

# The Vital Force

JOURNAL OF THE T'AI CHI CHIH® COMMUNITY

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for teachers & students

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## Justin's Words

### Serious Opportunities BY JUSTIN STONE

Editors Kim and Connie, respectively, are always asking me for articles for *The Vital Force* and *The New Mexico News* (respectively), and when I ask when they need them, the answer is always, "Yesterday." You'd think that, eventually, I'd run out of material. But no such luck. The article may not always deal with T'ai Chi Chih, but I want it to be of interest and, perhaps, help with life in general.

As I get up into my 90s, you could expect the articles to get duller and, perhaps, lean toward the spiritual side. The truth is that TCC is truly spiritual. That word covers a lot of ground, perhaps enabling us to better understand ourselves.

One former "Head of T'ai Chi Chih" quit because I would not change my view that TCC is "a service to humanity." The commercial possibilities were tempting – but not to me. We're doing too much good.

If you are a teacher, take your opportunities seriously. *Your* life will be changed.



## T'AI CHI CHIH ENTERS SOCIAL MEDIA MARKETING REALM

TaiChiChih.org is embarking on an exciting outreach campaign to spread word of TCC, to reach more people who could benefit from practicing this moving meditation. To do this, we will employ online social media marketing tools such as Facebook, Twitter and YouTube. (Yes, we have already dipped our toes in this arena, but now it is time to wade in with both feet.)

Why social media marketing? Through it TCC hopes to:

- Increase our web site traffic;
- Increase TCC's presence online (on other sites);
- Broaden the reach of our content by starting conversations about the practice and its benefits;
- Build valuable, interactive relationships with web site audiences;
- Spread awareness of our mission and increase advocacy of that mission.

We will build a stronger online presence through a number of strategies, including the development of a TCC blog comprised of posts and videos centering on health themes and upcoming events. The purpose of the blog will be to provide current content, answer questions and build an audience while increasing the relevancy of TCC's web presence. Most importantly, the blog will give you a central place to share your TCC insights, testimonials, class videos and more. It will be your place to publish content that can reach millions of people via Facebook and other social media outlets.

GKP currently has a fabulous collection of video clips of Justin Stone teaching that are housed on YouTube, and [www.taichichih.org](http://www.taichichih.org) would love to increase the collection with videos by teachers and students from around the country. Other ways to help include supporting the TCC Facebook page by joining and commenting; and sharing our content with others via Twitter and social bookmarking sites such as Digg and StumbleUpon. Additionally, we are considering reaching out with an e-newsletter to various health communities to spotlight benefits, fabulous teachings, testimonials, classes, tips and news.

As always, we greatly appreciate your support of this endeavor to spread the word about T'ai Chi Chih. We can't do it without you, and we'll need your help to make it a great success.

### GIFT GIVING

As you consider your year-end charitable giving, please consider making a gift to support *The Vital Force* and [www.taichichih.org](http://www.taichichih.org) outreach efforts. Your contributions are fully tax-deductible. You may donate online at [http://www.taichichih.org/vital\\_force.php](http://www.taichichih.org/vital_force.php).

Thank you.

KIM GRANT, ALBUQUERQUE, NM

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### Submission Guidelines

Please send articles as Word documents, electronically, to [tcc@kimgrant.com](mailto:tcc@kimgrant.com). If possible, please tailor your submission to a particular section; the newsletter will hang together better that way. A 1/4 page in this newsletter runs about 200 words; a 1/2 page is 400 words.

We are always in need of photos and artwork. Please send high resolution jpgs, which the Editor will crop and edit. If you have 10-12 pieces of related artwork – calligraphy, drawings, photographs, or something that will reproduce well in B/W – please submit them for consideration in an entire issue. *The Vital Force* reserves the right to edit submission for length and clarity.

### Web Site Updates

The on-line calendar and database (for [www.taichichih.org](http://www.taichichih.org)) will be updated within a week of the following deadlines: January 15, March 1, April 15, June 1, July 15, September 1, October 15, & December 1.

#### Deadline: Jan 1

**Publication Date: Early Feb**  
Musings on the importance of practice: "You cannot appease the hunger by reading the menu."  
*Pulling Taffy, Variation #1, Anchor*

#### Deadline: April 1

**Publication Date: Early May**  
Musings on moving: "When the *Chi* flows freely and is balanced, the Cosmic Rhythm begins to move us."  
*Pulling Taffy, Variation #2, Wrist Circles*

#### Deadline: July 1

**Publication Date: Early Aug**  
Musings on gratitude: Awareness (i.e. how has your TCC practice informed your experience of awareness)  
*Pulling in the Energy, Variation #3, Perpetual Motion*

#### Deadline: Oct 1

**Publication Date: Early Nov**  
Musings on softness: "It is the absence of any pressure, *moving slow motion in a dream*, that allows softness to prevail."  
*Working The Pulley*

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# Tuna Salad Saturday

By JUDY CHANCEY, ATLANTA, GA

“Life has always provided everything I’ve needed.” It’s profound, yet simple, wisdom from a profound, yet simple and humble source - Justin Stone. It was wisdom shared over a tuna salad and watermelon lunch on a Saturday at Carmen Brocklehurst’s fall retreat.

Has there ever been a time in your life when someone said exactly the right thing at exactly the right time, and you knew with every fiber of your being that the *Chi*, or Divine Source, was communicating directly with you through that person?

*Life has  
always  
provided*

Perhaps the human response might be, “How did he know?” Yet, the soul’s response is more like, “Wow, thank you.” Isn’t it reassuring, in acutely stressful times, to know that someone else has walked before you, preparing the pathway to follow? In listening to that person

tell his or her story, you begin to understand how his or her experience holds light as you navigate the darker twists and turns of your own path.

Most likely, each and every T’ai Chi Chih student has a story about the powerful and everlasting impact that Justin Stone has made on their lives. Who among us does not treasure his or her life because of the personal growth and joy we have experienced as a result of Justin’s life’s journey? But what about the smaller stories within the larger chronicle of his life?

“Life has always provided everything I’ve needed.” Justin spoke softly, not in a manner to emphasize anything specific. Judging by the look on his face, I was reminded of someone observing his own life from a distance – as if for the very first time. But I feel certain it was neither his first nor his only reflection. I suspect he offered his insightful wisdom for us to examine more closely and digest fully for ourselves. It was a gift.

Life provides. But not always in the way we imagine or even might like. How many of us have danced an economic tango with our personal finances this last year (or longer)? How many of us have considered ourselves to be on a particular path, only to feel that the earth dropped out from beneath us?

So where do we find the strength and trust to move forward through life with the softness, continuity and sense of assurance in the simple truth that “life provides everything we need”? For me, the answer lies within the gift of Justin Stone’s life. It is a gift that keeps on giving.

Certainly, as we experience the serenity and joy that TCC practice

affords, our hearts swell with gratitude for the life path that Justin chose over his passion for creating music and art. But, as Justin offered while enjoying his tuna salad, life “has a way of guiding us in the direction that we’re supposed to follow.” His innate wisdom made me wonder where I would be today had Justin not chosen to seek out a friend in Japan, only to find himself alone in a foreign culture, without money, without a place to stay and without an understanding of the language.

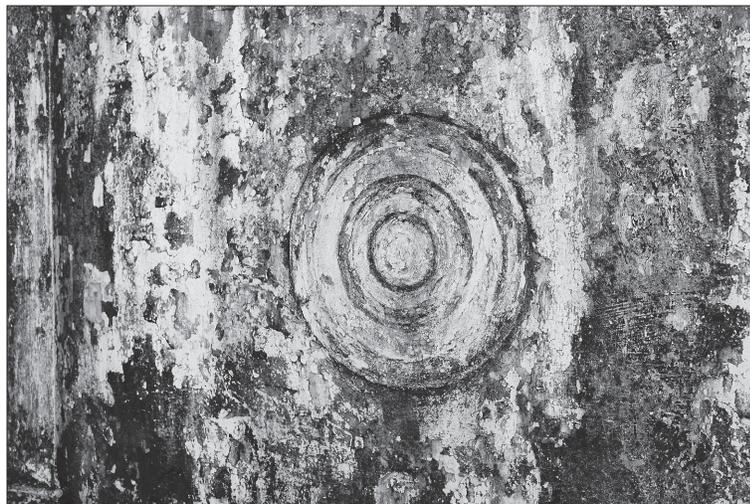
What influences were at work when Justin arrived at an intersection in Kyoto and chose to go down a street towards four men who invited him to join in their chess game? Justin chose a road, and life lifted to meet him where he was at that moment. Justin’s chess mates invited him to be their guest, and Justin accepted.

To say that Justin accepted the invitation of a stranger sounds simple enough. If it were your house or mine, we’d probably have guest towels and other creature comforts to insure hospitality. But for Justin, the conditions he experienced along his path in a foreign culture in no way resembled what we might offer him in the context of our culture. Yet because of the path Justin chose, we have received the gift of TCC – a powerful life-management tool.

What would our lives be today had Justin Stone not learned how to play chess and joined in that chess game in a country where he had nothing? What if Justin had chosen to pursue music or art? How might my, or your, life experience be different?

It is not unusual for anyone, at any time, to pause and reflect on choices made. We celebrate some choices and regret others. But over a lunchtime tuna salad on a Saturday with Justin, I was reminded that no matter what choices we make, life truly does “meet us where we are.”

Thank you, Justin, for the choices you’ve made, for the light you hold and share so generously, and for your willingness (and the example) to follow where life leads.



## One Degree Of Separation

By NEAL ROY, PORTLAND, OR

I recently had the privilege of attending a Fall retreat in Albuquerque with Carmen Brocklehurst. I was hoping that Justin would visit with us at the retreat or that I would be able to visit with him during our free time. I was in luck: Justin would be visiting on Saturday. I was so excited to finally meet the originator of the T'ai Chi Chih movements that have changed my life. When I learned how to do TCC in 1994 from Christeen McLain in Fargo, I was only 22 years old. I was hooked from the first class and became accredited in 1996. During my study of TCC, I heard Justin Stone's name so much I couldn't help but wonder what it would be like to meet him in person.

