attention to Good Karma Publishing. As Carmen always says, and I've putting it into practice for the last few months, energy follows attention. I keep repeating that over and over, and sure enough, it's true. As soon as I put my attention on something, some kind of other energy kicks in and something happens, so I really want to. Good Karma deserves it; Justin deserves it; Tai Chi Chih deserves it; and more people deserve to know about TCC in what he's written. I can't afford to live in Boston and devote as much time as I would like to to Good Karma because it's too expensive. Just a practical concern.

**VFJ:** Could you go in some detail about what Good Karma is?

**Kim:** Here's what I always say. Good

Karma exists to produce, disseminate, and promote the work of Justin Stone and T'ai Chi Chih in two ways: one, to the community, to our teachers and students, and two, to the outside world. That's the part that I really love and intend to focus on next year. For example, I open up a New Age catalog and see all the yoga tapes and Tai Chi Chuan tapes and I think, man ya know, our tapes should be in there. I'm booked a year in advance with book contracts. They are ending now and I've only taken on one for next year. So I've kind of cleaned my plate and I'm ready to heap some Good Karma onto it for next year. I want to really grow it outward to the bigger community. It's poised to take off. Maybe it's reached a saturation point within the TCC community; the only thing to do is to go outside the community and grow it that way. The other thing I think is important for me to do, although it's not a specific charge that I've been given, is to start doing my own publicity campaign in a way for T'ai Chi Chih. I write books and articles all the time. I have great contacts and I understand the publishing world because I've been writing these books for 20 years. I think one of the things I am in a somewhat unique position to do is start submitting articles to big magazines. That takes time, but again, if I lead a simpler life with fewer financial demands, I can afford to plant those seeds and wait for them to sprout. The story needs to be told on a bigger level. We all take it for granted; we know what T'ai Chi Chih does, but other people don't. I think I can do that.

**VFJ:** That's a big hat to wear.

**Kim:** I think my faith in T'ai Chi Chih has grown over the years, so I really do believe now, in a way that defines faith, that if we do the right work, something will kick in and the universe will support it. I hate that kind of language—it all sounds to airy-

fairy—but I think it's really true, so I want to give it some discrete amount of time, because I think something really will happen. Whenever I've decided to do something, it's really been phenomenal, when I've decided wholeheartedly to jump into something, it works. Two summers ago, I was in a somewhat dark period, I remember pounding my fist on the kitchen table, saying out loud, "I just want to go to Hawaii. Or New Mexico." The next day I got a call from my publisher and he said, "I know you're in this tough stage now, Kim, but... is there any way that we can convince you to do books on Hawaii and New Mexico." No kidding. I said with full conviction I really want to go to these two places, and then it happened. So, I think that if I really put my attention into doing this for a year, somehow it will be supported.

**VFJ:** So, you're the right person for this job, I can tell.

**Kim:** I feel completely grateful to have been given this. I feel like it's a huge responsibility. I take it pretty seriously. And every day when I talk to a teacher on the phone, and I may be in a cranky mood before I pick up the phone, inevitably when I hang up, I'm in a really good mood because they're all really great people. I don't know how that happens; it surprises me every time, but I'm smiling when I hang up. That feels like a gift that I'm given, to have the opportunity to step outside myself to do something for someone else and for bigger reasons. It feels like to be of service. It feels like I'm giving back to Justin. That's truly from the heart, that sentiment. It feels very pure and so I know it's right.

And then there's the pretty obvious stuff to do. I want to put out his video as a DVD. That should be done by the end of January. People are clamoring for it. I think that will reinvigorate people's interest and the outside world's, too, in Good Karma. Around the same time, "Justin Stone Speaks" will be on CD. I just reprinted the textbook. Those are the three things

that really sell the best. I want to get a unified look for all the books. I have to wait until we reprint them, but I want like a brand identity. I hate to sound so corporate, but you go to the bookstore and you can recognize the Shambala books four feet away, and that's what I want to start happening to Good Karma. I've been a photographer for 20 years, and I do think that image matters. I think the way that we present ourselves as a community, as a company of Good Karma, as a practice called T'ai Chi Chih, I think it matters. Should it make a difference? You know, when someone goes to the bookstore, if they pick up a shiny book versus a not-shiny book, no, they should pick up the best book that's out there. But the fact of the matter is, that is the world we live in. I photograph book covers; I help design books; I did Justin's art book, which came out really well. I have high hopes for Good Karma. I said to the new teacher candidates at the training that I feel like I'm sitting on a diamond mine with Good Karma. It's like diamonds in the rough, ready to be polished.

**VFJ:** You have your own corporation called Bindu Press. Is it still going strong?

**Kim:** Yes, I have this line of cards—black and white abstract cards. I'm not sure what I'm going to do with it. It is still around. It's funny, because bindu means "point without extension," or "point containing infinite possibility." So, I did the card thing with it, and now I'm waiting and I'm not sure what it is going to be for the next thing to do with it. It could go anywhere because of the name. I was out at an informal meditation retreat with Justin, and I had been thinking, thinking, thinking for a couple months, what can I name this company. All of a sudden Justin used this word, Bindu. And it just sang. I have this notion to write—I hate this term, but kind of more spiritually-based travel. I'm a reluctant travel writer now. I don't like to go anywhere. I like to sit still, and so I have this notion about doing a series

called, "Slow Down, See More," which totally fits in with all our meditation and TCC... like go somewhere nice, like Banff or Lake Louise, do TCC on the edge of some fantastic lake and do one thing that day and do it really well, and then just sit still.

**VFJ:** That's great. What a great idea!

**Kim:** It doesn't make for a thick book, but it makes for some good web essays.

**VFJ:** There are some books out there. "Hard Travel to Sacred Places," "Zen and the Art of Motorcycle Maintenance," "Bones of the Master." Lots of pilgrimage books to take inspiration from.

**Kim:** Yes, I want to find a little bit more spaciousness in my life. I can think that the New Mexico sky and all the space there is the perfect sort of grounded reality check for what I'm feeling.

**VFJ:** So how many books have you written?

**Kim:** Probably .... [counting, thinking]... either authored or co-authored, probably 15 different books, but some of them five or six editions of them. From scratch, I've probably written 10 books. I continue to update a lot of them—they change fairly significantly. If you check into [kimgrant.com](http://kimgrant.com), you'll see. There's a T'ai Chi Chih section, too. There's a photography section, travel writing, Cape Cod, and T'ai Chi Chih. It has a little film clip of quick-time video of Carmen doing T'ai Chi Chih.

**VFJ:** So who is the biggest pain in the neck you have to work with?

**Kim:** You know who it is, it's me. Nobody is harder on me than myself. I think most people who are self-employed say that. I think it was Ann Rutherford who said to me about a year ago now, "Are you afraid to move to New Mexico because you're afraid Justin is going to be really hard on you?" I really laughed out loud, not at her, but

... I said Justin can't be harder on me than I am on myself. I have such high expectations, and I'm a freakin' perfectionist. I don't judge other people, but I'm really hard on myself. It's the only way I think I make any progress.

**VFJ:** I'm trying to think of some dastardly consequence of being hard on oneself.

**Kim:** Well, I tell you, this book that I just finished yesterday; it was the easiest, most graceful project I have ever completed.

**VFJ:** Because?

**Kim:** I think it's because of T'ai Chi Chih. I have been doing it really regularly lately. When I do it regularly, my equanimity is maintained, and I can sit down and the right words come out in the right place at the right time, with ease. It's astonishing. I continue to marvel at it. When I don't feel like doing it, Carmen frequently checks in with me when I'm on a deadline.

"How you doing? Have you done your T'ai Chi Chih today? Just do five minutes." Of course I know that when she says just do five minutes, what happens is as soon as I start, I love it and don't want to stop and I do the whole practice. It's like night and day. I can see it when I'm writing and doing anything creative—when I'm doing it, versus when I'm not doing it.

**VFJ:** When you started TCC, was it out of some curiosity or because you needed something at the time, how did that happen?

**Kim:** Well, you can't be around Carmen any length of time and not do it. I didn't know what the heck this thing was. I only knew that here was this person I respected, and who I was not going to be escaping from any time soon, and if I didn't try it, she would make my life just a little bit miserable. And my God, I'm so grateful. I come from a Midwestern family that is really kind of a "show-me" sort of family. I did it on faith for years and

years. I don't feel like I felt anything, but I just kept with it—albeit irregularly. And then one day Carmen said, "All right, enough whining. Just do T'ai Chi Chih every day for 30 days, and then talk to me at the end. Just promise me for 30 days you will do it. Can you just give me that?" I said all right fine. At the end of 30 days, I really felt a huge difference. And then I really was hooked and couldn't give it up. But I had been doing it in fits and starts, not heeding Justin's sweet admonitions: "The effects are cumulative." They are, don't you think?

**VFJ:** Yes, I do.

**Kim:** I hear that little mantra in my mind all the time, which is bringing it around full circle. That's why I'm going out to New Mexico. It's just priceless. If we're open enough and willing to change, then man, it's a gift. You see it every day. It's been great to just fly in once every six weeks or so, and get a big ol' dose of him and everyone and then go home and digest it for six weeks, but I think that there's something to be said for just diving in, not holding back anymore. There's no turning back. You can't go home again because you change. I'm not a sentimental person.

**VFJ:** So if you're not sentimental, then what are you? Hard as nails, ha? Actually you seem quite vulnerable, honest—you put stuff right out there and allow what happens.

**Kim:** I may sound vulnerable to use your word, but I feel quite the opposite.

**VFJ:** Vulnerable is a positive term. We need to look for that, because if we won't open ourselves and be vulnerable, we risk turning into self-repressed iron maidens. That kind of softness and vulnerability that comes from that place of honesty and knowing that they can't hurt you is an ideal, not a weakness.

**Kim:** That's what Justin talks about, the softness of the willow tree, yielding, taking things, but then surviving the storm.

**VFJ:** As opposed to the big tree that

gets uprooted because it can't go with the wind.

**Kim:** A traumatic experience opens you to the potential for learning.

**VFJ:** So, the world... do you vote?

**Kim:** Hey, I live in a Blue state. And I'm moving to a Red state?

**VFJ:** Do you read books, ha ha?

**Kim:** I don't remember the last book I read cover to cover. I think it might have been Wally Lamb, *I Know This Much Is True*. I really don't read books anymore. I don't do things that are traditionally "fun" until I've done my TCC for the day and my meditation for the day. I read little Zen books of poetry, like Ikuyu's *Wild Ways*. I don't know if it counts, but I read once or twice a year T.S. Eliot's long poem *The Wasteland*. I could tell you the whole thing in the same way that I can chant the Heart Sutra at Justin's house. I read it so often. It's a beautiful timeless piece.

**VFJ:** I've always believed T.S. Eliot to be enlightened.

**Kim:** I read him for the first time in the 11th grade. I wrote a freshman paper on Four Quartets, my first year in college, and then I got an award at the end of the year for Best Writing Student. I chose to jump into that. Here's a quote from No. 1 of the Quartets:

*Time present and time past*

*Are both perhaps present and time future*

*And time future contained in time past*

*If all time is eternally present*

*All time is unredeemable.*

*What might have been is an abstraction*

*Remaining a perpetual possibility*

*Only in a world of speculation.*

*What might have been and what has been*

*Point to one end, which is always present.*

**VFJ:** So, Kim, you've answered all my questions without me asking them.

**Kim:** You trying to get Oprah's job? Okay, here's a quote to end with:

*What we call the beginning is often the end*

*To make an end is to make a beginning*

*The end is where we start from.*

## Chi at Work

### T'ai Chi Chih in Wisconsin

By Cary Fellman

**I**n July, 2004, I taught T'ai Chi Chih@Joy Through Movement at the School of the Arts at Rhinelander, WI. Founded in 1964, this one-week summer enrichment program for adults is provided by the UW-Madison Department of Liberal Studies and the Arts. Eighty classes are offered by a faculty of 46 instructors. There are eight categories of instruction and TCC fits into the Dance, Movement and Relaxation area.

This is the second year I've been asked to teach at the school. I limit the class to 15 students, a number I can easily keep track of. This year the student ages ranged from 35 to 82. One student was pregnant and, at the end of the week, she gave us a baby report. Her usually active baby became very

quiet while she practiced TCC.

Classes were 1 ½ hour long for five days. These students learned quickly and by the end of the week were moving very well through all the movements. On Thursday noon, during "Works in Progress" time in the auditorium, we were allotted five minutes to demonstrate TCC. I chose Rocking Motion and Bass Drum, two movements my students were most comfortable with. After a very brief explanation of TCC, I began Rocking Motion and was aware of total silence from an audience of approximately 100 people. Later that day, at least a dozen people shared with me their reaction to our demonstration. They felt calmed and quieted just watching us move and said they'd like to take the class next year. Due to school policy, I'm not able

to sell videos and other Good Karma items to those students but do supply the ordering information. I know most do purchase a video and continue to study using it.

I also teach an eleven-week, one-hour class at a school for seniors in Milwaukee. They learn a bit more slowly and after-50 bodies move less easily. But all my students have said they feel so much better, are more energized, more flexible and attribute that to their practice of T'ai Chi Chih. And they all order videos in order to continue practice at home.

It is such a pleasure to share the gift of TCC with others. I give thanks to Justin, to my teacher Carol Mackovak and all those at the 2003 gathering in Banff who helped me fine-tune my own practice.