*the entire energy of the room changed*

During the weekend retreat, Friday came and went with lots of moving and refining, meeting everyone, free time and sharing TCC experiences. Saturday morning was filled with excitement and anticipation, a silent practice, breakfast and a break before Justin arrived. As we gathered to continue deepening our understanding of the movements, Justin came through the door. As he did, you could have heard a pin drop. The silence was palpable; the entire energy of the room changed.

How do I put into words what I felt as he stood before us? I had a physical reaction, not on the outside of my body but from within. An explosion of heat started in my feet and rose through the center of my body and showered out through my head. I didn't understand why I felt it or how it manifested into a physical heat. But as I acknowledged what I was feeling, I was overcome with gratitude and love for this man I hadn't yet met, even though I felt I had known him for a long time. How do I put into words what I have received from TCC? It's difficult. Luckily we continued our practice, and I was able to feel my feet again. How does a man who emits softness and simplicity have such an overwhelming affect on so many? It is that simplicity that draws us to Justin and TCC. On that day I experienced one degree of separation.

Editor's Note: Neal unearthed something he'd written after his 1996 accreditation: "At first the Chi is the canvas on which we paint; after practicing a while the Chi becomes the painter and the mind, body and soul become the canvas on which the Chi paints."

## Flow In Harmony With Time

By STEPHEN THOMPSON, TUPELO, MS

Flow with the energy of the universe, in harmony with time. Being present in this flow is a powerful, transformative experience. The body moves with little or no effort. Breath changes and regulates with no forethought. Time is fluid. Our bodies perform softly at their highest levels of efficiency while our minds are freed to plumb ever deeper into the depths of awareness. Our internal pulse balances with the external. With single-pointed mindfulness we momentarily forget everything else, including self-being. Awareness moves into a meta-state, a place of no time, no body, no mind ... only oneness.

Being in the flow is liberating and authentic. A beginner's awkwardness yields to familiarity; familiarity leads to calm centeredness. Moving delivers us to that primal source of all energy – *Chi*. Through the heart of *Chi*, we are transformed into moving instruments of love.

It is odd to think that a daily practice of T'ai Chi Chih, with its structure of only nineteen movements and one pose, could ever bring such feelings of freedom and realness. Whatever our reason for taking up the art of TCC, doing daily practice is a timeless end in itself.



## Whee, I'm Sailing

By MARK MOLONEY, CLAYTON, MO

Mystics mean no harm  
but their sight is inside-out  
and their word maps hard to swallow.  
It need not cause me pangs of envy  
if God sweeps through their marrow daily,  
for only when my soul has mastered  
the summits of my own despair  
can these saintly words become my words  
and I become a model of oddity for another.

## Musings On Softness

By MARY ANN MORAN

*“Speak to me of softness and T'ai Chi Chih.”*

Do not think, “I must be soft,” for thinking so brings anxiety.  
Allow yourself to be soft yet deeply rooted as the bamboo,  
of the earth and flowing free with the air.  
Be gentle, unhurried. Relax. Release.  
Let softness caress your movements.  
Be softness.  
Melt into precious vital energy.  
Softness and T'ai Chi Chih exist as one.



## The Substance Of Softness

By PETE GREGORY, HIGHLAND, IN

I believe that softness and quieting the mind, so that attention can sink to the soles of the feet, are the two most indispensable aspects of a fruitful T'ai Chi Chih practice. And despite the endless metaphors and relentless classroom reminders, words often fall short when we explore these elusive traits.

Other fundamentals can be directly measured. We can briefly lift the insubstantial foot off the ground to validate the completion of a full weight shift. The tactile sensation of polarity is either felt or not. Circularity in each move can be diagrammed or traced through the air, plain as day. And if you need to discern continuity, consult your shadow.

Softness, on the other hand, can be more problematic. We may incorrectly assume students already know what the word means, so we start using it every five minutes, diluting its impact as a timely suggestion or unifying solution to disjointed movement. Our choice of images might skew to the more formless and saccharine connotations of the word, and by extension, to a more frivolous interpretation of the practice.

Softness in TCC is not about feeling the baby's bottom. It is about holding the newborn, with a supportive hand under the baby's undeveloped neck. Yes, it is gentle and loving; but it is also vigilant of substance and purpose.

## Bamboo, Oak & T'ai Chi Chih

By PAULINE QUIMSON-TONG, CHAMA, NM

*“Our attitudes change and we become more like the bamboo rather than the oak.” – Justin Stone*

I have, for a long time, been enamored by the sight of young green bamboos flowing with the cool breeze, gently swaying, softly coming back. At the same time, I have been fascinated by huge oak trees that give me a feeling of safety and protection. But when it comes to attitudes, I have learned much from both.

As I have observed, both the bamboo and the oak need nourishment with water, nutrients, sunlight and more, to grow and to survive. Similarly, whatever attitudes I care for, feed and nourish are the ones that will take root and grow inside of me. For example, if I nurture the attitudes of love and gratitude, of peace and joy, of harmony and balance, every moment of every day... pretty soon, they will grow into a beautiful garden that encompasses not only my heart, but my whole being – body, mind and spirit.

On the other hand, if I harbor little bits and pieces of worry, fear, anger and resentment, then I allow darkness to take over and vanquish my inner light. It is the little bits and pieces that gnaw at me every single day, growing and settling into the depths, turning into loneliness, despair, alienation, separation, numbness and apathy. In the same way, goodness and light bloom and can grow without end, shining with joyful brilliance for all to share. In each moment, I have a choice.

The bamboo bends with the wind and then gently snaps back into place. When I am surrounded by other people's ideas and thoughts, I need to remember that I always have a choice. It is good to listen to what others have to say, as there is something to be learned from other people's experiences. However, no one can make me become what I am not. Nor can anyone stop me from realizing who I already am. In my highest self, I am love and joy.

Although the sturdy oak seems to exude more strength and stature, the soft and pliable bamboo outlasts it. Stiffness and hardness block the flow of *Chi*. I feel it every time I allow tensions to creep in. But when I allow thoughts and emotions to pass by, while staying in the present moment, I feel how T'ai Chi Chih is a very effective moving meditation. This quiet then envelops me and accompanies me throughout my day and night. TCC truly is knowledge of the supreme and ultimate joy through movement.

## Conference 2010 & 2011

BY SR. ANTONIA COOPER, OSF, NORTH PLAINFIELD, NJ

Within this *The Vital Force*, you will be treated to articles and comments from teachers who enjoyed the annual T'ai Chi Chih International Conference, held at Lied Lodge in Nebraska City, Nebraska. The beauty of the lodge set the stage – with its large log beams that invited us to be aware of our being rooted in the earth. The opening ritual introduced the 90 participants from many parts of the U.S. and Canada from which teachers traveled, bringing with them a small spoonful of earth from the ground where they practice. As each of the six areas of North America was announced, teachers came forward from states to contribute their small bit of soil that began to fill a large glass bowl. This was displayed throughout the conference, and at the final practice, each returned home with a small glass vile of the soil mixture to represent each one's presence.

*be aware  
of our being  
rooted in  
the earth*

What was unique about this conference was how it was created. Teachers from various parts of the U.S. volunteered to take on a particular responsibility. This committee was coordinated by Sandy McAlister, who has been coordinating conference committees for the past eight or so years. The dedication of this group created a joyous and glitch-free conference.

The 2010 conference will be also held at Lied Lodge (August 12 – 15). The Conference Advisor is Sky (Sandra K. Young-Wick), who did a fantastic job with meal planning at this past conference. Jean Katus will receive registrations. You are encouraged to register early to take advantage of the lowest rate, which will be extended to all newly accredited teachers up until the conference. See [www.taichichih.org](http://www.taichichih.org) for forms.

Looking forward to 2011: Each teacher is welcome to look for a place to gather. The main criteria? A meeting space of about 4,500 square feet. Please contact Sandy McAlister if you have such a place.

Since the 2009 conference model worked so well, you need not be concerned about having a built-in committee in your area.



Why attend Conference? First of all, you and your practice will be deeply enriched. You will experience the excitement of teachers gathered from areas where there are numerous teachers to those in isolation. It is a means of continued support, of connection and new ideas from how to improve your teaching methods to how to better understand the movements and model them well for your students. And of course there is practice, practice, practice. It is so important that each teacher attends one event a year in order to stay current. One very common question asked about conference is, "What movements have changed?" Perhaps the better question would be, "How are we understanding the form based on the teachings of Justin Stone, and how is that new understanding being applied?"

Pam, Sandy and I continue to research Justin's videos and photo text to better understand the form, as well as meet with him at least twice a year. It is not so much that the movements change, but we change by practicing the movements. As we change, we grow deeper in our understanding of the way to move, and its application brings us into another transition – change. This cycle happens over and over again. "Just as the thought conditions the Vital Force, so does the flow of this *Chi*, this Intrinsic Energy, condition the way of thinking. As these changes occur we get in touch with ourselves and the world we see begins to change. Joy becomes our natural heritage." (*Spiritual Odyssey*, page 23). If you want to get the most out of your practice, do it well, applying the principles, and be aware. "Awareness is the root of T'ai Chi Chih, which is essentially inner-oriented." (*Spiritual Odyssey*, page 31).

I had an interesting conversation with someone who was going to the New Jersey teacher training. I mentioned that individuals preparing for accreditation often ask, "What happened to the joy in Joy thru Movement? It just isn't as joyous any more." We came to the conclusion that in the learning of TCC, the student is trying to remember the mechanical parts of each move and what to move. Once this is accomplished, the form evolves into more of an even flow when the principles are understood and applied. Then, the hope to teach brings on deeper study with refinements, leaving the student wondering if they will ever make it, especially when everything begins to fall apart. "I thought I knew T'ai Chi Chih." Then the breakthrough allows it to come together in an even flow with softness and continuity. Joy.

Now you know why it is important to attend a conference. I'll look forward to seeing you in Nebraska City in August 2010. Hopefully those who did not attend last year will make the decision to come. Who knows, we may land up with 200, and that would be very joyous.

## Now Is The Time

By SANDY McALISTER, HAYWARD, CA

Two hundred people try T'ai Chi Chih at a conference breakout session. They each tell two people about their experience. Each of those 400 people pass on to two other people what they heard about TCC. In just three exchanges 1,400 people learn about TCC. Linda Braga presented TCC at a conference to approximately 200 participants at a six-thousand-person conference. Information about TCC and Linda's presentation was listed in the conference brochure. How many people learned about TCC that weekend, whether by word of mouth, reading about it or trying it at the presentation?

*in just three  
exchanges  
1,400 people  
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TCC*

The vast majority of people who become TCC teachers do so because they have received personal enrichment from the practice and want to share the benefits and joy with others. A person does not have to teach several classes a week to consider themselves a teacher. I know many teachers who have full time jobs and teach one class a week. They are doing what they enjoy and being of service to others. And through teaching, they continue their own learning.

There are multitudes of ways to bring the practice to others. Many teachers have peripheral interests where TCC can be introduced and shared, such as Linda did at the conference she attended. When you practice on the weekend why not practice in a park and invite other students and teachers to join you? Have informational flyers nearby. Even if you don't have classes, list other teachers in the area who do. You are going to practice anyway; why not share your practice in a public place and plant seeds of interest. When friends show an interest, gather them together for coffee or tea and an informal demonstration. Have them try it with you. If you are not teaching at the moment, give them names of area teachers who are.

There are TCC students who love the practice and would like to be a teacher but feel they are too busy and do not have time. I have had several students over the years that say they want to be a teacher when they retire. What rich experiences are they missing out on now, and how many people are not receiving the benefits of TCC while they wait until they retire to become a teacher? Teaching does not have to be a full time experience. Keep it simple, one class at a time, one presentation at a time, one friend at a time. Don't wait until you think you will have time to be a teacher. The time is now.



## Seijaku Testimonials

By PAM TOWNE, OCEANSIDE, CA

Do you practice *Seijaku*, the advanced form of T'ai Chi Chih? This summer I taught a six-week *Seijaku* class in Southern California and was deeply moved by the experiences shared three months after we began this powerful practice:

"*Seijaku* has greatly increased the *Chi* that I feel and has helped me tremendously in the energy healing work I do. The massages, tonings, movements and meditations are so special; words do not convey all the wonderfulness. Hopefully people will be drawn to experience it for themselves."

— COLLEEN CROSSEN, TEACHER CANDIDATE

"Justin says that *Seijaku* and the *Jing* are the most powerful tools for the western world. I agree and am most grateful for this gift." — GENE BOX, TEACHER AND OCTOGENARIAN

"I remember hearing that *Seijaku* would give us feedback about ourselves, our purpose and our connection to what is Real. I believe that by doing *Seijaku*, I was able to face and make some very difficult choices in life, including the decision to relocate and redirect my career path. Through practice, I trust I will receive the guidance and clarity needed along life's journey." — ANNE LOVEDAHL, TEACHER CANDIDATE

"When I practice *Seijaku* I notice strong sensations in my hands in the very places I have had arthritis pain. I believe *Seijaku* is exerting a healing effect on the affected areas, and there has been definite improvement in my hands. I am so grateful for this second chance at *Seijaku*. I first learned it years ago in a weekend, and it overwhelmed me."

— DIANA WRIGHT, TEACHER

"I have an auto-immune disorder, Hashimoto's thyroiditis, which leaves me with little energy and very low blood pressure. Since I've been practicing *Seijaku* I've been feeling better and have more energy. Hooray!"

— KAREN GORAN, TEACHER

In going through notes from *Seijaku* courses over the past 23 years, I came across an impactful statement that Justin Stone made at the training he led in 1989: "*Seijaku* has given me the confidence of many more years of health and strength." Twenty years later, his confidence was well placed.

## Pulling Taffy: A Love Affair

By CARMEN L. BROCKLEHURST,  
ALBUQUERQUE, NM

I've experienced what many people feel when trying to learn Pulling Taffy and its variations: frustration, uncertainty and sometimes a desire to avoid it altogether. I would like to offer a word or two about the impact of repeating: "I just love Pulling Taffy." This simple affirmation, I tell my students, is the beginning of a love affair with the movement.

The hip swivel involved in the movement is absolutely essential to its execution and ease of flow. In his DVD, Justin Stone describes it as the hips making "a small circular motion as the waist turns, and we shift the weight from one side to the other."

The importance of this simple hip swivel motion is little understood. For years, it was thought of as a simple shift of the body from side to side. However, the small circular motion of the hips is crucial – so that the shoulders don't end up doing the work. The joy of learning the hip swivel lies in the feeling of stillness in the upper body, in allowing the generation of *Chi* from the waist and hips. This *Chi* then flows up the body to the arms and down to the hands as each hand passes over the other.

It is worth taking time to come into this wonderful state of stillness, joy and love. Our being requires it, so that our interactions in the world are generated from the simple circular motion of the *tan t'ien*. It moves us to love and share the *Chi*.



## Pulling Taffy: A New Focus

By JEAN KATUS, RAPID CITY, SD

Since the conference, I have slightly altered the way I do and teach Pulling Taffy. My emphasis had traditionally been on the *tan t'ien*. I've now adjusted the focus to the side movements, where I feel there is more power. Mentally, I envision a fine filament or thread coming from the *tan t'ien* as I begin a Pulling Taffy move, causing my hands, arms and waist to come into position with much more smoothness and flow as well as less effort. Years ago, Justin suggested seeing our bodies as marionettes suspended at the head, yet grounded below, allowing the strings of the marionette to move our bodies in the most efficient and easy way. The feeling complements his comment that no one does T'ai Chi Chih; it does itself. The marionette image seems to apply to the Pulling Taffy movement and other side-to-side movements. My students indicated they liked the idea

of a thread or filament being the impetus of feeling where the movement originates.

### *A Request Reminder From Justin*

"Justin will be 93 years old soon. Since scores of letters remain unanswered, and reach far beyond his ability to answer them in detail, he asks that his students, teachers and friends refrain from writing to him for the time being as he conserves his energy. Thank you!"

Editor's Note: The most important resource for T'ai Chi Chih teaching tips comes straight from Justin Stone. Period. Watch and listen to him on his instructional DVD. And read about and inspect his movements in the Photo Textbook. Both are available from Good Karma Publishing.

His words are also available in the essential booklet, T'ai Chi Chih Teaching Tips, available through the New Mexico T'ai Chi Chih Association for a small fee ([www.taichichihassociation.org](http://www.taichichihassociation.org) and 505-299-2095.)

# Pulling Taffy & Ice Cream

By DONNA McELHOSE, WILDWOOD, IL

Finding an exciting and creative teaching pathway for students can be challenging. When it comes to Pulling Taffy, I think I've hit on something fun. Since most people like ice cream, I've tapped into the motions involved in preparing ice cream, from scooping to serving.

The first motion involves the body carrying the hand in the direction one is flowing. When shifting left and turning at the waist, the left hand scoops the ice cream up and to the right at waist level. The next motion has the right hand moving upward in a circle, as if putting a topping on the ice cream. Continue with motions that resemble wiping off the ice cream dish and finally serving the dish to a friend. Naturally, there is much more to this movement, but the use of a simple concept like preparing ice cream can help a beginning student get into the movement until greater skill is attained.

## Pulling Taffy

By AMY TYKSINSKI, ALBUQUERQUE, NM

*Editor's Note: Amy attended a recent TCC retreat given by Carmen Brocklehurst and has written up what Carmen taught for each movement in the hope that others may benefit.*

When teaching beginners, suggest they touch the leg that is going to move with the same-side hand. And then tell them that the hand just keeps going. This helps new students remember which hand is on the bottom. Note that the hands pass one another over the first leg. (So if you are stepping left, the hands pass one another over the right leg, not in the middle of the body.) The bottom hand stays at waist level.



# My Love For Pulling Taffy

By CAROLINE GUILLOT, LAKE CHARLES, LA

Why do I love Pulling Taffy so much? Probably because by the time I get to this movement, I am deeply involved in the practice. I love the circularity in the turn of the waist because when my left arm was in a cast, it was one of the movements I could do best.

What do I tell my students about it? To stay grounded all the way through the shift from side-to-side and to let the *yin* leg straighten. There is no need to hurry and no need to lift the foot too early on. Therefore, it will not become a leaning affair or a dance.

I also advise my students to allow the waist and the hips to circle around, to have fun swirling from one side to the other, allowing the *tan t'ien* to check every possible point of that internal ellipse. We form some sort of an ellipse with our waist, which is our core being, our *tan t'ien*.

By the time we are in the middle of the shift of the weight, the sticky part of the pull is done and the hands continue on their way. The hand going out is turned up to the sun with the elbows close to the

body without being tight. The other hand going down has the palm turned toward the earth and settles close to the thigh like in a graceful conclusion.

Above all, I let my students know the importance of finding the circularity, the ellipse and the hip swivel from the *tan t'ien*. One should stay rooted and connected so the movement does not become a visible dance. Feel the stickiness in the pull of the hands, and let one hand turn to the heavens and the other towards the earth. Feel the rhythmic movement inside. Enjoy, in joy.

## Pyramid Poems

*"Beyond Beginners" (Dianne, Harriet, Irene, Norma and Sheila) express why they keep coming back:*

Chi  
softness  
just flowing  
from my centre  
so gently  
let go  
ah

still  
seeking  
the effort  
of no effort  
relaxing  
learning  
gift

soft  
pulling  
energy  
rocking motion  
following  
flowing  
still

sink  
rocking  
circular  
from the centre  
gently flow  
shifting  
weight

## In Choosing To Become A Teacher

By KAREN DINGWELL-McCARTHY, GANDER, NEWFOUNDLAND, CANADA

I started my path to teacher accreditation uncertain of when I would actually attend a teacher training session. I just felt that somewhere deep inside me I wanted to teach T'ai Chi Chih. Part of this desire to teach was to ensure that I would keep practicing myself. I wanted to surround myself with a TCC community, and I knew that teaching would bring that. Preparing for teacher training was an intuitive process. I took one step at a time as each opportunity was presented. Usually I didn't see beyond the next event on my path; I moved forward with a strong faith that the *Chi* would continue to lead.

I attended a TCC training weekend during my time off from work as a schoolteacher. My rationale for the financial cost was that I was investing in myself. Fortunately, my husband had no misgivings about how I spent my vacation time, and he always drove me the 300 km to the centre for the sessions, staying in a hotel with me for the three-to four-day period.