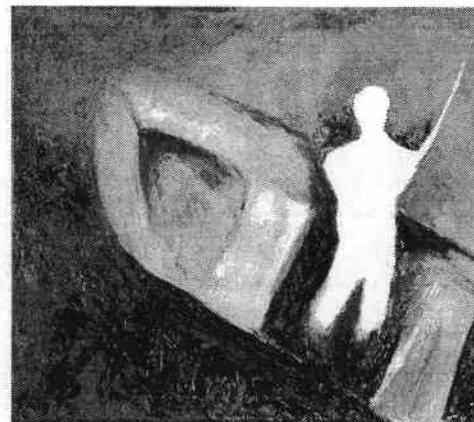
### A Potent Lesson – Teacher as Student

By Ellen Tatge, Albuquerque, NM

**I** think often of Justin's encouragement to let Tai Chi Chih teach us to do Tai Chi Chih. He also speaks of the experience of Tai Chi Chih doing Tai Chi Chih. Long-term practitioners of TCC understand these statements, but how do we convey these ideas to our students? Teachers of any subject who have affected me most are those well versed in their subject matter, but who continue to be students themselves. Carolyn Shaw is the teacher who introduced me to Tai Chi Chih. One of her most potent teaching techniques was a silent practice at the end of each lesson.

She not only offered no comments during that period, she actually turned her back on us. Her directive was that we simply practice. This behavior offered such a clear statement that stays with me to this day, affecting both my practice and my teaching. With this simple technique, Carolyn conveyed a number of things:

- I have taught you how to do these movements, and now is your time to go deeply into your practice
- I also need to do my practice with you
- Let Tai Chi Chih be your teacher – the practice has infinite capacity to teach.



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## The gift of starting T'ai Chi Chih early in life

By Carmen Brocklehurst, Albuquerque, NM

**D**uring the recent Teacher's Training Class in Albuquerque, one of our candidates, Alba Cardasco from New Jersey, made a wonderful statement with tears in her eyes, "I feel cheated that I did not learn T'ai Chi Chih sooner." I agree that T'ai Chi Chih is a wonderful gift. The depth of joy we feel when we do it leaves us wanting to share it with as many people as possible, as soon as possible.

Two young boys recently came to two of my beginning T'ai Chi Chih classes. (I have taught other classes for children only but these were adult classes.) Alex, who came with his mother to class, was 15 and Zak was 13. Alex's mother warned him that this was not a martial arts class and that it would have more of a spiritual emphasis. His reply was, "That's good. I want to learn what that means. I don't want to fight."

Alex wears long curly hair down to

his neck and long tee shirts with interesting statements like, "Don't let others tell you to shut up on your planet." He is quiet and respectful. Even if his mother had to leave a little early, he always made it a point to bow from the back of room before leaving. He practiced T'ai Chi Chih every day. He also shared great comments about the words that I assigned each week. These words — such as Balance, Breathe, Harmony, and Clarity — reinforced the movements learned that week. At the end of each class, when I would ask what the students got out of the day's class, Alex commented, "When I find that I am getting upset at stuff at school, I go do a movement or two and, right away, I get back in balance. It is real neat." I agree with Alex: it is "real neat" to have a discipline that can keep us in balance.

Zak is looser and smiles more than Alex. He didn't always keep his body quiet between movements during

practice. It was obvious during practice that there was a great deal of chi flowing through him. His body kept moving in serpentine fashion. One of my adult students (who had a tendency to be a bit tight) watched Zak and commented that Zak fit the description that Justin gives for the right attitude for doing T'ai Chi Chih. "Pretend that you have just lost your job, and you don't have a friend in the world. Then what do you do?" At this point Justin demonstrates "Carry the Ball to the Side" with a totally relaxed body. During the last class Zak commented that "I like to do T'ai Chi Chih because it makes me happy inside." He said this with a beautiful smile on his face.

It is wonderful that both boys could learn T'ai Chi Chih at such a young age. When we are young, we usually only learn to sleep, eat, play and go to school. And now we can also learn T'ai Chi Chih, so that we can love and share the chi as a life long practice.

Oakland teacher John Steinmetz sent the following to the VFJ:

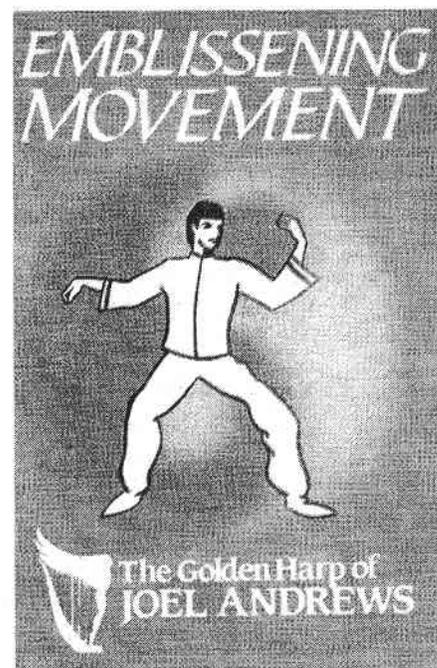
I just wanted to let you know that I took a Tai Chi Chih class with instructor Athene at my school (California State University Hayward) At first, I just went through the motions. By the end of the eight week class, I honestly felt a magical surge of

energy going through my body. I will continue with this for the rest of my life.

Thank you. — Anne Cunningham

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Have you all got favorite music to practice T'ai Chi Chih by? Mine, hands down, for years now has been "Emblissening Movement," by harpist Joel Andrews. I learned with Emblissening and now I use it in my own classes. It's a Pavlov's dog thing—I hear the music and have to get up and practice. I've worn out a couple of the tapes and have purchased it a few times to give to students. Emblissening has been very popular among teachers and students all over, so I'm probably not the only one who is glad that Mr. Andrews has finally produced a CD of it. You can order it on his website [www.harporgold.com](http://www.harporgold.com).--Kathy Grassel



## Homeplay: Experiments with Chi

By Linda Braga, Castro Valley, CA

**T**ai Chi Chih students and teachers want to deepen their form of TCC in order to enhance the flow of Chi.

But how?

Recently, TCC students in my Continuing Class were encouraged to find out what happens when you take one TCC movement and do it for an extended period of time. They were asked to pick one movement (not Rocking Motion), and to do it until they needed to stop and hold Rest Pose, and then repeat for about the same amount on the other side. Continue until they felt it was "complete." They were advised not to count! They were also advised to look at a clock before they started and after they finished, to see how long they were moving, but not to watch a clock during practice. The results as shared in class the following week were very interesting. Here are a few of the comments.

Pat selected Daughter on the Mountaintop. "I had all kinds of weird things happen! BOTH my hands were vibrating all over the place, not just my right hand. I lost track of how long I was moving, and I forgot what I was doing, and the name of the movement.

My hands got bright red and were really HOT, especially right in the center. Lots of other things happened, too. My eyes started watering. And I felt my legs trembling."

Sue picked Bass Drum. "I didn't watch the time, but I know I did it longer every time. This month is hell teaching Middle School, and we are all exhausted, but I have really felt good this week. I am still standing, and there are only 21 more days of school! I know TCC is helping my energy."

Pilar picked Daughter in the Valley. "I practiced and just kept going and going. I couldn't believe it! I got this funny electrical sensation running up my back and my neck. It was just so soft, SOSOFT!"

Bevo selected her favorite movement, Working the Pulley. "I put on a 35-minute tape and I just kept going until the tape ended! I love the way the hands feel the Chi when they are extended front and back, but still have a polarity. WOW! It feels good!"

Another selected Perpetual Motion. "I was on vacation and able to practice on a balcony of a Villa, overlooking a golf course in Palm Desert. Aside from a stray golf ball whizzing by my head one day, I was able to move uninter-

rupted each day of the week. I found that I really looked forward to doing Perpetual Motion for an extended period, wondering what I would experience and how long I would go. It was fun. I HAD to do it. I REALLY WANTED to do it. Nearly every practice of Perpetual Motion was 20 minutes long. I too felt the softness, and the feeling of the effort of no effort. I found that my pace slowed down, and the flow evened out, and everything seemed to shimmer. Even my toes became light as my foot reconnected softly for the return move. I also noticed the strong polarity in my hands as they changed from pulling taffy to revolving and preparing to return back the other direction. That polarity served to shave off the excess hand movements that happens when the weight shift occurs. Now this move is rounder, softer, and fuller than ever before. Perpetual Motion is now my favorite movement! I love it."

Many other students in class had positive experiences and were excited and curious to continue the extended practice. They looked on it as an opportunity, not an assignment or dreaded homework. Now we call it Homeplay! As an incentive to your TCC students, have them try extended practice for a week and then report back in class. They will have a lot to say. You will see a big surge in enthusiasm for TCC and more practice of TCC at home.

Still  
Winter  
Hibernate  
Going Within  
Revealing  
Hidden  
Gems!  
—Sharon Sirkis

How  
I love  
Poetry  
Nowhere to hide  
Shadow side  
Sheepish  
Grin  
—Kathy Grassel

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**Nuts and Bolts**

# Talking Moo-Lah

## Coming to terms with your T'ai Chi Chih Teaching Budget

By Pat Flynn

We are taught how to effectively practice and teach the T'ai Chi Chih form. However, very little is said about the financial aspects of teaching. It is left up to the individual to make the appropriate decisions for their own classes. This is as it should be because there are many variables to consider when arranging for classes. Many of you may find the following information useful when making these decisions. Many things will be left out, such as the art of depreciating equipment

(i.e. CD players and CDs) for ease of calculating the budget. The idea is to introduce you to basic expense and budget calculations so the figures used here are strictly hypothetical as is the story.

Recently, I was approached about teaching a class at a local center. It was about 10 miles away and the center quoted an hourly wage of \$15/hour. They said they preferred doing

an hourly salary for their sub-contractors for ease of paper work. I explained that the entire course would take about 12 hours divided into 8 classes of 1 hour and 15 minutes. The center went ahead and advertised the course for 8 weeks each session for 1 hour. I would get paid \$180 for teaching the course and calculated my expenses accordingly:

<b>Travel expenses –</b>	<b>\$55.20</b>
10 miles one way equals 20 miles round trip at the IRS standard of 34.5 cents/mile = \$6.90 per class or \$55.20 for the entire course.	
<b>Travel Time --</b>	<b>5.3 hrs</b>
I travel 20 minutes one way to get to the class – a round trip of 40 minutes for 8 classes. I spend 5.3 hours in travel time.	
<b>Insurance –</b>	<b>\$15.00</b>
The annual insurance fee is \$150. On average, I teach 10 courses per year. \$150 divided by the 10 courses equals \$15 per course	
<b>Supplies and equipment –</b>	<b>\$13.00</b>
I bought a new CD player this year for \$40 and divided it by the 10 courses which equaled \$4/course. I bought 2 new CDs for the classes at a total of \$40 which came out to \$4/course. I supply some handouts to the students. Five double sided handouts per student at a cost of 5 cents per side = 50 cents per student. Since I average 10 students per course, I spent a total of \$5 for the course.	
<b>Total Expenses</b>	<b><u>\$83.20 plus 5.3 hrs</u></b>

I would spend \$83.20 to teach the course and get paid a total of \$180.00. My total taxable income would be \$96.80. My hourly taxable income would be \$5.60 for 17.3 hours (12 hours of teaching plus 5.3 hours of travel) of work.

Now, if the center

paid me \$15 for only 8 hours because that is what they advertised in their flyer, I would have made a lot less. I would have only gotten paid \$120 (\$15 x 8 hours) but still would have had the same expenses. I would have cleared \$36.80 or \$2.13 an hour.

Using the preceding example, you can quickly calculate expenses. If you

happen to work classes on a percentage basis, simply calculate your percentage per student and multiply that figure by the average number of students.

These calculations are not set in stone but can definitely help you understand and manage the financial end of your teaching experience.



## Trainings, Intensives, Workshops, Retreats

### Six Events in 2004 for the T'ai Chi Chih Community in the Northeast

By Dan Pienciak, course host

No matter what the season, the T'ai Chi Chih community in the northeast has often gathered for workshops, retreats and trainings for the deepening of our understanding and practice. The year 2004 was perhaps our most bountiful year yet!

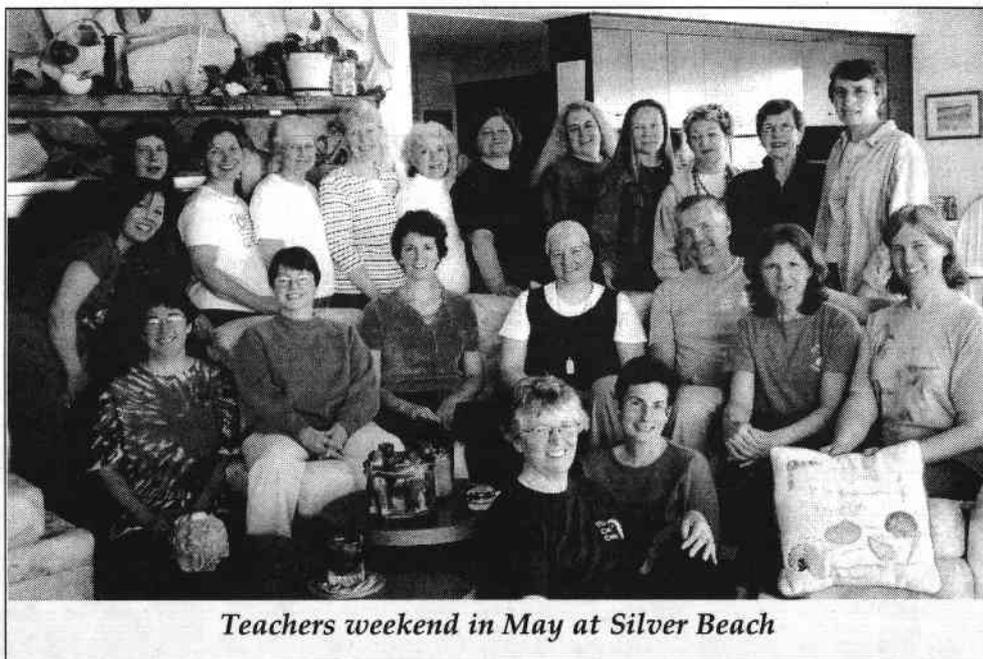
Last April, our monthly gathering fell on a holiday weekend, so our meeting was postponed to one week later. It so happened that a local oceanside retreat center (Stella Maris, Elberon, NJ) had a cancellation that weekend. It was last minute, but I thought, why not? Our half-day meeting grew into an all-weekend retreat almost overnight. Eight of us gathered for the entire weekend (April 16-18), and about 30 students and teachers came together for the day on Saturday. It was a glorious spring day....a little breezy and cool, but some still sat and basked on the beach during our afternoon quiet time, and our Guide, Sr. Antonia, took some flying lessons (was her chi grounded?). Oh, all right, it was just a kite, but it was a fun flight for those watching, too!