Despite my five-year commitment to the process of becoming a TCC teacher, I had a difficult time in the final three months before the actual training session began. A state of anxiety grew as I anticipated the weeklong process. My auricular acupuncturist was perplexed when he saw me just prior to the training. He noticed that although I am typically stress-free during the summer, this was not the case. I talked about my anxiety regarding the upcoming training, but acknowledging it didn't alleviate it. Even friends' words of support didn't help. Essentially, I went to teacher training completely terrified.

I don't know why I was in that state. My teachers had been encouraging, and I had two signatures as proof that I was ready. My rational mind made no sense of my fears. But, like a trooper, I kept my eye on the goal and stubbornly battled my terror. In the end it turned out that my fears were unfounded. I had such a gratifying experience that I can imagine auditing a future accreditation session. I have even encouraged a friend to become a TCC teacher as well.

If you think you have to feel confident and carefree before attending a teacher accreditation, I am proof that you do not. Follow your intuition, your heart and the *Chi*. Follow whatever leads you. Follow it especially when it leads you to teacher training because the week-long accreditation process is well worth taking.

## Change & Realization

By SUE BITNEY, RICHFIELD, MN

I was teaching an eight-week class through Minneapolis Community Education when an elderly student came into class leaning on her son. She was leading with a cane in one hand and dragging an oxygen tank in the other. The woman explained that her doctor suggested that she try T'ai Chi because there was nothing else he could do for her.

The beginning students sat in a circle and shared what had brought them to T'ai Chi Chih. I shared that TCC provides the same benefits whether you do them standing or sitting, so students should feel comfortable sitting if necessary. Although this particular student would try a couple of repetitions and then sit down, she was determined to stand as much as possible. After the first eight-week session, she shared that her doctor was very pleased with her improvements.



When the winter session began, she arrived with a smaller oxygen tank and her cane. Over the course of eight weeks, she stood for more and more movements each week. At the end of the last class, she reported that her doctor was even happier about her progress and that he wanted her to continue. He even helped get her insurance reimbursement for the cost of the class.

When the spring session began, she arrived without an oxygen tank, and she only sat during the class discussions. On the last night, when we sat and shared our experiences, my "oxygen student" said that she'd enjoyed TCC but was disappointed: "I thought my balance would improve but it hasn't." Before I could say anything another student chimed in: "You must be kidding. Do you remember when you first came to class dragging an oxygen tank and hauling a cane and you needed to sit down a lot?" She looked surprised. I added, "Do you think that TCC has been part of that change for you?" She was quiet and then looked up, "I guess it has."

This delightful student came to every class, was faithful to her daily practice and bought Justin's DVD and book the first night of class. Getting better took her by surprise. Over nine months she had changed from a frail, grey-faced, bent-over, oxygen-dependent woman to one who smiled, stood almost-straight, breathed without help and stood and shifted her weight for one hour without support. The *Chi* so totally flowed through her that she didn't even realize it was healing and strengthening her. It just became a part of who she was. Because of her, I, too, became more aware of how TCC has healed me and carried me forward. All I needed to do was pay attention.

## My Dark Side

By TERRY ENGELHART, SALTILLO, MS

**O**n December 11, 2001, my wife died of cancer, and in a moment I lost my wife, my lover, my best friend and my self. From that day on, I would fight depression and suicide on a regular basis. Ultimately, what kept me from suicide was a combination of faith, a friend and T'ai Chi Chih.

Born and raised a Catholic, I went to Catholic grade school, was an altar boy and learned to recite the entire mass in Latin.

Nuns used to drum into our heads: *"Take your life, go to hell."* My main goal after my wife died was to get to heaven sooner than later. But what if the nuns were right, and if I took my life, I would lose the opportunity to be with the Lord and my lovely wife? Faith made me pause.

One friend also gave me reason to pause. This retired military friend had served in the Special Forces, where duties included teaching other military personnel how to kill. I called him one weekend when I was very low and asked for help. I asked him to come to my home and help me finally end my pain. He came to my home as requested, but instead of killing me as asked, he beat me within one inch of my life for expecting it of him. With that, he saved my life.

Another thing that pulled me away from suicide was a memory of a humorous event from 1961. Humor provides strength beyond all measure, and this particular memory has visited me numerous times over the years. I was on a date at a restaurant, and when it was time to order, I told the waitress that I would like to have a "quickie." She looked stunned so I repeated my request. She turned beet-

red, slapped me and stormed off. I was dumbfounded. Smiling, my date kindly explained that I had mispronounced "quiche." To this day, I have never ordered quiche, much less a "quickie." When this memory can still make me laugh, how can I contemplate suicide?

Even with these interventions, my struggles with depression continued until one day in 2005 when I spotted information about a T'ai Chi Chih retreat in a newspaper. I attended the weekend retreat, but I decided on the second day that it wasn't for me. I left early, but several weeks later I felt that my teacher, Ron Richardson, needed an explanation. After writing to him, Ron suggested that I try several TCC books and DVDs. That marked the beginning of my TCC journey.

My journey had its challenges. In the beginning I had trouble getting my mind in sync with my heart and body. In order to do that, I had to let my mind go and fall into my heart. I began focusing on the present moment and releasing the clutter. That's when things finally fell into place. I made the move about the move, concentrating only on what I was doing. I became graceful even when I lost my balance.

As I continue my TCC journey, I never stop learning. I know that I am alive today because of a number of factors that came together. I plan to become an instructor to pass on what TCC has to offer (when practiced daily) and spread awareness of the incredibly supportive practice that helped save my life.

*let my  
mind go  
and fall  
into my  
heart*



## Practice Impacts Life's Challenges

By DAVID STONE, PORTLAND, OR

**I** practiced T'ai Chi Chih movements this morning, and it made a really tough day not so bad. My wife and I had couples counseling, and I had to disclose some very troublesome secrets. It was very difficult, painful and emotional. We made it through without walking out and giving up, although I almost gave up. I give thanks and gratitude that I was able to cope with my life today. TCC really helped. To my teacher, Steve Marsh, thank you for your generosity and support. TCC has had an important impact on my life after coming back from Iraq and into a recovery program.

## Hooked While Showering

By B.J. DAY, ALEXANDRIA, LA

*Note from B. J.'s teacher: B.J. is in her 20's. She's a neat person but has stated that she is clumsy, awkward and has no balance. Often, when a person isn't athletic, they can't believe how graceful they can move while doing TCC. B.J. is that person.*

**I**want to tell you about my morning because I thought you would love this: While waiting for the shower to warm up, I did Rocking Motion simply to try to remember it. While in the shower, I tried to remember Six Healing Sounds. By the time I was out of the shower, I was more awake than I have ever been in the morning. I really felt empowered to face the day. It was a spiritual kind of deal; I think I'm hooked.

## Conference Talk At The 24th Annual 2009 Conference

By JUSTIN STONE [TRANSCRIBED FROM VIDEO PRESENTATION]

Greetings to everyone. T'ai Chi Chih has brought us all together. What I want to do in this short video is talk to you about four different TCC movements that I think, as teachers, you have to be well aware of and do conscientiously.

The first one is Pulling Taffy. In this movement, I've noticed a good many people go only part way and, actually, the movement out and the hand up to the sun are very important. (I'm sorry to have a 92-year-old doing this for you, but perhaps you'll get the idea.) This hand goes out to the sun and the right hand goes down along the leg. Then we go to the other side; notice the hand is out here turned up to the sun. This is not Pulling Taffy. This is Pulling Taffy. [Justin demonstrates the right way to do Pulling Taffy.] Don't forget that the back hand goes down along the leg. So there are four different movements in it, including a hand out and turned up to the sun. The reason I mention this phrase, "hand turned up to the sun," is because it's good to have in your mind a key that tells what the movement is like. So if you remind students that the hand goes out turned up to the sun, I think they'll get the idea of Pulling Taffy.

The second problem involves two movements. In Carry the Ball to the Side, you want to use your wrists and not your arms. I see this all the time [Justin demonstrates Carry the Ball to the Side]. That is not Carry the Ball to the Side. Make sure that your students understand that it is not an arm movement; the arms have to move a little bit, of course, but the wrists turn.

The second thing to remember is that Carry the Ball to the Side means that you are carrying a ball and a ball is round. Therefore, your hands must be cupped to have that happen. In Bass Drum the hands are about a foot apart, and the wrists do the work. The most important part of this movement is that it takes place below the waist. Unless the teacher gets across the idea of the shifting of the weight, the *yinning* and *yanging*, the whole movement is wasted. When you go forward, your weight shifts forward and the back leg straightens. When you come back, the back leg is bent and the front leg is straightening. So in Bass Drum and Carry the Ball to the Side, you must remember that the wrists do the work.

Perhaps the most important feature of TCC is *yinning* and *yanging*. In the *yinning* and *yanging*, the positive and negative means the weight-shift. But when the weight is shifted, the top of the body does not go forward. The top of the body is straight. TCC is done mostly below the waist. So whatever movement you are doing, your back leg is stiffening and your weight is shifting forward, but the



top of your body is not shifting forward. This is incorrect. This is correct. [Justin demonstrates Around the Platter.] The back foot is straightened out, and the top of the body is straight up and down. (Naturally it has to move a little bit.)

For those of you who are taking notes, I go over these four things in the hope that you will remember them and practice them here at the summer conference.

The first thing was Pulling Taffy: the hand goes out to the side and is "turned up to the sun." [Justin demonstrates Pulling Taffy and its variations.]

The second thing we want to remember is in Carry the Ball to the Side and Bass Drum. In Bass Drum the hands are about twelve inches apart and they stay that way throughout the movement. But the most important part of the movement is in the *yinning* and *yanging* below. [Justin demonstrates Bass Drum.] Notice the wrists. It's the same thing with Carry the Ball to the Side; the wrists are doing the work. [Justin demonstrates Carry the Ball to the Side.] When you go sideways you can't do the full *yinning* and *yanging* that you do when you go forward and backward. Obviously, the knee bends and the weight shifts, but it's not exaggerated the way it is if you're doing this. [Justin demonstrates Around the Platter.] So use the wrists on Carry the Ball to the Side and Bass Drum. Be sure that you do the *yinning* and *yanging* correctly with it. Hands are about a foot apart and the weight must shift – but the weight shifts from below the waist.