With the unexpectedly large group on Saturday, we split into two groups after our break. One group worked

with Sr. Antonia on reviewing basic principles of "how to move," and I led the other group in a review of Seijaku practice.

It was a great day, and great weekend, and everyone wants to go back to that great setting again some day.

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*Teachers weekend in May at Silver Beach*

Just a few weeks later (Apr 30-May 2), teachers gathered for the third annual New Jersey teachers retreat at another great seaside location. (Silver Beach), a large private home where a very special and hospitable lady, Lonnie, frequently hosts weekend gatherings for small groups. Word has it that Antonia met Lonnie in the checkout line of grocery store, and there first received the invitation for a T'ai Chi Chih event at Lonnie's home. About 30 teachers stayed overnight at three different area homes, and we all came together for several practices

and an afternoon workshop session to refine movements. Area teachers have to reserve early for this event, or they miss out!

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On June 23-26, Sandy McAllister ably led a group of 14 in our second annual T'ai Chi Chih Intensive (Mt. St.

Francis Retreat Center, Ringwood, NJ). Twelve of the participants were taking this course for the second time! The apparent dedication and enthusiasm of these folks, as well as the benefits they received, will hopefully inspire many of you readers who have not yet attended an

Intensive to consider it when offered near or far in the future. It is a precious opportunity to work together as we do for the first few days of a teacher training course without the pressure of accreditation attached to it. Student or teacher alike will attest to the great benefits of attending this course. For us in the northern hills of New Jersey last June, the budding summer and sparkling swimming pool made a great

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few days even more pleasurable. For two accreditation candidates (who happily became teachers last November in Albuquerque), this course was pivotal in their preparation and training for sure. Just ask Meg Scinto or Alba Cordasco.

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Several weekends after the annual Teachers Conference, Sr. Antonia and I facilitated our second annual summer gathering at Mt. St. Francis Retreat in Ringwood (August 6-8). Like the previous year, about 25 students and teachers attended. Also like the previous year, we split the weekend into two "options." Teachers who already knew Seijaku, and students who wanted to learn, gathered with me for a weekend course in this advanced form of T'ai Chi Chih. Other students and teachers worked with Sr. Antonia on applying the principles of "how to move" to their practice. Several times, all of us gathered for a group practice of TCC together. Unlike the previous year, the weather was cloudy and cool.... (too bad for Dan, Debbie and David....no swimming this time!). I would be remiss if I neglected to note that several students had their first experience of the T'ai Chi Chih community that weekend. They were deeply touched, and they deeply touched the rest of us as well. Presence is truly a gift.

Lastly, again a bit of last-minute discernment and open-mindedness led me (with the encouragement of Pam, Sandy, Antonia, and others) to fill in the time originally booked for a teacher accreditation in New Jersey

with a Seijaku accreditation. Since enough of the potential candidates for teacher training in the area were not yet ready this year, we

instead tended to the need of teachers wanting to be accredited/learn/review Seijaku for some time now. Pam was able to alter her travel plans to be here to lead her FIRST Seijaku training ever, and what a fine job she did! And Sr. Antonia agreed to keep our Teacher Renewal a week earlier in place by leading that event so that Pam Towne would not have to come a week early for a one-day event. The teacher training week was to have followed a day after the Teacher Renewal Day originally.

A dozen teachers, most of whom had been unable to attend the conference this year, spent a fruitful day with Antonia and me, again deepening our understanding of applying the principles of how to move to our T'ai Chi Chih practice.

Eleven teachers were accredited in Seijaku, and eight more enjoyed a helpful audit of the course, including myself. Pam's was a very thorough and understandable approach to the course, and to the application of the Seijaku principle. We were all buzzing with that "Unusual Power" of all that Seijaku movement by the end of the weekend and we learned lots about grounding as well.

And yes, "softness"! Most helpful for me in my own Seijaku practice was Pam's strong but gentle reminder that "the softness is always there, even in the resistance. It is the underlying state of all the movements."

Still more, Pam offered encouraging words from Justin Stone, reiterating his words, "Seijaku helps us make progress in our growth in learning who and what we are, and according with Reality."

Enough said. Teachers who don't know, or don't practice Seijaku, give yourself a gift. Make room in your life for Seijaku.

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Yep! A very rich and rewarding

year here in the New Jersey area for the T'ai Chi Chih community. With the season of "presents" just passing, I am filled with gratitude for the greater gift than any material one: PRESENCE. Thank you, teachers and students for being a part of these wonderful gatherings. I hope to see you at many more in coming years.



Newfoundland "pioneer teacher" Sheila Leonard receives Seijaku teacher certificate from trainer Pam Towne

**T'ai Chi Chih Teachers:**  
**Do you want to take the**  
**Seijaku Teacher Training,**  
**or review it if you've**  
**already taken it? You have**  
**two opportunities to do so**  
**this year. See the Calendar**  
**listing for courses in**  
**Edmonton and Albuquerque.**  
*— Pam Towne*

## New Jersey events evoke LOTS of comments

### Seijaku accreditation, October 22-24, 2004

Doing the Seijaku weekend was very special for me. I learned and re-learned the principles of TCC all over again, and began to experience the Seijaku holding fast and letting go. I know I will need to practice by myself and also in a group. I am truly grateful. — *Agnes Fleming*

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When asked to write about the weekend, I really had no idea as to what to say. Writing is not my cup of tea. But on Monday morning, strange things happened. The question today is, who am I? Over the Seijaku weekend, I really did not get much sleep, but always had plenty of energy to keep going. Sunday night I could not push through the wall any more and at 9:30 p.m., I actually hit the wall and was exhausted. Upon awakening in the morning, I had to ask myself, who is this person? And if this is not me, who is it? The real me gets up in the morning complaining about the mattress and my aching back. I then have to do some back stretching and then try to stand up without falling over. Finally, I get going. This morning, this person woke up and felt the chi flowing. He thought the mattress was great, and his back was feeling great. He jumped out of bed and was on his way. I had to go look in the mirror to see who it was. I'm not sure who is the real me. Well it's now mid-afternoon and I am still floating. Who knows about tomorrow and it doesn't really matter; I am seizing the moment now. This weekend was great. A whole new world has opened that I had no idea of. Pam did a great job. With the

leaves changing color, she can now tell the California folks how beautiful NJ is! Dan, thanks again for organizing the weekend. I'm sure it had to have a positive impact on everyone's life. — *Serenity now, Phil*

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My experience this past weekend has enhanced my t'ai chi chih practice and given me better insight and understanding of my internal chi and its power. Seijaku has heightened my awareness of my mind and my body and being in the present. It was another enriching experience on my journey with the chi and me. I especially want to thank Pam, Dan and the TCC community for their dedication and support. — *Dorene Krause*

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This weekend taught me softness. Softness not only in Seijaku and T'ai Chi Chih but also in my own life. Where and what are the areas that I resist and push hard, never let go, and experience softness in all conditions. Seijaku not only raises one's energy; it teaches one about life. — *Judy Mirczak, upstate NY*

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Time  
to slow  
to let go  
sink deep inside  
never to hide  
let go  
grow  
— *Judy Mirczak, teacher*

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Hope  
Springs forth  
continuous  
Love grows within  
flowing free  
joyous  
me!  
— *Judy Mirczak, teacher*

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Sink  
inhale  
Seijaku  
hold on let go  
energy  
exhale  
ground  
— *Judy Mirczak, teacher*

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My deep gratitude to Justin Stone for making the Seijaku way of "unusual power" available to us, and to Pam Towne for her able instruction and invaluable insights.

A big part of my renewed awareness of Seijaku while hosting this weekend was the importance of letting go, and of sufficiently grounding the chi after moving. In this regard, I received from "across the miles" the following excerpt of poetry from another teacher (May Sarton), which was very appropriate as the autumn leaves drifted down softly around us:

I think of the trees and how simply they let go,  
let fall the riches of a season  
how without grief they can let go,  
and go deep into their roots  
for renewal and sleep.

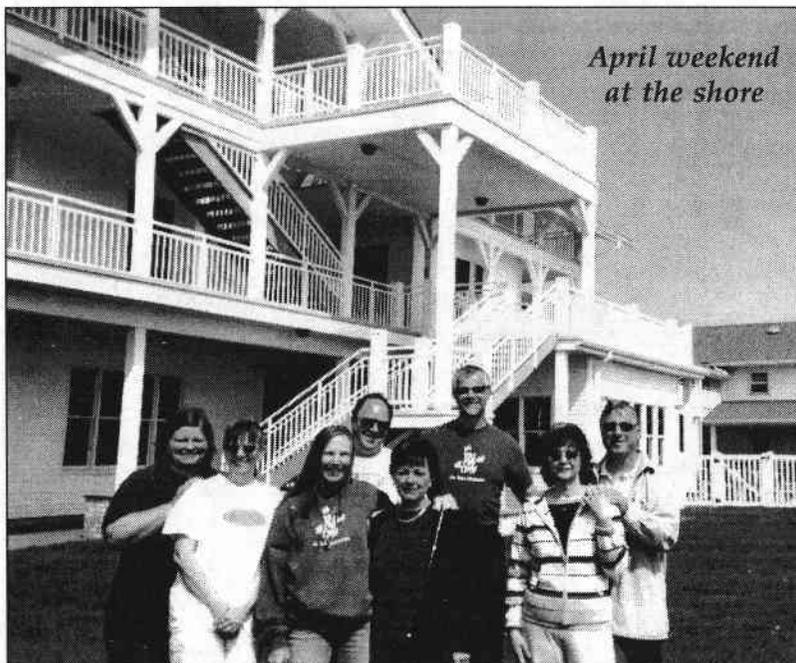
Thank you, Jean Katus, for sending such appropriate words during a very deep experience and time of renewal for me. — *Dan Pienciak, Seijaku Course Host*

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I now have begun to grasp the concept of Seijaku as being an internal experience, the importance of contracting and expanding the TanTien, to completely "let go," to spend time in



grounding between each move, and, that doing the tonings daily will enhance my physical healing path that I am currently traveling. This all took place in a wonderful fall setting in a place made familiar by several trainings that I've attended here and by the return of members of the T'ai Chi Chih family who form this caring and supportive community. I'm grateful for Dan's competent abilities as a course host. — Nancy Hall, Shrewsbury, NJ



April weekend at the shore

world was ably and immediately conveyed by our instructor Pam Towne, and our group practice. The obvious value of regular Seijaku practice for informing our TCC movements, and for helping T'ai Chi Chih teachers to better relate to students' needs, was also apparent from our Seijaku teacher-accreditation course. We have all learned much about the potential through regular practice

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 This is my fourth exposure to Seijaku, and "ah ha!" I finally got it..... "Seijaku is the advanced form of !! of T'ai Chi Chih" — Lucia Veteran, Lake Winola, PA

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 Joy  
 Grounding  
 Tensionless  
 Moving Softly  
 Resisting  
 Softly  
 Flow  
 — Pat Flynn, PA

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 Seijaku training has led me to a more felt sense of my T'ai Chi Chih movements in themselves while also helping me be more grounded in the soles of my feet, and focused on my center. The softening/contracting/softening rhythm of Seijaku is taking me a little deeper inward, and continues to renew that invitation to go further inside that "inner landscape" the Justin speaks of for greater fullness of Chi; for greater fullness of LIFE! Thank you,

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Justin! Thank you, Pam! Thank you, Dan! Thank you, TCC companions. FORTHOSE WHO HAVEN'T DONE IT - A WONDERFUL GIFT AWAITS! — Sheila Leonard, Newfoundland, Canada

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 My greatest joy was in feeling the release/softness after moving thru the resistance - a true lesson in my life which is so full of resistance - learning to allow the release and softness to return. INVITING IT! My message to other instructors would be to tell them of my path to learning: Don't try too hard - Let it be - Feel the feeling, and then the movement will come. Thanks to all! — Sharon Matesi

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 Attending Seijaku training made very apparent to me the tension I carry when "efforting." It is easy to relax now. There is greater insight into relaxing/letting go, while flowing after effort. This is after realizing in 1971 that, "relaxation is the key to success in everything I do." Very exciting! — Dennis Landes, TN

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 As the power of Seijaku practice is readily appreciable, so its application to all aspects of living in our hectic

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 practice of Seijaku to deepen our understanding of the principles of TCC practice. — Bill Moore

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 Wowie! Blew my mind and my body away and then back home again. Finally took the leap and took Seijaku accreditation. I thought I knew what to expect, but I got more and different than what I expected. Surges of energy, heat, and getting "in touch" and personal with parts of myself and knowing that more parts needed to be explored. As Pam said, "We are but at the tip of an iceberg." Although sleep wasn't sound, or necessarily pleasant, Seijaku wakes you up to the present whether you are ready or not. I look forward to carrying Seijaku presence with me throughout my day. I now REALLY know Softness! Thank you Pam and Dan for this great experience. — With love and chi, Siobhan Hutchinson, New Egypt, NJ

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 I am reminded that I live a spiritual life and the softness in my life can help those around me experience softness, peace, and joy in their lives. Thanks Dan, Pam and Justin. — Wendy Howard, Montgomery Ctr, VT

### June Intensive

It has been a privilege to share the learning experience of the T'ai Chi Chih Intensive with so many sincere students. Justin reminds us of the importance of the principle represented by the Chinese character "teh," which he explains as "inner sincerity." Sandy has certainly demonstrated the "teh" in "In-TEH-nsive," and those in "at-TEH-ndance have responded in kind. — Gratefully, Bill Moore, Teacher

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What a joy it has been for me to spend this time with Sandy, Dan and the T'ai Chi Chih community. For me there is a sense of "belonging" here, fulfillment, and peace. My practice and my life have been further enhanced and enriched. — With gratitude, Dorene Krause

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We  
short - tall  
side by side  
show the balance  
in the flow yin-yang  
chi!