The last thing I tried to get across to you, and perhaps the most important thing, is the *yinning* and *yanging*. When you go forward, that is *yang* because the weight is shifted forward and it becomes positive. So the weight is shifted to the left foot and when it comes

CONTINUED ON PAGE 13

back, the weight is shifted to the back foot. *Yinning* and *yanging* must be taught because at the beginning, students are going to be concentrating on what their arms are doing – which is simply a muscular exercise.

So Pulling Taffy: out to the sun. Carry the Ball to the Side: the hands are cupped. Once again the *yinning* and *yanging* are most important. I've tried to emphasize these few points because to be a good teacher you have to be at home with getting across to the student what your hands do, what your weight is doing and so forth.

Again, Pulling Taffy: hand out to the side. That phrase "hand turned to the sun" will help you get across what should be done. In the case of Carry the Ball to the Side, remember that you are carrying a ball, which is round and so the hands are cupped. The work is done by the waist.



These are just four points, but if you remember them and do them correctly... You also have Pam, Sandy, Sr. Antonia and a lot of experienced teachers here to help you with it. To be a good teacher you must know what you are going to say when you are first teaching a particular movement. I'm sure all of you are going to turn into good teachers and you're going to be very successful teachers. Thank you.



## No Extraneous Movements In T'ai Chi Chih

By JUSTIN STONE

[REPRINTED WITH PERMISSION FROM THE VITAL FORCE, DECEMBER 2001]

There are no cosmetic movements in T'ai Chi Chih that are done for aesthetic reasons, as though in a dance. Each movement has a purpose, and, as one practices TCC regularly, he or she will gradually sink into the Essence of the form and come to understand the purpose and the meaning of each movement.



Very often in Bird Flaps its Wings and in Pulling Taffy: Variation #2, we notice teachers or students simply waving both hands aimlessly. Actually the circles should be just that – complete circles imitating a windmill picking up the air, which is closely identified with the *Chi*. Keeping the palms of the hand facing the ground and just moving the hands sideways defeats the purpose. Similarly, in Light at the Top of the Head, the hands face straight up, meaning the palms face each other so the polarity is felt. The hands are not flat on the head, moving idly. At one time or another I have seen every movement flawed by some useless move that looks as though it has been choreographed for a dance. This is especially so in movements like Daughter in the Valley, where hands wave aimlessly, far to the side, as they come up to meet at the top of the swing, thus completely negating the polarity of the two hands rising while facing each other.

I could mention many more examples of cosmetic moves, such as shoulders moving in circles. (Actually the shoulders play a very small role in TCC and are never dipped to one side or the other.)

If you understand what I am saying, you will not mistake TCC for a dance and insert graceful, meaningless gestures. The purpose is to circulate and balance the *Chi*, and this can be best done by keeping the movements simple without meaningless flourishes.

We have very satisfactory practices in Albuquerque on Tuesday mornings, and quite a few teachers come from out of town to join us. When I make a correction, it is not to make me happy or fulfill some academic requirements; it's to enable the teacher to get the most benefits from the practice, and to pass the form along to the students in the most helpful manner.

# Connections: Nourishing, Rooting & Blooming

BY PAULINE QUIMSON-TONG, CHAMA, NM

*Editor's Note: Pauline addressed the major questions that were discussed at various sessions throughout the summer conference.*

## *How do I nourish my T'ai Chi Chih practice?*

- By being faithful to my own daily practice, apart from teaching.
- I choose different locations and natural places in nature as an added treat.
- I use music such as Justin Stone's compositions or other melodies that give more depth and meaning, while enhancing the flow of movements.
- I find that my *Seijaku* practice helps me to appreciate and understand even more the meaning of softness in TCC.

## *How do I ground?*

- I ground by doing Rocking Motion.
- It helps me visualize my whole body connecting down to the earth through my feet, as if taking root into the ground.
- I walk barefoot on the moist green grass.
- I feel the bottoms of my feet and the carpet, floor and earth beneath them.
- I breathe and breathe again. Gently. I breathe again. I just keep breathing.



## *How do I flow from the center?*

- I practice TCC seated, to feel my *tan t'ien*.
- I feel the bottoms of my feet, especially the *Hsu* or bubbling springs, which connects me to my *tan t'ien*.

## *How do I spot common student mistakes and how do I correct them?*

- I am present. I observe. I look. I listen.
- I address common mistakes to the whole group. I show them first how not to do the movement, and then I follow by how to do it correctly. Then, I help particular students one-on-one, as needed and according to their readines.

## *What does the spiritual side of TCC mean to me?*

- Being true to that which I am. Manifesting and being who and what I am. Then, in truth, assisting others in finding that which they are, so they can manifest who and what they truly are.

## *What does "going forth to bloom" mean to me?*

Allowing the *Chi* to keep growing and flowing in and through me.



# The Ballad Of Justin Stone

BY PETE GREGORY, HIGHLAND, IN

Come and listen to my story 'bout Justin Stone  
Teachin' T'ai Chi Ch'uan, barely kept his classes goin'  
Then one day while he's doing no-thing  
Came a new T'ai Chi – up his bubbling spring  
Chih, that is, Joy thru Movement, Divine Love.

Well the first thing ya know, 'ol Justin taught a class  
Then a teacher training, the word was spreading fast  
In '93, New Mexico's the place he thought to be  
So he drove from California down to Albuquerque  
Bosque, that is, Hot Air Balloons, Southwest Cuisine.

So now it's time to give our thanks to Justin and his  
form

The benefits await us, and peace becomes our norm  
Please don't ever organize, or give into greed  
'Cause T'ai Chi Chih is but a gift to serve humanity  
Y'all keep practicin' ya hear?

# To T'ai Chi Chih's House We Go

BY PETE GREGORY, HIGHLAND, IN

Over the river and thru the woods,  
To Nebraska's Conference I go.  
To move alongside, to share and confide,  
With the closest family I know.

I join the first practice and throw in my dirt,  
So all of our flowers may grow.  
More hugs and connections, and rosy projections,  
Like Christmas without all the snow.

With presence of mind, I find presents of mine,  
Thru song or laughter, a smile.  
The excitement abounding won't last without ground-  
ing,

By rooting, my effort's worthwhile.

Yet perhaps the best moment of every year  
Is when Justin's voice fills the room.  
Whatever his focus, he'll manage to poke us:  
Be a good teacher!  
Now go forth to bloom.

## Picking Myself Up With TCC

By DIANA BAHN, NEW YORK, NY

I decided to attend the Nebraska teacher's conference and, as always, was looking forward to it.



Prior to the conference, in late June, I was in my midtown Manhattan neighborhood. As I crossed West 57th Street, I saw a car making a quick left in my path, so I ran for it. I was wearing sandals with no backs and the next thing I knew, I was flat on my hands and knees in the street. Besides tar stains on my new linen pants, bad bruises on both knees and really raw palms that ached for three weeks afterwards, I congratulated myself on making it through the fall with no broken bones. There was inner chastisement that I had "allowed the heart fire to rise," and then there was frustration when my investigation of the accident scene showed no uneven pavement to blame.

The fall continued to haunt me during the conference, but by the last day I felt free of its memory. I headed home with the intention of remaining more grounded and flexible. About two weeks after the conference I was playing tennis, and at one point I started running for an approach shot. The next thing I knew, I was on my hands and knees, but this time I felt pain in my hamstring.

The diagnosis of this fall was a bad second-degree strain; I could hardly walk. I felt like I had lost my center and was literally dragging my right leg. I began an inner dialogue about how I would get through this. Fortunately, with the help of acupuncture and physical therapy, I gently brought back my TCC practice. My personal goal was to do my daily TCC practice and eventually add *Seijaku* back to my life. I accomplished the goal in about seven weeks time and am practicing daily again.

So what do my falls symbolize? I want to say that I have no idea and take the easy way out. But I suspect that I have been feeling out Justin's words, "Our attitudes change and we become more like the bamboo rather than the oak."

## Dorothy In Nebraska

By NANCY WERNER-AZARSKI,  
MINNEAPOLIS, MN

This year's conference was an eclectic mix of activity, words, practice and people. We were small in number but quite energetic. I have attended many conferences since I was accredited and every single one has been memorable, thought provoking and educational. The 2009 conference was a standout for all those reasons and for its gorgeous setting. The physical surroundings were nourishing, rooting and blooming.

I began thinking deeply about my practice during the conference when Anita spoke. She said that T'ai Chi Chih was a personal journey within a community. That resonated with me, as it stressed the importance of being attentive to one's personal practice and to going out and teaching others while in a community of teachers.

During a panel discussion about how to address questions about spirituality, Anita suggested that anything you can't learn through the head is spirituality. It made me think about how people learn their TCC practice and why they stay with their practice. They undoubtedly are able to make the move from their head to their hearts. Pam called it an opening of one's heart and Sandy called it an inner reflection in the stillness – a personal spiritual journey, within a community, that opens one's heart and causes one to reflect in stillness. That is our TCC practice. That balancing act between the personal and the community is where I never fail to learn something, and that is why I am ever so grateful to have had the opportunity to attend the conference. Some of my conference memories make me laugh, some impact my TCC practice. But all move me along my journey.

## Marrying Sky To Earth

By ANN RUTHERFORD, ALBUQUERQUE, NM

Where are the *yang* elements in our T'ai Chi Chih practice? At the recent TCC teacher conference in Nebraska, I realized how important key *yang* elements are in the TCC practice. I greatly appreciate the importance of grounding the *Chi*. Grounding the *Chi* is fundamental, not only in TCC practice, but in all spiritual practices. When Mara challenged Buddha's right to Enlightenment, he touched the ground. Buddha also said, "He who keeps his attention in the soles of his feet, cures a thousand ills."

In Japanese flower arranging, this precept is reflected in the three-pointed arrangement – sky above, man in the middle and the earth below. Martin Luther, the founder of the Protestant sects, wrote *Here I Stand ... not Here I Float*. The Kabala, the Jewish system of theosophy, also contains a grounding principle. In the *New Mexico T'ai Chi Chih News*, Justin has written about the importance of both the horizontal and vertical in spiritual practice.