— Pat Weber Wilcomb, teacher



The "long" and the "short" of TCC at the June Intensive. Dan Pienciak and Pat Weber-Wilcomb

### August Retreat

Joy  
has come  
into thee  
thru T'ai Chi Chih  
I can see  
in-side  
me

— Theresa Pfund, student

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Soft  
Gentle  
Be Yourself  
Continue on  
Joyfully  
Flowing  
Chi

— Jim Campbell, student

.....

In  
My Life  
I see We  
Extraordinaire  
You see me

I see  
We

— Chandra Mustafa, student

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Refreshment, renewal and refinement - "the trinity of joy" - I experienced during my weekend in Ringwood, New Jersey. Sr. Antonia and Dan, our guide and leaders, graciously led our classes in T'ai Chi Chih and Seijaku, respectively. Able and willing colleagues gifted us with extra practice sessions! Joy, love, and laughter permeated the atmosphere. Sr. Rosemary and her wonderful helper Terry provided delectable, healthy meals, which required no coaxing for us to devour daily. With much gratitude to all and with fervent appreciation. — Sue N. Reed, PhD, TCC Teacher



Teacher Grady Anerson, Antonia, student Chandra Mustafa



High on Chi at the August weekend



## From Caterpillars to Butterflies Teacher Training, November 2004

By Rebecca Busching, course host

At some point during the Teacher Training Week of November 15-20, 2004 in Albuquerque, I had a thought about asking each teacher candidate to sum up the week in one word. Hosting duties overtook the thought, and the thought passed, as did the week, but what a week it was!

Looking back at the Teacher Training Week from the perspective of eight days past, the word that I would use to describe what I witnessed was *prepared*. Seventeen teacher candidates came together from eight states and one Canadian province, and while for the most part they were strangers, it was apparent that each one had "made ready." Certainly there were fine points of the T'ai Chi Chih

movements to be tuned up, but the 17 candidates all moved well, and by the end of the second day there was a palpable shift in their collective energy. Gone was the rush, or the lag, of individual movement, replaced instead by the soft swoosh of togetherness.

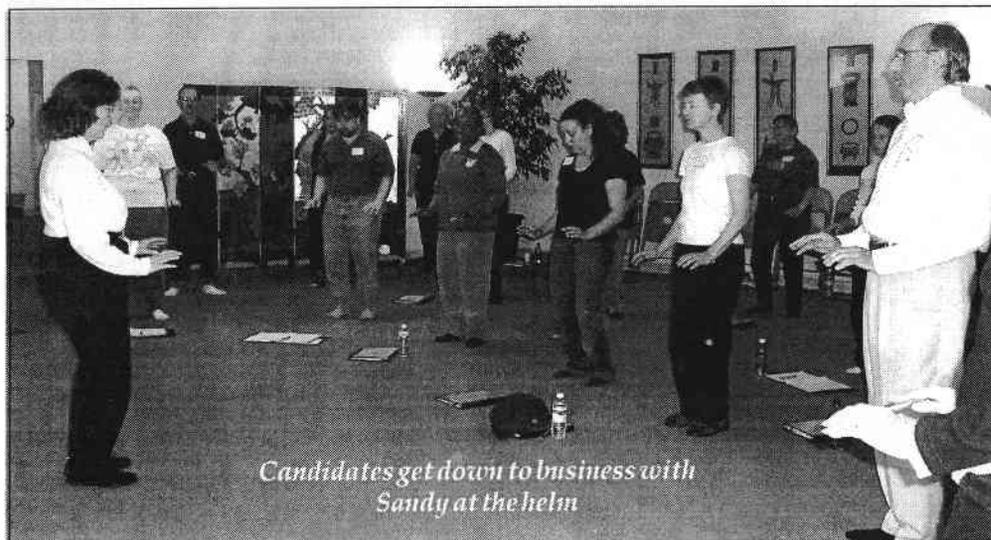
When Wednesday arrived and they began their presentations, it was obvious that each candidate was once again, *prepared*. Even those who professed to have readied their material the night

before, or even the morning of their afternoon presentation, were ready to tell their story. And what stories they told! Some candidates simply stood quietly before us and told us their story, while other candidates strode confidently from one side of the "stage" to the other. Other candidates employed metaphors to get their point across, and yet another candidate used beautiful roses to demonstrate her blooming.

was correct, they came together quickly, embracing one another in laughter and in tears, especially applauding and praising the most nervous among them. I am not usually given to eavesdropping, however, it was all but impossible to not hear the laughter and chatter emanating from the back room at the T'ai Chi Chih Center on Friday where most of the Teacher Candidates had gathered for lunch. *Joy* filled that room and

bubbled out into the main room where I was sitting, and I am sure that had the front door been open, it would have bubbled right out for all the world to hear.

Finally, I believe the word that the Teacher Can-



Candidates get down to business with Sandy at the helm

Regardless of whether the presentation was presented quietly, confidently, or metaphorically, each presentation was based on *gratitude*. *Gratitude* to Justin for bringing T'ai Chi Chih into the world; gratitude for their individual practice and how it had impacted each of their lives, and gratitude to their many teachers for their efforts in preparing them for their training.

What other word might describe the week? I heard Justin say several times that this class was the most *cohesive* class that he had ever seen. He

candidates would have used to describe themselves is *metamorphosis*. On Saturday before they received their certifications, they spoke of change, describing how they each had arrived at the training as tentative caterpillars, only to emerge as butterflies, replete with newly dried wings poised to take flight.

It was my privilege to watch that metamorphosis and to be witness to seventeen new T'ai Chi Chih butterflies as they fluttered away on a clear November day.

## The Fire in Her Heart

by Debbie Cole

The light in her eyes,  
the fire in her heart

It was time for a whole new way  
of life to start

She was filled with the joy,  
the expansion, the growing

This is just the start  
of a new way of knowing

She has discovered a gift  
and will now pass it on

As an accredited teacher  
of T'ai Chi . . . Chih!

[This is a poem I wrote at the Albuquerque Teacher Training in November. It was inspired by Alba Cordasco as she wept in gratitude and joy after her Wednesday night interview with Pam and Sandy, but is dedicated to all 17 members of the teacher training class. —Debbie]

## Inspiring and Uplifting

By Meg Scinto

The recent Teacher Training course held in Albuquerque lived up to its reputation, as expressed by many teachers, as one of the most memorable and transformational weeks in one's life. I will add to this, inspiring and uplifting.

From the moment we walked in to the Tai Chi Center on Monday, we were warmly greeted by the Albuquerque teachers as well as the many out of town teachers who came for either part or all of the week. Having studied with Sandy McAllister at an Intensive week held in New Jersey, I was comforted by a familiar face and was accustomed to her even and gentle teaching style. Since this class totaled 17 students, Pam Towne was on hand to lend an extra set of well-trained eyes to help guide the larger group. We were graced with the presence of our Tai Chi Chih Guide, Sr. Antonia Cooper, for whom this was her first accreditation in Albuquerque.

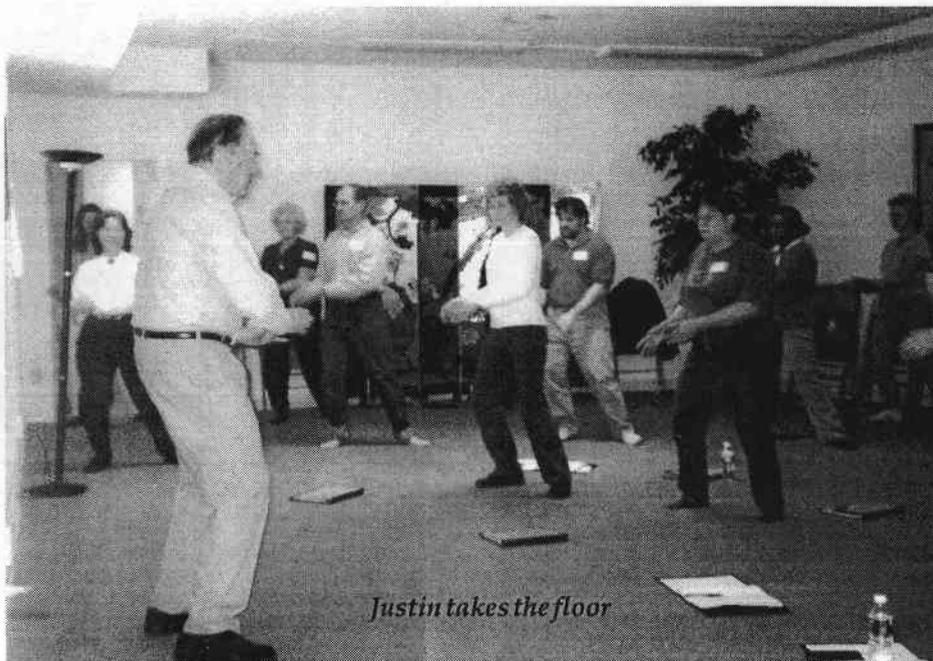
I knew there would be opportunities to see and meet Justin Stone during this week but his daily appearances to the Center, at both morning and afternoon sessions, came as a complete surprise. How humbling it was to watch Justin join in with our own practice sessions. When encouraged by Sandy to "say a few words" to the class, Justin at first declined, then spoke eloquently and at length about his days studying in India and Japan, extolling the importance of the chi as was related to him, how to move correctly for the chi to flow through the meridians, how he was advised by an Indian swami friend "to make friends with the Chi." Had I read many of these words before? Of course. Sitting and listening to Justin speak, as in the comfort of one's living room, was truly inspiring and was a special gift from that week that I hold dear.

Oh yes, there were numerous corrections given by Justin to our moves while we were practicing. At week's end the class wanted him to know we will heed his words — do the moves well so we can teach our students correctly and always be sincere and keep Tai Chi Chih pure.

The spirit that is TCC existed within every teacher there who gave selflessly toward the one goal of seeing these 17 fledglings move on into the realm of teachers. Their example is set for us students-turned-teachers to emulate, as we work to be an active part of the community, to continue to learn, teach well, and "pass it on."

Our theme as a class had developed that we arrived as caterpillars in a cocoon and were leaving as beautiful butterflies. And for this newly sprung butterfly, the experience was Uplifting!

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Justin takes the floor

# Colors

By Marie Myszkier

**A**s the year comes to a close I look back and see how my life has changed. It has been a slow progression for me. The blinders slowly coming off and the prism of life gently exploding its colors before me. My Tai Chi Chih teacher training course was one more ray of color opening up before me. To say that the week I shared with other candidates was awesome is an understatement. We shared, we laughed, we cried, we all added our own "ray of color" to our personal prism. And that color was what each of us needed to become Tai Chi Chih teachers.

The love of these colors permeated the Tai Chi Chih center and we all felt its beauty, warmth and love. To each of those who experienced this week, it was something beyond words.



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Be  
Color  
Warmly Felt  
Around  
Us

# Journey to the heart of TCC

By Sheryl Adair, Atlanta, Georgia

What an experience coming from a tiny T'ai Chi Chih community in Georgia to Albuquerque—straight into the heart of TCC, literally surrounded by Sandy, Pam, Sister Antonia, Carmen and Justin himself. WOW. Plus so many competent, caring teacher- auditors to lend a hand and words of encouragement, often well into the night.

At the beginning of the week I felt like the caterpillar who thought the cocoon was "the end of the world," and much to my delight I came out a butterfly after all. My cup was empty and started filling back up with a richer understanding of T'ai Chi Chih.

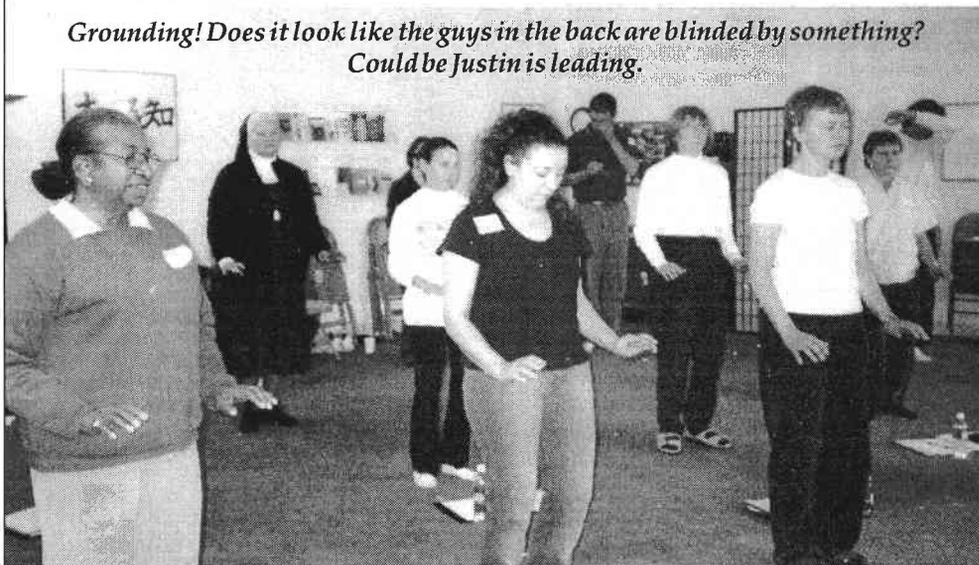
The class of November 2004 bonded tightly during our week together. Emotions rose to the surface and feelings ranged from exhilaration to exhaustion. Our stories of how we found TCC or how it found us were varied and moving. I know each candidate left with something quite special. For me, it was a deeper understanding, appreciation and love for T'ai Chi Chih and a desire to teach it with great enthusiasm and integrity.

## Chui!!!

By Maya Kent

**I**t was the night before the teacher training in Albuquerque was to begin. I had been on the road for the past five months driving across the U.S. My lower back had been hurting and neither massage nor chiropractic had helped. I was getting really nervous because I didn't think I could make it for six days of training. So I was lying in bed, contemplating the situation. I suddenly realized that it was not my back but my kidneys. Then I remembered Justin's video and how he had explained the six healing sounds and the organs they corresponded to. He mentioned if we were having a problem with a specific organ to repeat that specific healing sound. So as I did my T'ai Chi Chih practice that Monday morning, I repeated the Chui healing sound over and over. When I finished, my lower back was no longer hurting and has not hurt since. Thank, you Justin. Namaste!

*Grounding! Does it look like the guys in the back are blinded by something? Could be Justin is leading.*



## Zero to One Hundred Percent (almost) through T'ai Chi Chih

By Marilyn Irvin, new teacher, November 2004

**T**eacher Training week here in Albuquerque in mid-November was a singular experience.

It was a week of being surrounded by and showered with love from Justin, Sandy, Pam, Sister Antonia, all the teachers who traveled from near and far to be with and to help us, fellow students from near and far who offered only kind words and encouragement, and family and friends who prayed for me and took care of things I normally do. It is impossible to synopsize or synthesize the teacher training experience into an article for the Vital Force and I am somewhat reluctant to even attempt to do so. Something will be left out. Someone will be neglected. It is impossible to describe in words from the English language that which is indescribable. It reminds me of the many descriptions of and attempts to describe "chi."

There is probably one thing on which most everybody would agree and that is that the most compelling part of my Presentation was my personal story. So that is what I shall relate to you now.

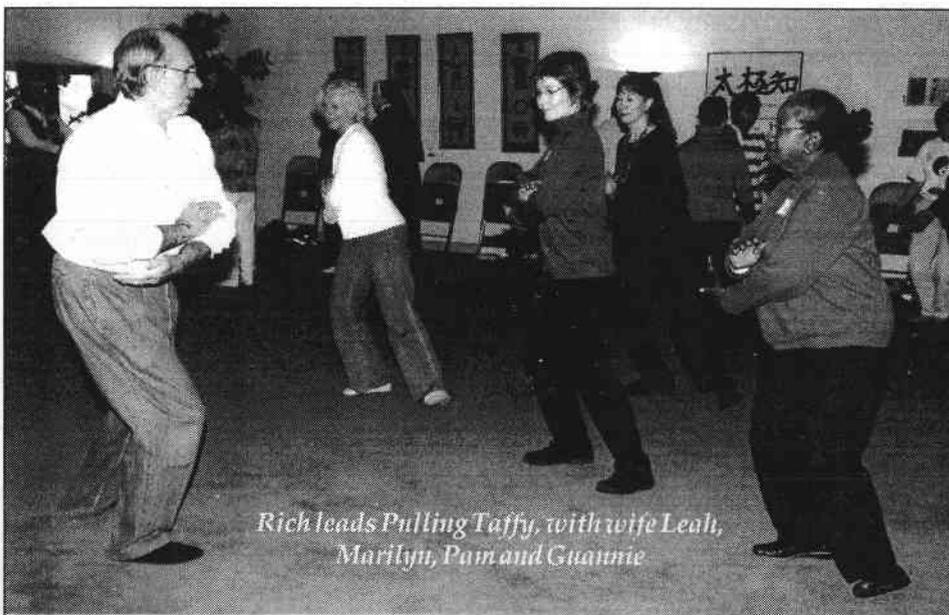
Fifteen years ago, I was living in Phoenix, AZ and working at a full-time job, taking care of a house and pets, doing volunteer work for several

organizations, working out five days a week, and leading an active social life. In mid-November, I became ill with the flu or some other virus and spent several days sick at home. When I returned to work, however, my past pattern of gradually regaining my strength and good health did not transpire. I just got sick again, to the point that I had to go home and do nothing but rest. After several days I felt better and went back to work but never really got back to my previous state of "normal." By mid-morning, I'd be too tired to support myself in an upright position in my chair and would have to slump in it so that my neck and

tofore Type A, overachieving person.

Two months of this behavior were enough to convince me to resign and five months later I was officially diagnosed with Chronic Fatigue Syndrome, which was often referred to in the journalistic publications of the day as the "Yuppie Flu." And, indeed, it did feel like the worst flu I'd ever had except it didn't go away. Getting out of bed in the morning was a major accomplishment. Halfway through a breakfast bowl of milk and Cheerios, I'd be exhausted from the effort of eating and my free hand would rise to my lower jaw and push against it, trying to help my mouth chew and

swallow a few more spoonfuls. The cognitive portion of my brain was so impaired that at times it would sound as if people were speaking in foreign languages to me. New concepts or new-to-me everyday situations were especially prone to throw my brain into overload so that I could not understand what the prospective



*Rich leads Pulling Taffy, with wife Leah, Marilyn, Pam and Guannie*

head would be supported by the chair. At lunch, I'd retreat to the back seat of my car to try to nap or rest. By mid-afternoon, all pretenses of work would be obliterated as I'd lie down on the floor next to my chair, completely spent. Needless to say, these actions were not normal for this here-

plumber, the accountant, or the friend with an exciting story to share was saying. At one point, I went to an acupuncturist and he was unable to find my chi pulse. I felt

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and looked like a dead person. I used to say my life went to zero.

Over the next few years, I gradually regained about 30 or 40 percent of my previous capabilities through very limited walking, rest, sensory deprivation, herbs and vitamins, stringent diet (no sugar, salt, caffeine, wheat, dairy, alcohol, etc.). I remarried and in 1994 moved to Albuquerque.

Within a couple years of moving to Albuquerque, I became aware of T'ai Chi Chih through reading the UNM Continuing Education catalogue. I would read the descriptions of so many classes that sounded interesting, and which I only dreamed of taking some day. TCC was one of those classes. I convinced myself that I wasn't physically capable of enrolling and just went on trying to increase the amount of time (by a minute a month) and number of days a week when I could take a walk and not suffer a back-into-bed-fulltime relapse.

My energy level was bouncing around between 40 and 50 percent. Then T'ai Chi Chih came to me. On occasional Sundays when I had sufficient energy to do so, I'd attend a church. Two years ago, in mid-November again, the church was offering a variety of classes after services on two consecutive Sundays. TCC was one of the classes and I signed up.

Doug Harned was the teacher who gave me my first TCC lesson. He didn't have a specific recollection of me in that class when I asked him two years later, but that class changed my life. We learned Rocking Motion, Around the Platter and the Variation, and Bass Drum. And I felt different inside during the very first class. Normally a pain-

fully shy person who'd made it through elementary and high school without ever raising her hand to answer or ask a question, I found myself in Doug's class making spontaneous comments out loud, making jokes, just being so unlike the person I'd always been in the world.

The next week, Victor Berg was my teacher and we added only Cosmic Consciousness Pose to our repertoire, but the same thing happened. I found myself almost giddy with joy, making humorous comments, and feeling a sort of freedom and lightness inside. Like Doug, Victor didn't remember me from this class either, but I took what they had said to heart and kept doing the movements that I'd learned most every day, and two months later I had enough self-confidence to enroll in Carmen Brocklehurst's Beginner's Class through the UNM Continuing Education program.

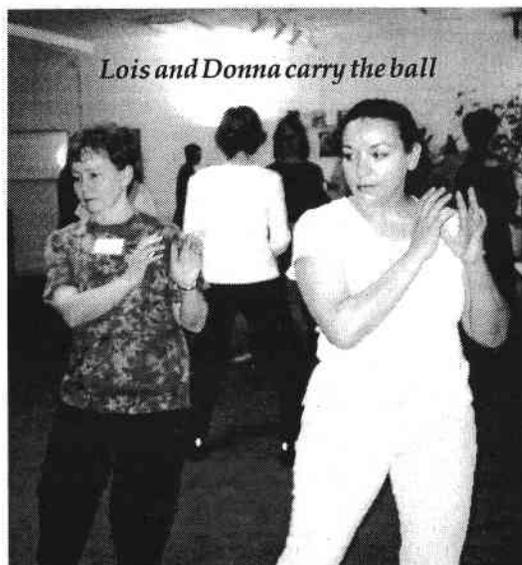
For the next two years, I took as many classes as I could, and living here in Albuquerque at the epicenter of TCC, we are fortunate to be able to partake of many classes and opportunities with many qualified and dedicated teachers.

Over these past two years my energy level has increased to about a 60

percent sustained level. More importantly to me, my stamina has increased so that I can make it through most days without a nap. The thought of the weeklong Teacher Training class, which I'd heard was challenging and intense, seemed daunting and I wasn't sure I could withstand it physically. An auto accident (not my fault) in July finally convinced me that I should enroll in the Teacher Training class and so I did.

In mid-November of this year I was certified to teach T'ai Chi Chih. This certification brings with it many thoughts—it is an honor, a responsibility, a recognition, a duty—but given where I was not so very long ago, it is something else to me personally. It is the tangible evidence that I had been at zero and have struggled back to earn something of inestimable value. It speaks to the power and steadfastness of the circulation and balancing of the chi and the importance of trust in the chi. It encompasses the love and dedication of the sincere TCC teachers who offered me corrections, encouragement, insight, and help to the extent I was able to comprehend it. It is a symbol or a license, if you will, to continue on this lifelong journey of learning about

TCC, of deepening my practice of TCC, of sharing my joy of TCC with others in such a manner that they will be inspired to make TCC a part of their lives. For me, this certificate is a birth certificate. Once again, I feel as if I am among the living, able to withstand the challenges life has in store and thrive. I still have a long way to go but with TCC part of me and my daily life now, there appears to be a future of giving and doing rather than solely being. Thank you, Justin, for the gift you have given the world.



Lois and Donna carry the ball

## Congratulations! Class of 2004, Albuquerque, New Mexico



*Seated left to right: Donna White, Sheryl Adair, Rita Otis, Gaunnie Dixon, Lois Broome, Maya Kent, Debra Winland. Standing left to right: Sr. Antonia, Becky Busching, course host, Joel Croft, Leah Ashman, Rich Ashman, Alba Cordasco, Marilyn Irvin. Joanne Ellison, John Schaub, Meg Scinto, Marie Myszkier, Meg Scinto, Sanday McAlister, Pam Towne*



## From infinite ways: T'ai Chi Chih in Italia

September 3,4,and 5, 2004 : Sandy McAlister for the first time gives a workshop in Europe

By Cristina Minelli, Course host

When 20 years ago I went to the U.S.A., I was eager to be exposed to the culture that produced Hollywood, Rock and Roll, Blues, blue jeans and the alive-and-well all-around American Myth. I was confident that it would take me a very short time to learn the language. After all, if I learned anything in my life it is how to study.

Little was I aware of the complexity of human communication. Sure I can know by heart all the irregular verb paradigms and many idiomatic expression, but how can I be prepared on the answer to give you, when I have no idea about which of the infinite possible combinations of word you will approach me with? The learning process takes a lifetime, and the ability to communicate with humans comes only by trying and trying without being too haughty. So what if today nobody laughed at my joke because my punch line had

too much of a "translation from a foreign language" flavor. All I can do is lower my head and keep studying. It is a process integrated with



**From top left row: Sandy McAlister, Renza Moscatelli Baker, Antonella Arioli, Annalisa Biasin, Elena Terenzoni, Cristina Minelli, Maria Luisa Boselli, Scilla Lui, Nicola Lupi, Francesca Malagutti. Lower row from left: Giordano Caramori, Francesco Mondini, Manuela Breviglieri, Agnese Catalani, Manuela Moreschi, Elisabetta Zambelli.**

growth as humbleness develops. Or better, there is real growth only if humbleness is the direction taken.