Where are the *yang* elements in TCC practice? First of all, the close between



each movement series is an essential grounding point. It is important for one's hands to descend to the earth between

movements. Movements such as Pulling Taffy (and its variations) all have a very substantial grounding hand.

TCC practice is very powerful, and Justin created the movements to be performed in a certain *ying* and *yang* way for a reason. Experiencing both of these elements together can bring more power and balance to the practice.

*Editor's Note: At the conference, the following actively-teaching teachers (who also order healthy quantities of Justin's materials from Good Karma Publishing) gave short talks on how they use Justin Stone's material in their classes.*

## Using Justin's Writings In Class

By CAROLINE GUILLOT, LAKE CHARLES, LA

For many years, I have been using *Spiritual Odyssey* in my teachings, especially with continuing students. Coming back from a retreat and soon starting a new class, I thought about how to talk about T'ai Chi Chih when we all sit and share comments. I didn't want to speak so much, and I thought that having Justin doing the work for me would be a plus. I went back and read his *T'ai Chi Chih, Joy Thru Movement* once again, and I realized that everything you need to know about TCC is in this photo text manual. Instead of making copies (which we cannot do for copyright violation reasons), I included the book in the price of the class.

The book is such a great tool, providing students with a resource to check on the movements they have learned that week. It goes through the history of the form, the philosophy behind it, the important points on how to move and the origination of the six healing sounds. From the first to the last class, I use the book for homework assignments and to reinforce important points of movement for each position. During the final class, I quiz the students orally, asking them if they remember the purpose of TCC as well as its principles. Together, we write the answers in the book.

My students love having the book. Why was I ever afraid to make it mandatory for taking the class? One of the students said, "By giving us the textbook, it standardizes what is being taught and makes this form into something real." It ties us to the originator and to his words. For me, it is giving back.

## Using Justin Stone Speaks On TCC In Class

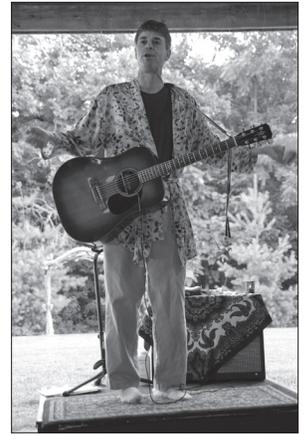
By CARMEN BROCKLEHURST, ALBUQUERQUE, NM

Using the *Justin Speaks on T'ai Chi Chih* CD in my classes isn't merely an intellectual exercise; it's an essential transformational tool.

In a beginning class I often play the CD as the students are coming in. Later, I might make the statement, "I see that for some of you, your fingers are moving as you are doing your practice. That is one of the confirming signs that Justin talks about on this CD I'm playing. What are some of the other signs?" There are usually a couple of students who can tell me one or two more signs that the *Chi* is flowing. This is not only helpful information to the students, but it's also an inspiration for continuing or going deeper with their practice.

In the first teacher preparation class, students are given additional homework other than simply doing their practice. Students are assigned to listen to the CD for fifteen minutes each day and to write down what statements make the biggest impact during the week. While encouraged to listen to the CD in their car, they are also encouraged to carry a notebook in order to jot down particularly meaningful statements.

Many students (myself included) are always amazed and grateful to find new meaning from very simple statements that we've heard often. The more we practice our TCC, the more understanding unfolds from within. This CD is a keeper.



## Motivation To Practice Regularly

BY DAN PIENCIAK, HOWELL, NJ

I teach many classes for seniors. Through these, I have realized that it is helpful to motivate the students to practice by speaking about the many health benefits of T'ai Chi Chih – particularly those desirable for seniors, such as improved balance, blood pressure regulation, increased bone density, better circulation, leg strength and ease of joint movement.

Enjoying these benefits requires practice on a regular basis since the effects of TCC are cumulative. For this reason, I now often cite various readings from *Spiritual Odyssey* in class. In one article from *Spiritual Odyssey*, “The Cumulative Effects of T'ai Chi Chih,” Justin likens the importance of regular TCC practice to that of a ballet dancer practicing faithfully in order to be successful.

Justin points to motivation as the key to practice and persistence. So as a teacher, I transitioned from a focus on how to teach TCC effectively to a desire to motivate

my students to practice beyond class time. Reading the following excerpt from *Spiritual Odyssey* can be very effective in motivating students: “The point is that TCC results are cumulative. Regular practice leads to the *Chi* firming the bones, and the *Chi* is progressively stored in the *tan t'ien*. The changes in personality often become remarkable as the evolving power of the circulated and balanced *Chi* takes hold. One can literally remake him or herself – if there is the sticking power.” (p. 98)

I often ask students who practice regularly to share positive changes they may have noticed since learning TCC. I am always delighted to see a few hands go up. One student proudly shared how her doctor had taken her off her blood pressure medication and told her to keep practicing TCC. Another student announced that she no longer had to drag around an oxygen tank on wheels. Another said that she used to draw and paint, and that since doing TCC, she was motivated again and doing beautiful work. And another student reported that his memory had improved, and that he had taken up reading again. There is no better motivation for students than to hear positive reports from each other. Using Justin's writing as a springboard for such discussions is extremely helpful.

## Students Touched By TCC

BY DONNA McELHOSE, WILDWOOD, IL

I teach credit-classes as well as continuing education/self-enrichment classes at a community college. Since my students start class without any knowledge of T'ai Chi Chih, I give them a homework assignment to search for articles discussing the benefits of TCC practice. Often students find an article on TCC that relates to a health condition they have or that a family member has experienced – such as back pain, a sleep disorder or stress.

Towards the end of the semester, I repeat the assignment. However, this time the students are much more aware of what TCC is all about. They have begun to feel that something is different in their lives, bodies and spirits. The articles they choose at this point in the semester are often very meaningful to them and sometimes students get emotional. Students find that as they deepen their practice, their understanding of Justin's works deepens. Many are truly touched by the changes that have come about in their lives from their TCC practice.

## Deepening Awareness

BY ANN RUTHERFORD, ALBUQUERQUE, NM

“The quiet meditation we enjoy immediately after T'ai Chi Chih practice, while our fingers, hands and being are still vibrating, is a way to retrace our steps to this One – that is, the Source” (pg. 97, *T'ai Chi Chih Photo Text*). Justin stresses the importance of getting the “small” mind out of the way during our TCC practice. An open, relaxed mind contributes to the relaxation of the body, and a relaxed body allows the *Chi* to flow freely. Realizing this, I use Justin's writings in my classes to inspire students to enter a meditative state while practicing. In *Zen Meditation* (pg. 26-27), Justin says, “When the mind has become one pointed and fully concentrated, the great miracle may take place, the mind becomes no pointed – blissfully lost in the state of no

thought.” In *Heightened Awareness* (pg. 58), Justin says, “Awareness is the mark by which we can judge the degree of progress one has made. Heightened awareness gradually becomes Universal Consciousness and we begin to get away from the self-centered concentration we had formerly known.”

As TCC teachers, not only can we introduce our students to this method of getting the “small mind” out of the way so as to enhance *Chi* flow, but also we can unveil to our intermediate students the process by which they can discover the answer to “who and what” they are. This is not an intellectual question that Justin asks; it is spiritual and reflects the very essence of TCC. “Those of you who've been with me in TCC have heard me say over and over, ‘Your task in this life is to find out who and what you are. You can't find out what you are until you find out who you are.’” (*Gateway To Eastern Philosophy and Religion*, pg. 63).

## Conference Connects Teachers

By DONNA McELHOSE, WILDWOOD, IL

Nebraska. Where in the world is that? (Next to Kansas, Iowa, South Dakota, Colorado, Missouri and Wyoming.) Why would I want to go there? That was a great question, too, and I have a great answer: the 2009 International T'ai Chi Chih Conference was held there. And what a conference it was. Individuals from various areas came together to organize and host the conference (instead of one geographic group doing all the work), and the collective energy was inspiring. I believe this made for a softer effort, and the whole conference flowed from our collective center. (Nebraska is almost the center of the United States.) This model opens up a new avenue for putting a conference together: A location without any teachers actually living there brought teachers from everywhere to lend a hand.



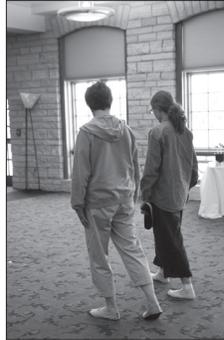
The conference included a benefit raffle for the scholarship fund, to which nearly every attending teacher contributed. Some raffle winners even gave their winning tickets to others. Participants also took part in a songfest where joyous noise was generated by all. The Lied Lodge staff spread out a barbecue while Peter Gregory (Indiana) and Alba Cordasco (New York) warmed us up with forty songs that could be heard, I'm sure, two valleys over.

## Feeding My Soul

By BECKY WATKINS, ALEXANDRIA, LA

When I saw the online

photos of Lied Lodge, I knew I would travel to Nebraska. It looked like a tree-lover's paradise paradise, a place to really relax, and it *had* to be cooler than in Louisiana in July. It was all that and more. When I arrived, the sky was clear and cool, and Omaha was beautiful (with no unsightly poles or telephone lines). My helpful driver offered a detailed history of the state, city, Arbor Day Farm, the Morton family, crops and rivers. When I spotted a peregrine falcon on the Platt River, driver-Dave mentioned that a bird expert visited Arbor Day Farm every morning and that maybe I could join him. Sure enough, the ornithologist, Dr. Larry Faulk, and I spent a delightful two hours spotting twenty-seven species the next day. All this and T'ai Chi Chih too? Had I won the lottery?



The feeling of gratitude became the theme of my conference experience. I was grateful to see everyone, to share a room with my teacher and friend, Caroline Guillot, and to make new friends. I am grateful for good teaching tips, for Sandy's help with Passing Clouds, for darling T-shirts and other items purchased in the vendor room. I am grateful for the huge wall of windows looking out on the forest as we did our practice, as well as the rain, sun and cool weather. I was especially grateful to see fireflies again. I am also grateful to Justin for his video talk and to a place that had an arboretum in its parking lot. The spiritual retreat was just what I needed to feed my soul.