When Sandy McAlister decided to honor us with her presence, I tried to be ready preparing myself and my T'ai Chi Chih group from a technical point of view. We reviewed the movements over and over, comparing ourselves with Justin's videos and paying close attention to all the possible details, trying hard to imitate the four teachers as faithfully as possible. This helped because T'ai Chi Chih was the subject of our intensive workshop, but what Sandy asked us to do or better to be, went way beyond technically orchestrated movements. She did go over every part of the discipline but her approach was far more intelligent than "show me how you do it and I

will try to copy you." I always thought that it wasn't part of the orthodox T'ai Chi Chih to ask "why." Now I know that it depends on what that "why" refers to.

If you want to know why in Daughter on the Mountaintop the right hand is always in front, you might get an elusive Zen answer, but if you ask why when

closing you shouldn't describe too big a movement, you will find out that in T'ai Chi Chih some basic principles are followed, and one of them is to execute contained movement. Why? Because we do not need to add any extra segments to the T'ai Chi Chih basic trajectory. It would be just a waste of time, space and energy. So it is OK to ask why, as long as it will help you refer to the basic principles. I read the principles many times, but this last weekend I finally realized their value. Only by referring to them will T'ai Chi Chih disclose itself, suggesting direct answers to your many puzzling questions. Only by referring to them can you walk on your own two legs and decide for yourself the solution to the many "whys" that arise from your practice.

Example: In the front-back movement, I have the habit of opening the rear foot to more than a 45-degree angle. If the rear foot is close to being pointed forward I feel constricted which is not conducive to softness which in turn I am sure is not T'ai Chi Chih-sound.

So right after stepping forward I got into the habit of adjusting my rear foot, opening it to what I thought was bettering my practice. Talking about it with Sandy, I found out that yes, that position was helping my softness, but was contrasting with another principle: we are supposed to softly face forward with our hips. A stance too open "draws" our energy to the side instead of keeping it forward. How to reconcile the two principles (face forward and rock with softness)? The rear foot mustn't point straight forward, but a good compromise is reached if we place it at an angle of 45 degrees or less.

So, just remember the principles, all of them, and you could solve your doubts mostly by yourself. Then of course it is wise to check your answers with a T'ai Chi Chih authority.

Sandy gave me a quick reminder of the principles: softness, evenness, slowness, circularity, synchronicity and rootedness. Try to follow them, but most of all be guided by your experience of them.

Our pioneer group held this first Italian T'ai Chi Chih intensive workshop in an art nouveau mansion, the

"Piccolo Rifugio dell'Incoronata." The recently renovated structure didn't impair its original family warmth. Seat of the more recent Alfaomega Voluntary Association, it has been offering a shelter for the needy since 1926.

Our group is deeply thankful to the Alfaomega Voluntary Association for the attention and the kindness constantly offered by its members. Its mission today is to support people in lack of family and social connections, and such an open "enlarged family environment" enhanced our experience even more.

Sandy created such an open and ac-

cept experience. Then, comment after comment, our group had a chance to relate to and know better the other members. Statement after statement, we felt a step closer with each other, with Sandy and with Renza. Renza Moscatelli Baker came all the way from Texas to vacation in Europe and be with us. Her coming pleased me very much, and she will be even more welcome next time, now that my students know her indisputable charm. Three days are not much to deepen a relationship, especially with people you've never seen before, but can be plenty if the experience you are living is true and profound.



*Seat of Alfaomega Voluntary Association, The "Piccolo rifugio dell'incoronata" offers a shelter for the needy since 1926.*

Why was everybody so moved as the class was coming to an end? Sandy and I had made our final talks, but nobody was rising. Eighteen people in a circle, with moist eyes. Togetherness was the experience. Ever since Sandy left I find myself roaming around the house with a smile on my face that doesn't go away.

Out of the infinite ways she could have conducted the workshop, she found the one that not only in-

formed, but also opened human communication. Out of the infinite ways we could have responded, through her we fell into the one that allowed eighteen little big opportunities of transformation.

cepting atmosphere that my students and I felt at ease. When she would ask for inquiries or comments we wouldn't stop, coming up with questions we didn't even know we had before that weekend. Everybody had a chance to ask and reflect, always learning more than the mere answer, slowly working on the ability to refer to the principles and to value their di-

formed, but also opened human communication. Out of the infinite ways we could have responded, through her we fell into the one that allowed eighteen little big opportunities of transformation.

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## From the students:

I didn't imagine that such a short intensive workshop could involve me so deeply, particularly because I am a beginner. I was struck by a concept Sandy brought up the first day:

"Abandon your ego." Until then I never thought of the possibility of having such a goal. I kept turning those words in my mind for two days, until it became clear.

I understood that abandoning the ego we place ourselves in a background: then we do not say anymore "I feel," "I perceive," "I can." Once emptied, we let ourselves be crossed by the movement. We yield to T'ai Chi Chih. To say it with an ancient Zen statement: "The cup has to be empty if we want to pour new tea in it." I thank everybody. — *Annalisa Biasin*

I also rocked gently for some days. I still feel the benefits of the beautiful and intense days of the intensive workshop. It has

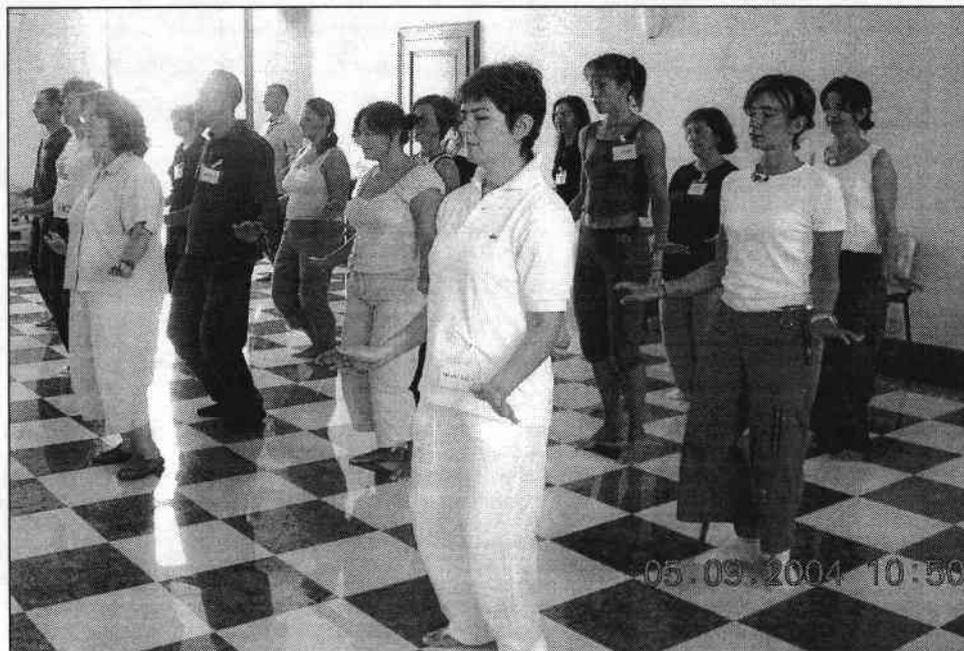
been a very involving experience. I thank Cristina, Sandy and all the people who shared the

practice with me. I wish we could repeat it soon. *A kiss, Elena*

came from what you have called "togetherness." Eighteen pairs of eyes, eighteen hearts and eighteen different personalities enriched an already rich series of experiences. Being able to share what we were, living in a circle, without any false glitter and without any mask has been for me the most beautiful and intense nourishment. I finally found the real meaning of the practice. The words, the sounds, the smallest gestures and the most precise technical corrections are useless if we can't communicate the

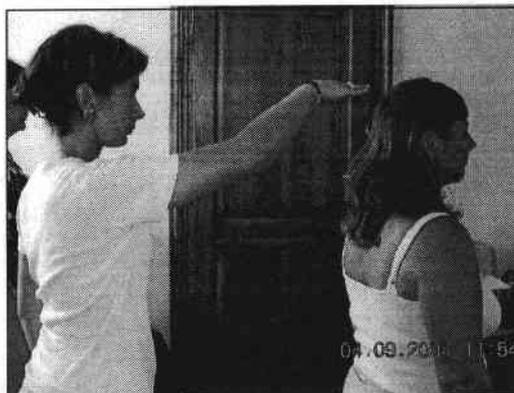
passion, the tenacity, the will, the humbleness that accompany the undertakings related to the discipline. As a boy I always trained through very hard exercise. I learned to count on myself only. In my village there were no other kids skiing and winning like me. I learned that in order to reach anything of value we have to be able to give, sweating hard and not letting anything discourage us. Practicing T'ai Chi Chih I always said to myself, "Take away, take away," and "Be the empty cup," but there was always something about my movements that wasn't perfectly centered. — *Francesco Mondini*

From me the T'ai Chi Chih weekend has been exciting and relaxing at the same time. To know and to learn from Sandy (without taking anything away



*Bird from left: Nicola Lupi, Manuela Moreschi, Sandy McAlister, Annalisa Biasin, Giordano Caramori, Francesco Mondini, Federica Sbampato, Elisabetta Zambelli, Elena Terenzoni, Francesca Malagutti, Manuela Brevoiglieri, Ilaria Sieghele, Maria Luisa Boselli, Antonella Arioli, Scilla Lui.*

First of all I would like to thank Cristina for giving us the possibility to embark on this wonderful journey. The three days of the workshop have left a deep mark in me. I agree with what you say in your article. The "magic" atmosphere we experienced



*Anto livella Fede: Antonella Arioli checks Federica Sbampato's evenness.*

from Cristina: I wouldn't have practiced T'ai Chi Chih for all these years if I didn't appreciate it so much) has been a marvelous opportunity. I understood new aspects of the discipline, and now I like to practice it even more. I feel privileged to have been among the first people who learned T'ai Chi Chih in Europe! I tried other disciplines in my life, but only T'ai Chi Chih gave me a real opportunity to know myself better. —*Manuela Moreschi*

I am very enthusiastic about the workshop! After it, I vacationed in Sardinia and I kept practicing T'ai Chi Chih with joy and renewed interest. I am not exaggerating if I say that the days of the workshop have been important days for me: now I know that T'ai Chi Chih will guide me through my profession. I thank

Cristina for having exposed me to T'ai Chi Chih and for having been able to catalyze such a friendly, open and interesting group. All of us within this group took advantage of the workshop opportunity to share experiences and feelings. I also thank her for all the work she undertook and she is undertaking to start this new T'ai Chi Chih community. I am very happy to be part of it. I hope and I wish to keep sharing and giving and being involved. —*Ilaria Sieghela*

Dear Cristina, thank you for the copy of your article for "The Vital Force." I enjoyed very much reading it. I think, as you are writing, "Togetherness was the experience," a feeling of serenity was permeating the room. That is what I also felt. I enjoyed very much meeting your students, they were so warm and welcoming to me; although I cannot put a name on each face I will

creased, after the postural corrections I received from Sandy. But most of all, I found a new serenity and balance. I almost forgot... I stopped smoking! My last packet of cigarettes lays still in one of the ski trophies lined up on the top shelf in my room, wrapped in a strong elastic band. *With esteem and gratitude, a slow rocker, Francesco Mondini*



*Around the Platter: From left: Giordano Caramori, Annalisa Biasin, Federica Sbampato, Antonella Arioli.*

always remember them for their warmth and their human touch. Thank you so very much, Cristina, for giving me this wonderful opportunity. --*A big hug, love, Renza Moscatelli Baker*

After the workshop I am living many emotions. I can't stand still. Yesterday I went rock climbing and I felt in great shape! Now I can hold on to small rock protuberances that before I wouldn't even take into consideration. I can't wait to test myself because I think that my athletic level has in-

## A Candidate's Preparation on California Teacher Training

By Pilar Triggs, newly accredited TCC teacher, T'ai Chi Chih Teacher's Training, June 28 - July 3, 2004 in San Anselmo, CA

"Come with an empty cup," they said. "Come with a beginner's mind but most of all come properly prepared."

To begin with, I attended Athene's (my primary TCC teacher) classes and practiced TCC regularly for more than two years. I attended Ed Altman's last TCC Intensive held in Santa Barbara last January, which brought a new awareness to my TCC practice. I learned a lot and explored further. I was attending three classes a week taught by three great teachers (Athene, Sandy, and Linda Braga) and I watched, listened, and practiced with Justin's two videos, Justin's audio cassette tape (Justin Speaks), and Pam Towne's video. I used my TCC

"bible" (Justin's TCC book) a lot and I also read some of Justin's other books as well as his and Ed Altman's articles in the *Vital Force*. I read the *Vital Force* from cover to cover to keep up with what is going on with the TCC community. I visited the TCC community and the Northern California TCC websites often, to find out if there was something new that I could use in my TCC practice. I attended Pre-TCC Teacher's Training class offered by Athene together with six other teacher candidates to make our comfort level as high as possible by knowing what to expect and by being well prepared for Teacher Training. As of this writing, the seven of us are now accredited

teachers. All of the above helped me approach Teacher Training with an "empty cup," ready for Sandy and all the auditing teachers to take over and the journey went on, as we started back from Step One.

I sincerely and highly recommend to future teacher candidates to go through TCC Intensive and a Pre-Teacher Training Class (if available) before they go to Teacher Training. They will bring you to another level of feeling, exploring, and refining, as well as deepening your practice. Most of all, they allow you more quality time to enjoy the experience, the joyful transformation, the peeling of a layer, during Accreditation Week.

## From workshop to retreat to intensive to CA teacher training

By Karen Goran, accredited in California, summer 2004

Dear Athene, thanks you again for all that you did to have the recent teacher training be such a supporting environment for the group and for us individually. It was wonderful to experience love expressed in so many different ways. I'm finding that a deep centeredness is continuing to abide with me.

Reflecting on my journey with/into Tai Chi Chih seems to indicate that each step has been important. Fine tuning of the movements began with a workshop, continued with a retreat and then an intensive. Each experience seemed to increase my awareness of the subtle "flavors" of each movement.

What has been most helpful? That is the question I've been asking myself. The intensive certainly made very

clear the elements of movements that I needed to correct. Although I began the intensive knowing the general mechanics of the movements, I learned that I could not see myself and what I thought I was doing was not happening in fact. I left knowing what needed work. The teacher prep course was invaluable from my perspective. This course provided ever deepening refinement of the movements, excellent feedback for enhancing my practice at home, a better sense of what the teacher training would be like, and helpful tips for that event, as well as loving support. We also had an opportunity to prepare and practice our presentation for the teacher training event. It was helpful to have feedback regarding the presentation before arriving at the teacher training. (That removed a significant degree of pressure.) Continuing to practice with my

original teacher was beneficial as well as encouraging.

One important thing that became clear was that having many teachers is helpful. Each brings a unique approach to describing the movements. Those varying descriptions can be the perfect tool for an amazing breakthrough when I'm stuck. Asking for help, receiving it, attempting to follow through, often brings an increased sense of Chi as well as a sense of being loved by the teachers.

The intensity of the teacher training was sustained by the loving support of the candidates for one another. It seemed as though we were being loved into becoming teachers by the teaching staff as well as the auditors. Their presence, persistent feedback given lovingly and with much encouragement, made our success in the training possible.

## Always Something To Learn: Workshop in the Lone Star State

By Nancy Beck and Larry Sava

For the second year, our students at HealthPoint enjoyed a fall gathering with Pam Towne. On October 9, she conducted a Workshop in Lubbock, Texas, sharing her knowledge, softness and flowing movements. We had 34 sign up for the class, with ages ranging from 14 to 80 plus, and included those who had never taken a T'ai Chi Chih class as well as those who had been involved in the classes since the opening in April 2001.

Last year, we heard such comments as, "Why do we need to take a class since we have the two of you to teach us?" Many realized after Pam's workshop last year that TCC is a never-ending process of learning, refining, softening and taking practice to another level.

No matter what the level of expertise, we heard of improvements such as Darla Granberry's comments, "My goal during the Workshop was to improve my technique and to learn to feel the polarity of chi more easily. I greatly enhanced my ability to feel the energy. My biggest change was in slightly shortening my stance so I had a more complete weight shift from front to back."

Darla and her mom, Bobbie Benson, are one of several mother/daughter members at HealthPoint. Bobbie, who is recovering from two knee replacements, said that although she thought her yinning and yanging was "quite beneficial," Pam opened her eyes. "My performance of that all-important movement was lacking in that I failed to bend the back leg, so every time I moved I bent the front leg and stiff-

legged the one in the rear. When I modified to bend both knees to accomplish the proper weight shift, the movement was smooth, gentle and much easier. For me, recovering from two knee replacements, T'ai Chi Chih has improved balance, coordination and will now be even better. Thanks, Larry, Nancy and Pam." Darla's 14



*Pam leads the group at HealthPoint*

year-old daughter joined us for her official introduction to TCC.

Pam spent the day going over each of the movements, personally helping many of the participants and recognizing potential teachers in the group. Several of the students commented to us that they were so surprised that Pam could spot an individual's abilities or problems in such a large group. Moira Holland said, "These incredible assets allow her to be able to assess a student's movements and quickly correct them for the proper flow of chi, which is what I personally experienced during my day of TCC. A workshop such as this provides us with a fresh pair of 'expert' eyes to review our technique, make suggestions and renew our interest in T'ai Chi Chih as a personal practice." Our membership and its instructors, Nancy and Larry, appreciate so much the work that Pam Towne does and feel that she is a

wonderful asset to the TCC community.

Immediately following the classes, we discussed and practiced the information from the Workshop by letting the members review the points that we covered in the Workshop. We feel that an immediate review is essential to establish the information in the individual's TCC practice.

As teachers, we saw the level of the classes improve, which caused us to raise our teaching to another level. For example, although at first skeptical about Guided Partnerships, we found this to be a great help to most of our members with Pam's specific instructions in what to look for and her reminder that the students should

be a "loving mirror" to their partner.

A wonderful lunch was served to the students, with the help of Julie Dominguez, Office Manager, (we now realize we have an extraordinary chef!). Following lunch, there was a sharing of readings from the *Spiritual Odyssey*, by Justin Stone, and a presentation of part of Justin's 2004 Video to the Teacher Conference in St. Louis. After a concluding practice in the afternoon, we closed with a discussion of Seijaku and a meditation.

We feel that the Workshop was not only beneficial to our members but also helped to promote TCC in Lubbock and stimulate community interest, resulting in some new TCC participants. We look forward to having Pam with us again in the future.

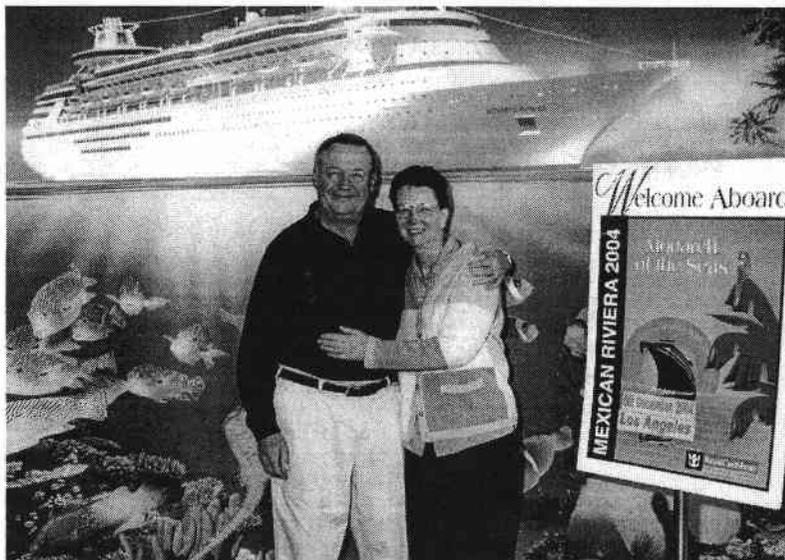
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## TCC On Location

## Balancing with the ocean

By Ginny Morgan

I recently returned from a cruise ship vacation with my husband. This was our Christmas present to each other. I love to experience my T'ai Chi Chih practice in different places so I was excited to do my practice on our balcony off our suite. The sea was particularly rough and I wasn't sure if I could keep my balance. I sank into the soles of my feet and began. I soon became one with the ocean. About half way through the practice, I noticed five seagulls in a row moving in the ocean right in front of me. Also there was one seagull just below me on the railing—all seemed very interested and a part of the movements. What a joy to all be a part of this energy...ocean, birds and me.



## Symbiosis

By Ellen Dee Foster, Albuquerque

Recently I had the good fortune to go on a nature cruise along the beautiful coastlines of Costa Rica. Each day the naturalist guides took us on rain forest walks to see birds and plants and animals. Always, the guides emphasized the oneness, the symbiosis, the interdependence of all living things. We all soon grew to love Rudy, the head naturalist who was so positive about life and nature--so happy to meet new people, so willing to share what he knew, and always excited to learn new things.

I loved the high

canopy walks, but when it was time to snorkel in order to see the fish, I preferred to literally keep my head above water, so I stayed on the beach doing T'ai Chi Chih. Fellow travellers were curious about what I was doing. They said it looked so peaceful, and they wanted to know more about it. Before the trip was over, I was invited to do a demonstration during the morning stretching exercises held on board daily. There was Rudy in the front row eager to learn something new. One of the moves I chose to demonstrate was Daughter on the Mountain Top because the intersecting

circles so clearly describe the interconnectedness of our lives--the symbiosis which was emphasized throughout the trip.

On the last day when it was time to leave the ship, we said our good-byes, gave our parting hugs, and boarded the bus parked on the dock. I looked out the window for a final good-bye. There up on the second deck of the ship was Rudy. He was waving good-bye by moving his arms in a perfect representation of Daughter on the Mountain Top as if to say, "Never forget the happy days that we have shared, that our lives are connected, and that we are one with all things."

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## TCC In Prisons

### Outside looking in

By Judy Tretheway, [judytre@surewest.net](mailto:judytre@surewest.net)

Dear friends: I am very excited about recent developments in my prison ministry. The year-long project to produce and circulate the "Freedom Within" handout promoting contemplative programs from all faith traditions is finished and about 7,000 handouts are "inside" already. This handout is designed for the inmates themselves to use in promoting their programs or find resources if groups are not available inside their prison or jail. Check it out: [http://thecentering.org/freedom\\_within.html](http://thecentering.org/freedom_within.html). I am going to the annual California Prison Chaplains conference in Visalia and hope to get more of these in more institutions. I need to print up another 5,000 for this effort. Printing and folding 5,000 costs about \$650. I will also have room and board expenses, so I'm looking for people to help sponsor this effort.

I am also expecting (praying) that at the Chaplain's conference I connect with a few other Chaplains and can serve as a resource chaplain to help them bring contemplative programs into their prisons. I also want to develop peer counseling/listening programs as well as offer my QiGong style programs. Please continue surrounding this work with your prayers ... especially on Thursdays when I am inside Folsom.

### Inside looking out

By Anthony Gilyard, Jr., K-58603

Dear Kathy Grassel, my name is Anthony Gilyard, K-58603. I am currently incarcerated at Avenal State Prison in Avenal, California. After many years of the hidden desire to want to learn and study the art of Tai Chi Chih, I've just had the privilege of being able to attend a class, given by Judy Tretheway. I was informed and encouraged about the class by one of Mrs. Tretheway's students from Folsom State Prison who is now at Avenal. Greg Callagh will be paroling within a month's time, but was kind enough to pass on the information needed to contact you.

I am in search of any and all available literature, teachings, meditative sounds that would be able to help me along with my search to find serenity in the midst of this chaos that is prison.

After attending the two-hour class, which was of explanation, demonstration, and practice, I came out feeling so much better . . . rejuvenated. The "chi" that was spoken about, that is our center of energy is now a conscious life force that I'm excited to want to tap into as if it is my water well... with the thought of "water" being the source of life.

If you're able, please help me find what I seek.

Thank you, Anthony Gilyard, Jr. K-58603

*[I sent Anthony several items when I received his letter. Whether he received them or not, I haven't heard yet. If you wish to send Anthony any TCC books and/or tapes, email me ([k\\_grassel@yahoo.com](mailto:k_grassel@yahoo.com)) and I will send you his address. I'm sure any and all materials will be well shared among his TCC classmates, too. — Kathy]*



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## Simple Movements ??

By Dorene Krause

Begin in rest, knees slightly bent.  
The feeling will be heaven sent.

Heels are close, feet turned out.  
You are ready without a doubt.

Shoulders relaxed, spine straight,  
let it flow, don't hesitate.

Sink down gently, "pull the plug".  
Give the t'an t'ien a tug.

Relax the knees, shift the weight.  
Prepare to move, focus straight.

Take a step, but not too wide,  
as the torso starts to glide.

Don't lean forward, don't lean back.  
Reverse the weight shift front to back.

Toes will lift, heels will rise.  
For this there is no compromise.

Hands should soften, elbows bend.  
Wrists are turning to the end.

Swivel the hips, turn at the waist.  
Slowly now, don't move in haste.

Arms float out - can it be?  
Arms return moved by the chi?

Feel graceful cir-cularity  
and energized polarity.

Empty the cup, let it go.  
Balance the chi, feel it flow.



Focus on the soles of  
the feet.  
These "simple"  
movements-no small  
feat.

## Staying Connected

### Spring Meditation Retreat coming up

By Rhonda St. Martin

**S**pring in New Mexico. Images of the Bosque awakening from its long winter nap. The Albuquerque T'ai Chi Chih Center will be sponsoring a Spring Meditation Retreat at St. Pius High School's Madonna Center March 17-20, 2005. As has been our tradition, check-in will be Thursday evening after dinner and the retreat will conclude on Sunday after lunch. This residential retreat center on Albuquerque's west side offers ease of convenience and a serene setting well suited to our weekend of meditation.

Carmen Brocklehurst who has been meditating for over 30 years has graciously agreed to once again lead us in this retreat as we continue the journey inward. If you have never been to a retreat or have wondered what sitting meditation is like, please consider joining this outstanding group of like-minded people. Although this is not a formal T'ai Chi Chih event, many of the people who attend the meditation retreat are TCC practitioners. We also practice TCC once a day while at the retreat. With good fortune, Justin will also attend one of the retreat days to meditate and share with us. It is a great opportunity to spend some time and hear from him on this subject which is so closely related to T'ai Chi Chih.

The format of the meditation schedule is gentle, quiet and allows sufficient "down-time" to allow us

to sink deeply into the very essence of meditation. If you will be flying in, please plan on arriving Thursday evening or night and departing after noon on Sunday. Let me know your flight information and we will try and secure a ride from the airport for you.

Please consider making the commitment now and marking your calendar to arrive on the evening of St. Patrick's Day. If you are moved to invite a friend, relative or someone you think may have an interest in meditation, please act on this. It is quite a gift to be initiated into such a Life-enriching weekend as this retreat offers.

Cost for a double-occupancy room with communal bath is \$225; private bath is \$250. If you prefer a single-occupancy room with communal bath, the cost is \$275; private bath is \$325. Reservations are being taken now by Rhonda St. Martin. Please email or phone her to hold your spot at rhondastmartin@hotmail.com; home phone 505-299-7038 (evenings please). If you wish to send payment now, please send it to Rhonda at 2609 Christine NE, Albuquerque, NM 87112. Include your name complete with home address, phone and email address and the type of room desired. Don't forget your flight information please.