## Nourishing My Practice

By DIANA REDING

I enjoyed the 2009 conference, especially when the entire group practiced together. You could feel the *Chi* in the room. I was happy to be with old friends and meet new ones. I nourish my practice by concentrating on the lower *tan t'ien*; the *yin* and *yang* are automatic now.

What I took from Justin's DVD in regards to Pulling Taffy? At one time I didn't especially care for this movement but now I enjoy it. I like how Justin explained keeping the right hand down and having the left hand face toward the sun. While doing my practice, I now feel resistance when pulling the hands across the *tan t'ien*. When I teach Pulling Taffy, I first have the students *yin* and *yang* to get the feeling of the full weight shift. Then I have the students do the arms. What I like best about Pulling Taffy is the feeling of flowing from the center.

I learned good tips for Bass Drum, Daughter on the Mountaintop, Six Healing Sounds and sitting still after practice – all of which I use in my daily practice. I teach my students to ground by focusing on a tree with the roots going deeper into the ground. To me, going forth to bloom means going out and teaching TCC.



## Hoping To Get vs Getting

Workshop with Carmen Brocklehurst in Albuquerque, NM; September 17-20, 2009

COMPILED BY EYV KIMMELL, ALBUQUERQUE, NM

*What follows is a free-flow compilation of attendee remarks taken from a Saturday night share at this T'ai Chi Chih retreat:*

DORA: When doing Daughter on the Mountaintop, two seemingly opposites coexist in harmony. ●●● ROBERT: I needed to renew my spiritual side. I came without expectations; whatever comes or doesn't come is the way it's supposed to be. ●●● SHERYL: I missed Rosh Hashanah to be here, so you know this is important. Having my students and a fellow teacher come along from Atlanta has been special. ●●● CHARLOTTE: I wanted to see someone "manage the *Chi*" and I now feel more centered. Things I have been working on have come to a culmination; my practice is much deeper. ●●● MAGGIE: I started a TCC journey years ago with Carmen; if she's giving a retreat, it's where I'm supposed to be. I've never felt *Chi* flowing the way it did today. ●●● NEAL: It was a good motivation to get my act in gear. This is first time I've felt connected to a community. Corrections to soften – in movement and in thought – have been motivating. ●●● DIANE: My brother suggested I could be a better support for him post-surgery if I came to the retreat.

BONNIE: The biggest surprise was meeting others; each one has reached out, and a vast number have meaning in their lives. ●●● MARY R: Carmen has said, "The harder it is for you to come to a retreat, the more you're supposed to be there." You are always grounded, so you just get out of the way and *feel* grounded. The effortlessness is there. Justin is effortless joy. ●●● BO: I was here a year ago and couldn't wait to get back. The biggest surprise is that my partner started taking TCC six months ago. A new phase is coming and it's been a big surprise how much my partner has participated. ●●● TIM: I wanted to experience this with Bo. My biggest moment has been a gift: I need to smile, express joy, reconnect with that in my heart. ●●● MARYANN: As two opposites come together, I have spent time shaking dust from my feet. In my training as a chaplain, the issue is: *what* you did, not *why* you did it. I'm going away distressed and happy.

JUDY H: I had an argument with my husband before the retreat, but now I'm not mad at him anymore. Walking the labyrinth, I realized that others are walking with me. ●●● ROSE: I was sitting at the feet of a Master. Justin's instructions to do TCC loosely helped, especially when he said, "when the burden of having to do things perfectly is lifted." ●●● JOYCE: I tend to take on too much stuff and new work responsibilities. The retreat is a quiet time to think about things that are really important. ●●● MARY W: I wanted to listen with something more than my ears. Passing Clouds is my least favorite movement, but today it flowed and feeling the flow was wonderful. ●●● JUDY C: One of my lessons is going into the middle of the river and letting go. I have left one shore to go swimming to the other. A dialogue with the *Chi* in the past month has led me back to feeling connected.



## Needed Tune-Up

Intensive with Pam Towne in Albuquerque, NM; September 4-7, 2009

BY HELENA FOX-BEAUDOIN

After coordinating caregiver responsibilities with my sister, arranging for substitutes at work, nursing a rotator cuff injury and dealing with two flight delays, I finally arrived at the T'ai Chi Chih Center in Albuquerque. If mind moves *Chi*, and *Chi* moves blood, persistence and prayers moved my body to be there. I arrived at the training attached to no expectations. My hope was to deepen my practice of TCC and possibly to meet Justin Stone.

During the training, Pam was gentle and patient. She was peaceful, teaching us to flow from the center and lead with our *tan t'iens*. She reminded us often about the softness and continuity of the movements. We all were in need of a *Chi* "tune-up," and she reminded us to "park our minds in the soles of our feet," and that TCC is "mostly done from the waist down." Pam

also shared instructional mental imagery to assist us in softening our practice. For example, the image of syrup running over a small ball can help produce softness in the hands.

Somehow, this particular image took me back to a childhood memory of a birthday present I received from my mom. It

was a shiny, black Magic-8 Ball. My *tan t'ien* had been replaced by a Magic-8 Ball, which resided two inches below my navel. While trying to focus on my *tan t'ien*, the reply came, "Try again later," one of the options of the Magic-8 Ball. Did I leave my *tan t'ien* on the plane somewhere between Las Vegas and Albuquerque? Thankfully, Pam reassured us all that "things have to fall apart before they come together." Allowing my *tan t'ien* to lead the movements while flowing from the center, I finally received the "Yes, definitely" message from my mental Magic-8 Ball.

Justin's appearance during practice, and his advice to stay loose, was the greatest part of the training. His support, gentle guidance and insights transformed me from being out of synch to flowing in *Chi* and energy.

## Joy In The Journey

Accreditation with Sandy McAlister in Grand Falls-Windsor, Canada; July 27- August 1, 2009

By SHEILA LEONARD, PBVM, HOSTESS, NEWFOUNDLAND, CANADA

Any single journey towards accreditation merits descriptors like challenging, demanding and intimidating. The culminating moment itself (as well as the journey) is described by participants as simply exhilarating, even transformational. Participants always fill out the picture with other words like awe, gratitude, amazement, profound joy and even a little disbelief. At one point the sun had broken through a cloud front with such brilliance that the group uttered an almost simultaneous, spontaneous exclamation. Even the wild thunder and lightning was undaunting to our prevailing high spirits.

We experienced a challenging week of learning and deepening within one's practice, as well as delights in the "aha" moments that pervaded the first three days of training. Then came presentations and days of practice teaching; along with them came no small amount of anticipation. The peer and teacher/trainer support was wonderful, the feedback constructive and the atmosphere safe and reassuring. Presentations written several times were laid aside and flowed from the heart, bearing testimony to the preparedness of the teacher candidates. A growing sense of confidence and competence as budding new teachers, however shaky along the way, was clear as the week progressed.

Journeys shared during accreditation week included candidates sharing their hearts and minds as they sought to reach deeper into their own personal T'ai Chi Chih practices. Lasting friendships were forged at those meeting points and memories formed, empowering one another for the journey unfolding before them.

To now have the opportunity to offer this jewel to others is a privilege for newly accredited teachers. For all gratitude was the tip of the iceberg toward Justin and his gift of TCC, for Antonia's guidance, for Sandy and her enduring support, for Dan who has journeyed faithfully with us, for me as teacher and host, for one another and for the growing world-wide TCC community.



## Join Us In The Heartland

By SKY YOUNG-WICK, PARKVILLE, MO

In the spirit of gratitude, we return to America's heartland for our annual T'ai Chi Chih Teacher Conference in 2010. World-wide TCC teachers are invited to gather at the beautiful Arbor Day Farm in Nebraska City, Nebraska, on August 12-15, 2010. (Many of us experienced this beautiful setting at our July 2009 conference.) We invite you to gather here in 2010 and experience the gift of TCC.

Jean Katus will handle registration; checks should be made out to her. In the check memo line, please write: "TCC Conf 2010." Jean's contact info is jean44ka@gmail.com, 821 Upper Pines Dr., Rapid City SD 57701; tel (605) 718-0543.

## Texas *Chi* Meets French *Chi*

By CAROL PAYNE, SAN ANTONIO, TX

My husband, John, and I recently had an international T'ai Chi Chih experience. We visited France, where we started our married life together, to celebrate our 50th wedding anniversary in September. I am a recently accredited teacher and my husband was in my first class. Actually, he was in both of my classes because according to him, he is a "remedial learner."

Before we travel, I always visit [www.taichichih.org](http://www.taichichih.org) to locate TCC teachers at our destination. I have practiced with teachers in Honolulu, HI; Libertyville, IL; and San Francisco, CA. Knowing that TCC is international, we started emailing teachers and ended up connecting with three French teachers.

Florence Germain-Robin, who speaks English, immediately invited us to stay with her. She lives in the charming village of Chambon-sur-Lignon, a wooded and hilly area in the Southern Auvergne area. She also invited the other teachers for a day of TCC. Florence was accredited when she lived in MN. When she returned to France, she continued teaching. Her students, Catherine Boillot and Jean Michel Victoire, went on to become teachers.

John and I practiced with Florence and her current students one day in her studio. TCC was the universal language. We also had a joyful *Chi*-filled practice with Catherine and Jean Michel in a park near where Florence lives. We shared some teaching notes and experiences, reviewed the movements and had a wonderful experience. What a gift Justin has given us with TCC. We are definitely an international community.

## Heightened Experience Of *Chi*

By DANIEL PIENCIAK, HOWELL, NJ

Last year Pam Towne asked if I would be willing to host a *Seijaku* accreditation course following the 2009 conference. As a teacher who has hosted many *Seijaku* accreditations, and taught quite a few courses, this came as a welcome opportunity. Justin Stone has given us an extension of the wonderful experience and benefit of the “great secret of life” of T'ai Chi Chih through the practice of *Seijaku*, which he calls “the advanced form of TCC.” Like TCC, it is undoubtedly a great gift and opportunity.

When I first learned *Seijaku*, I did not really understand it and was not confident in practicing it. After hosting several *Seijaku* courses, I began to deepen my understanding and then to teach it to my advanced students. It was gratifying to be able to share this practice with them and to hear of their own experiences with it. But even at that point I noted that I would tend to “forget” about *Seijaku* and not practice it very often. Even then, I intuitively felt that something was missing – that it just seemed like too much work and physical effort.

We hear over and over again about “hard” and “soft,” and “holding fast” and “letting go,” but do we really do it? I finally realized that I had been trying too hard. I had been too focused on “holding fast” and not enough on “letting go.” I discovered the great power and softness of letting go completely. Yes, we sometimes have to make some physical effort in our learning process, but when we finally learn to let go in TCC, it is wonderful. It is even more wonderful, I found, in *Seijaku*. Its power is deeply moving and offers great strength. Do yourself a favor and prepare to attend the *Seijaku* accreditation course offered by Pam Towne following the 2010 conference. Or purchase Justin Stone's excellent instructional *Seijaku* DVD. There is no reason to deprive yourself of this gift and legacy of Justin Stone's any longer.



## Dual Gathering

Retreat with Antonia & Seijaku Workshop with Dan Pienciak in Ringwood, NJ; August 20-23, 2009

By DANIEL PIENCIAK, HOWELL, NJ

I had the great pleasure of teaming up with Antonia to offer our annual double event in Ringwood. Antonia had eight attendees for practicing and refining T'ai Chi Chih movements, and I had six for the purpose of reviewing and refining *Seijaku*. Antonia's attendees always appeared joyful and enthusiastic when the two groups converged at meals and for the final practice, and this weekend was no different. Everyone looked forward to continuing his or her practice at home

and gathering again at another event. Having just hosted the *Seijaku* accreditation course in Nebraska the month prior, I was naturally very motivated and inspired, feeling that I had a lot to offer at the retreat. Great discussion and great practice made for a very satisfying weekend, and we renewed our commitment to *Seijaku* practice.

## Notes From A TCC Weekend

By STEPHAN KOBLOCK, NORTH HALEDON, NJ

I have been studying T'ai Chi Chih for two years and have just attended my first Ringwood weekend. I had a wonderful, knowledgeable and inspiring teacher who nurtured my interest in learning TCC. Over the weekend I had an experience that broadened my understanding and appreciation of TCC that I consider to be “cross pollination.” The weekend had a mix of teachers and experienced students, some of whom were working toward teacher accreditation. In addition to working with and learning from Antonia, I had the opportunity to speak with a number of other teachers. The sharing of experiences between students and teachers was a totally unexpected delight and would have made the experience of the weekend completely worthwhile in itself. The teachers' openness and enthusiasm deepened my understanding of TCC and encouraged me to continue my TCC journey.

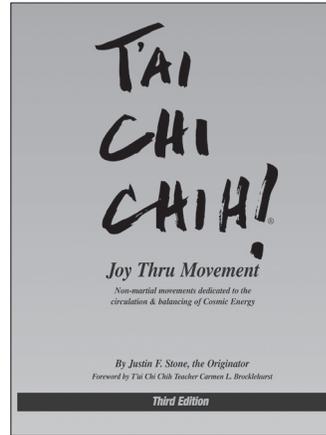


## Karmic Comments

### - VIDEO CLIPS OF JUSTIN ON YOUTUBE.COM -

Every two weeks, GKP posts another never-before-seen clip of Justin explaining how to do a certain movement. (If you are a member of the T'ai Chi Chih facebook page, you receive notice of when these are posted. If you are not a member – it's free and easy to sign up at [www.facebook.com](http://www.facebook.com) – you can still find them by going to <http://www.youtube.com/user/tccabq>.)

Says teacher Jim Shorr of Portland, Oregon: "Congratulations on getting Justin on YouTube. The video is superb; I understood most of his suggestions and avoidances. I've already watched and listened to him (three or four times) moving and articulating tips on Working The Pulley, Joyous Breathe and Bass Drum. I picked up several points on proper teaching and stressing the circularity. .... We learn something new every time we watch Justin Stone "in action." For Six Healing Sounds, he clearly articulated the nature of the aspirating sound versus the spoken word, emphasizing the hand moves firmly but not hard. (I see some folks forcing that forward motion of the hands.) We also noted that he drags out the *chewwww - eeee* sound, and he says that people with kidney issues can do the entire Six Healing Sounds and enunciate *chewee* the whole time. Keep up these helpful points from Justin."



### - HOT OFF THE PRESSES -

The 3rd edition of the *T'ai Chi Chih Photo Text* is hot off the presses, and its cover price remains constant at \$15.95. Why purchase this edition when your old one is all marked up with notes? One reason is not to confuse your students when you offer them the new, gradient blue-to-green cover. But more significantly because it contains important adjustments that make consistent what Justin teaches in his DVD and what he's teaching at Tuesday morning practices in Albuquerque. For example, we do not hold Cosmic Consciousness Pose for four minutes; we hold it for one. We do not ground between movements for 20 seconds; we do it for four or five seconds. And more. We hope you'll reinforce the new edition by purchasing it and studying it closely.

KIM GRANT, ALBUQUERQUE, NM

## The Lighter Side

After a period of sitting quietly at the end of T'ai Chi Chih class, I asked if anyone wanted to say anything, and here are some of the responses:

- "I've just had my sedative."
- "Where's the bed?"
- "Like that James Brown song, I feel good!"
- "I feel like hanging a Do Not Disturb sign on myself."

During TCC class at the MS Day Group, I said to Bill, "Please feel free to join us; you can even do it mentally. Just do whatever your heart desires." A woman in the group chimed in, "Don't ever tell a man that!"

After TCC class, when I said, "And when you feel ready, you can open your eyes," one lady said, "How about tomorrow?"

– SHARON SIRKIS, COLUMBIA, MD



I recently had the honor of teaching a 48-year-old African American woman who suffered from multiple strokes on her right side. She was remarkable in many ways, but especially, in her determination and spirit. She had had to relearn movement, language and communication skills. She worked 10 times as hard as other students and always arrived 30 minutes early to practice. Balance, and the perception of left and right, seemed to be her biggest issues. We did

seated T'ai Chi Chih until the class arrived, and then she stood for practice. One day before class, we sat facing each other while working on "the taffies." I said, "Gloria, I am your mirror. When you look at me, pretend you are looking at yourself." She started laughing and said, "I'm thinking I sure do look white today!" We shared many laughs together and some tears, and she signed up for the next sessions.

– BECKY WATKINS, ALEXANDRIA, LA

# T'ai Chi Chih Community Calendar

DATE	WHAT & WHO	WHERE	CONTACT
November 15-20	TCC Teacher Accreditation w/ Sandy	Albuquerque, NM	Ann Rutherford / 505-292-5114 ruthergary@aol.com
2010			
February 16-19	TCC Retreat w/ Antonia	Santa Barbara, CA	Pam Towne / 760-722-9544 pamtowne@gmail.com
February 20	TCC Workshop w/ Antonia	Walnut Creek, CA	Athene Mantle / 510-828-8896 chigoddess@hotmail.com
February 21	TCC Teacher Workshop w/ Antonia	Location TBA	Athene Mantle / 510-828-8896 chigoddess@hotmail.com
March 20-21	TCC Retreat w/ Antonia	near Asheville, NC	Vicki Schroeder 864-494-4364
April 8-11	TCC Intensive w/ Sandy	St. Louis, MO	Susan Kissinger / 314-647-7832 joythrumovement@sbcglobal.net
April 15-18	TCC Retreat w/ Antonia	Albuquerque, NM	Ginny Morgan / 505-292-6869 goldchase@aol.com
April 22-25	TCC Retreat w/ Antonia	Houston, TX	Carletta LaCour / 713-440-3713 carlettaop@yahoo.com
May 13-16	TCC Teacher Symposium	Aston, PA	Alba Cordasco / 201-424-4385 alba4444@aol.com
Spring	TCC Teacher Accreditation w/ Pam	California	Athene Mantle / 510-828-8896 chigoddess@hotmail.com
Spring	TCC Intensive w/ Pam	New Jersey	Daniel Pienciak / 732-988-5573 wakeupdaniel@aol.com
August 12-15	TCC Teacher Conference	Nebraska City, NE	Jean Katus / 605-718-0543 jean44ka@gmail.com
August 15-17	<i>Seijaku</i> Teacher Accreditation w/ Pam	Nebraska City, NE	Daniel Pienciak / 732-988-5573 wakeupdaniel@aol.com
September 6-11	TCC Teacher Accreditation w/ Sandy	Lincolnshire, IL	Donna McElhose / 847-223-6065 dmcelhosechi@aol.com

## MORE WORKSHOPS & RETREATS

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

November 20	Justin's Birthday @ 6.30pm	Albuquerque, NM	Guy Kent / 505-345-0031 guykent@yahoo.com
2010			
March 11-14	TCC Retreat w/ Carmen Brocklehurst	Albuquerque, NM	Judy Hendricks / 505-897-3810 judyhendricks@me.com
April 16-18	TCC Workshop w/ Carmen Brocklehurst	Tupelo, MS	Ron Richardson / 662-844-6473 ron_richardson@comcast.net

## Contacts

### ORIGINATOR

Justin Stone  
(please, no correspondence; thanks)  
Albuquerque, NM

### GUIDE

Sr. Antonia Cooper, OSF  
99 Harrison Ave.  
North Plainfield, NJ 07060-3606  
908-370-3616  
antoniaTCC9@aol.com

### TEACHER TRAINER

Sandy McAlister  
24835 Second St.  
Hayward, CA 94541  
510-582-2238  
mcalister19@comcast.net

### TEACHER TRAINER

Pam Towne Duncan  
234 Hoover St.  
Oceanside, CA 92054  
760-722-9544  
pamtowne@sbcglobal.net

### THE VITAL FORCE - SUBMISSIONS

tcc@kimgrant.com

### THE VITAL FORCE - SUBSCRIPTIONS

#### & ADDRESS CHANGES

Mary Ruiz  
The Vital Force  
P.O. Box 92674  
Albuquerque, NM 87199-2674  
vfjmembership@yahoo.com

### GOOD KARMA PUBLISHING, INC.

P.O. Box 92426  
Albuquerque, NM 87199-2674  
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### WEB SITE CHANGES

changes@taichichih.org

### ARTWORK & PHOTO CREDITS:

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E-mail \_\_\_\_\_

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

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

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

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

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