We look forward to our time together with this opportunity for deep immersion.

# The Lighter Side

You know the essence is sinking in when:

6. For months, you listen and sing along to a favorite song on a CD whose words you believe are "...and the old man and the Buddha singing out the truth in Love..." when one day you read the CD jacket and it says "...and the old man and the booze seeking out the truth in life."

5. You wonder if you can teach Rocking Motion to your dog.

4. Even Country/Western songs seem to take on Spiritual meaning: Getting drunk is just another unfortunate vashana; trains represent the locomotion of yinning and yanging; and romantic love turns into Universal Love.

3. During your day job, you check out office/clinic/conference room spaces to see if you could hold a TCC class there (even when you haven't taught for almost three years!)

2. You have completely forgotten how to "do" a movement.

1. The gratitude you feel brings tears to your eyes for no reason at all.

—Rhonda St. Martin, Albuquerque

**T**hank goodness I saw a typographical error at the last moment before I mailed out the second paragraph of a letter for a teaching position to 18 senior citizen centers. I meant to write "FLOWING". Before I realized the mistake here is what I wrote: "As an accredited teacher, I have observed many benefits to seniors of this simple form because the gentle FLOSSING movements are relatively easy to learn. It can even be done in the sitting position." —Michael Isaacs, California

Recently, a few new students attended my TCC class held at the retirement community. Leonard seemed a bit hesitant since this was his first time taking the class. When I quoted Justin as saying that TCC is the lazy man's exercise, he quickly replied, "Good, then I'm in the right place!" —Sharon Sirkis, Columbia, MD

**I**n my previous Bio submission to the lighter side column, instead of typing that I was accredited in 1997, I typed the year 1007 by mistake. I laughed and read it to Barry, my other half, and he said, "Well, they say TCC is good for longevity, eh?" —Sharon Sirkis

When I teach the six healing sounds, I like to break down the move. First, we say the sounds out loud. Then, before adding the leg moves, we place our hands on our Tan Tien to feel how we aspirate the sounds. Tess, my student and good friend, was a little too enthusiastic when aspirating the sounds. I couldn't hold back my laughter any longer when I noticed her sucking her belly in like a body builder, and said, "You look like you're giving yourself the Heimlich!" —Sharon Sirkis

**I** teach the Platters and Pulling in the Energy by telling the students to do clockwise/counter-clockwise circles with the arms. I asked one student, who just couldn't seem to get the direction right, what the problem was. "I only do digital," he said. It took me a minute to get it, duh. —Kathy Grassel, Albuquerque

**I** asked my D-home students what they wanted to be when

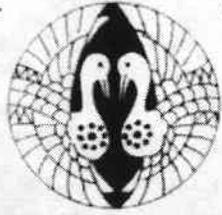
they got out of jail and grew up (or, grew up and got out of jail). I got some interesting answers: a cosmetologist, a drug counselor, a tattoo artist, a roofer, a marine. One boy said he was going to be an architect and he was going to design his own home and it would have one big bathroom with five toilets all in a line and three showers with no doors. And he would be able to send his kids to their rooms for 72 hours. And...they would do Tai Chi Chih every Saturday. —Kathy Grassel

**I**n one of my beginning classes, three of the ladies are sisters. After the class ended, we all sat in a circle and I asked if anyone had a comment or question about Tai Chi Chih. "Yes," one of the sisters answered. "How often can we do this practice at home?" "One, twice, or as often as you please," I replied. "But make sure that you do not do it right after eating." Her other sister looked at her and said, "Well, you cannot do it at all then." —Caroline Guilott, Lake Charles, LA

**A**t the Albuquerque Teacher Training after Justin had sat in on some of the presentations, we took a break. Some of the teacher candidates who had not done their presentations yet were sharing concerns and seemed a bit nervous. At that point Maya piped up and said, "Giving your presentation in front of Justin is like reciting the Ten Commandments in front of Moses." Several of us proceeded to laugh hysterically! —Debbie Cole, Severn, MD

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If you have questions, please email Victor at [vfjmembership@yahoo.com](mailto:vfjmembership@yahoo.com).

#### Contact Information

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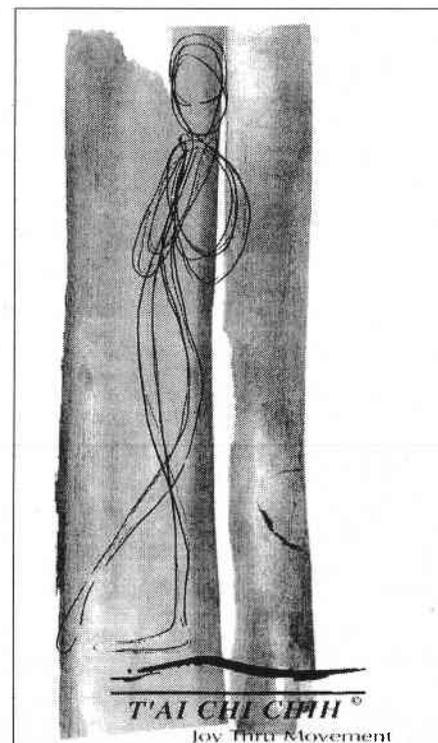
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**To register** please complete the following information and mail this form postmarked by above dates with the appropriate check amount (made payable to the T'ai Chi Chih Association) to Guy Kent, 2225 Dietz Pl. NW, Albuquerque, NM 87107-3109. Phone: 505-345-0031 (e-mail questions to [guykent@yahoo.com](mailto:guykent@yahoo.com)). An alternate contact is Ann Rutherford at [ruthergary@aol.com](mailto:ruthergary@aol.com) or (505) 292-5114.

**You can also go to [www.TaiChiChihAssociation.org](http://www.TaiChiChihAssociation.org) for conference information.**

The Marriott has extended the Conference room rates to include 8/1 through 8/10 dates for out-of-towners who want to extend their New Mexico visits. Check out Albuquerque and New Mexico sites and events at [www.virtualAlbuquerque.com](http://www.virtualAlbuquerque.com), [www.indianpueblo.org](http://www.indianpueblo.org), or [www.newmexico.org](http://www.newmexico.org).

**Attendee Information**

Name \_\_\_\_\_ E-mail (for confirmation) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone ( ) \_\_\_\_\_ Fax \_\_\_\_\_  
 Double occupancy roommate preference \_\_\_\_\_

**Payment (in U.S. dollars)**

Conference cost: \_\_\_ Double, \_\_\_ Single or \_\_\_ Commuter ..... \$ \_\_\_\_\_  
 (check choice and refer to above rates)  
 Voluntary Scholarship Donation (see back for details)..... \$ \_\_\_\_\_  
 Vendor Table fee \$30 (see next page for details)..... \$ \_\_\_\_\_  
 Conference Shirt, additional \$25/shirt  
 100% cotton, preshrunk, long sleeve, stone colored T-shirt with conference logo  
 circle your Unisex size : S, M, L, XL, XXL (add \$2 for XXL) \$ \_\_\_\_\_  
**Total check amount (payable to T'ai Chi Chih Association)..... \$ \_\_\_\_\_**

Please note that the usual \$50 non-refundable fee will apply to all cancellations.



**The Marriott Hotel** is located eight miles from the Albuquerque Sunport (airport) just off of I-40 on Louisiana Blvd. Transportation to the hotel and back to the airport will be the attendee's responsibility. Guests can make shuttle reservations through either Sunport Shuttle 1-866-505-4966, or through Airport Shuttle 1-505-765-1234. The hotel is offering discounted rates of \$85/room from 8/1 to 8/10 for people who are extending their stays (mention the Conference to get the discount). You can check out their facilities at [www.marriott.com/ABQNM](http://www.marriott.com/ABQNM). The hotel has an indoor/outdoor pool and is within walking distance of the Coronado and Winrock Malls and several restaurants. If you have transportation, you can visit area attractions such as the Sandia Mountains and tram ride, Historic Old Town and shops, the Indian Pueblo Cultural Center, National Atomic Museum, the Albuquerque Museum, Museum of Natural History, Explora, and the Rio Grande Zoo and Aquarium. For information about Albuquerque and surrounding areas you can log onto the Albuquerque Chamber of Commerce website [www.itsatrip.org](http://www.itsatrip.org) and [www.virtualAlbuquerque.com](http://www.virtualAlbuquerque.com).

**Directions from Albuquerque Sunport** Exit west on Sunport Boulevard to I-25 North. Take I-40 East; exit onto Louisiana Boulevard North. (It's right there to the West of Louisiana Blvd.)

**Partial Scholarships (first come, first serve basis by April 1, 2005)** Our partial-scholarship program is intended to help colleagues who are not able to afford the full cost of attending the conference. Priority will be given to those who have not been given a scholarship before. To apply for assistance, download the form at [www.TaiChiChihAssociation.org](http://www.TaiChiChihAssociation.org) or contact Vic Berg to get a form or to ask questions e-mail [vicberg@comcast.net](mailto:vicberg@comcast.net). While waiting to hear from Vic, fill out the registration form, check the box under "Partial Scholarship Application," and send in your registration minus any fee.

**Vendors (deadline is June 1, 2005)** Vendor tables will be available for a \$30 fee (non-profit excluded). Please bring your own table coverings and displays. You must contact Jan Arrott for pre-approval at (505) 454-6115 or e-mail [janarrott@hotmail.com](mailto:janarrott@hotmail.com). Please note that ONLY items relating directly to T'ai Chi Chih and the principles of the Tao symbol will be sold. Further guidelines are on the web at [www.TaiChiChihAssociation.org](http://www.TaiChiChihAssociation.org).

**T'ai Chi Chih Association** The Association is placing the conference information online at [www.TaiChiChihAssociation.org](http://www.TaiChiChihAssociation.org). You can go to this website for forms, conference information and related T'ai Chi Chih information. The T'ai Chi Chih Center is located at 3107 Eubank NE, Suite 19. Teachers are encouraged to extend their stays to join our Tuesday morning teacher practice at 9:30 a.m. We'd love to practice with you and share the Center!

#### Menu selection

All meals will be a variety of food including fish and chicken unless all the vegetarian menu is selected.

Regular       Vegetarian

#### Teaching experiences

Please list any experiences related to teaching specific TCC populations that you would be willing to share.

#### Partial Scholarship Application (first come, first serve by April 1, 2005)

Yes, I am applying for a partial scholarship through Vic Berg.

#### Vendor Application (deadline is June 1, 2005)

Yes, I have pre-approval from Jan Arrott. (check box after approval)

If the name of the business is different than the attendee's name, please print the business name here.

Description of items to be sold (please be specific)

#### Talent Show

If there is a talent show, what talent would you like to share?



## Calendar

\*\*\*For all Intensives: \$100 for reviewers if space is available.

Dates	Activity	Location	Contact
Feb. 15-18, 2005	TCC Retreat w/ Sr. Antonia Mt. Calvary Retreat House Open to TCC teachers only \$325 per person/double or \$375/ single	Santa Barbara, CA	Pam Towne (760) 944-9544 <a href="mailto:ptowne@inreach.com">ptowne@inreach.com</a>
March 5, 2005	TCC Teachers Renewal w/ Sandy McAlister Fee: \$50	St. Paul, MN	Carol Mockovak 4300 West River Parkway S., #407 Minneapolis, MN 55406 612/729-9040 <a href="mailto:caroledith@usfamily.net">caroledith@usfamily.net</a>
March 7 - 12, 2005	Teacher Training w/ Sandy McAlister Fee: \$450 No fee for auditing teachers	St. Paul, MN	Carol Mockovak 4300 West River Parkway S., #407 Minneapolis, MN 55406 612/729-9040 <a href="mailto:caroledith@usfamily.net">caroledith@usfamily.net</a>
March 11 - 13, 2005	TCC Workshop w/ Pam Towne. Fee: \$60	Tupelo, MS	Ron Richardson 2331 Quail Creek Rd. Tupelo, MS 38801 <a href="mailto:r_richardson@comcast.net">r_richardson@comcast.net</a> (662) 844-6473
April 15-17, 2005	TCC Intensive w/ Pam Towne Fee: contact host	Mantova, Italy	Cristina Minelli <a href="mailto:taichi@tin.it">taichi@tin.it</a>
April 29 - May 1, 2005	Seijaku Teacher Training w/ Pam Towne Fee: \$300 Auditing Teachers: \$40 (includes 2 lunches)	Edmonton, Alberta, Canada at the Provi- dence Centre	Margo Carpenter <a href="mailto:joythrumovement@littlefish.ca">joythrumovement@littlefish.ca</a> 780-434-9433
May 2-7, 2005	Teacher Training w/ Pam Towne Fee: \$450 Auditing Teachers: \$10 Can/day	Edmonton, Alberta, Canada at the Provi- dence Centre	Margo Carpenter <a href="mailto:joythrumovement@littlefish.ca">joythrumovement@littlefish.ca</a> 780-434-9433
August 7-9, 2005, fol- lowing the Conference	Seijaku Training w/ Pam Towne Fee: \$300 \$25 for auditors 30 participants only. Twenty places for first time students; 10 places for auditors	Albuquerque, NM, at the T'ai Chi Chih Center	Becky Busching <a href="mailto:rebeccabusching@hotmail.com">rebeccabusching@hotmail.com</a> (505) 286 2903

*April retreat, New Jersey shore*



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