

The

Vital Force

JOURNAL OF THE T'AI CHI CHIH® COMMUNITY

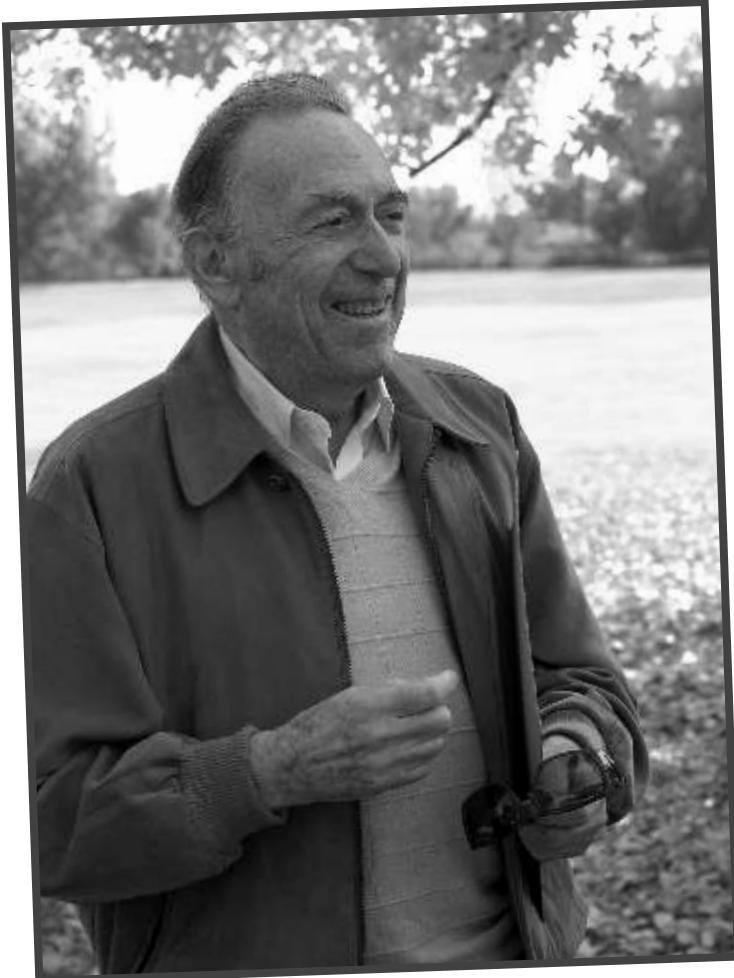
Volume 29, No. 2

for teachers & students

May 2012

Justin F. Stone

20 November 1916 – 28 March 2012



"Thank you for your life."

— — —
“If you live with gratitude and
express the gratitude, you can't be
unhappy . . . If you're looking for a
good life, be grateful.”

— *The Play Within the Play*

— — —
oh
restless
saffron monk;
just what do you
hope to gain?
you must
die!

— Justin Stone,
from *Climb the Joyous Mountain*

— — —
REPS
How to enter ever,
Opening
Arms
To Sky
With inbreathflow
Receiving
Lightly
lower arms

Justin's Requests:

Be cremated; that his ashes be given to attorney Steve Vogel, who will spread them at an undisclosed location in New Mexico; and that there be no memorial service.

• • •

"*TAI CHI CHIH IS A SERVICE TO HUMANITY. IT IS A FORM OF LOVE.*" JUSTIN STONE, ORIGINATOR

• • •

May The Vital Force Be With You

Justin was/is the love of my life. (Luckily my partner understands what this means!) He links me to the Absolute; his love was/is utterly unconditional; he was not concerned with my personality; all he cared about was if I was doing T'ai Chi Chih and meditating; every interaction was to encourage/prod/move me in the direction of Awareness.

So in this regard, which I hold as the main value/guiding principle of this life, he will always be singular.

Although the world seems a bit dimmer, and many of us feel a bit more alone and lonely, Justin has not forsaken us, for he has left us with a clear Path, a Practice.

Good Karma Publishing will keep his words alive, and *The Vital Force* will continue to share his teachings and his student's experiences. It is a privilege to be of service. I am eternally grateful.

KIM GRANT, ALBUQUERQUE, NM



The last time Justin left the house... (I have a series of photos from this outing, and a story, which I will save for the next issue.)



From left: Kim Grant, Lisa Otero, Corine Reeber, Justin, Anna Mares, Carmen Brocklehurst



Justin sure loved to drive.

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Submission Guidelines

Please send articles as Word documents, electronically, to 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.

Deadline: Oct 1
Publication Date: Mid-Nov
TCC Photo Text:
What do you like about it?
How do you use it in your classes?

Deadline: Jan 1
Publication Date: Mid-Feb
Overcoming Obstacles to Preparing Teacher Candidates

Deadline: April 1
Publication Date: Mid-May
Climb The Joyous Mountain:
What do you like about it?
How do you use it in your classes?

Deadline: July 1
Publication Date: Mid-Aug
Spiritual Odyssey:
What do you like about it?
How do you use it in your classes?

Because of financial pressures, *The Vital Force* will now be shipped via Media Rate instead of First Class, which may result in a delay of one week or so, depending on where you live.

Web Site Updates

The on-line database (for 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.

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A Luminescence

At winter's dawn against luminous sky
 The tree stands rooted ... boughs etched high
 Its Essence bare for all to see
 Aligned with the Light ... Eternally

And here amidst the worldly din
 The Vital Force ... The *Chi* within
 Breathes life into its every pore
 A Luminescence at the Core

Oh Tree ... Today I honor Thee
 I dance with you in flowing *Chi*
 A testament to Life ... to Joy ... to Love
 On Earth below and Heaven above

— BEVERLY WEIL, BREWSTER, NY

GRAZIE! Il tuo t'ai chi chih mi ha aperto
 Una via meravigliosa ... NAMASTE!

— ELENA TERENZONI, ITALY



With Vic Berg, Denver conference, 1995



With Steve Ridley, Menlo Park conference, 1988



San Francisco conference

Particular Meditations for Particular Results

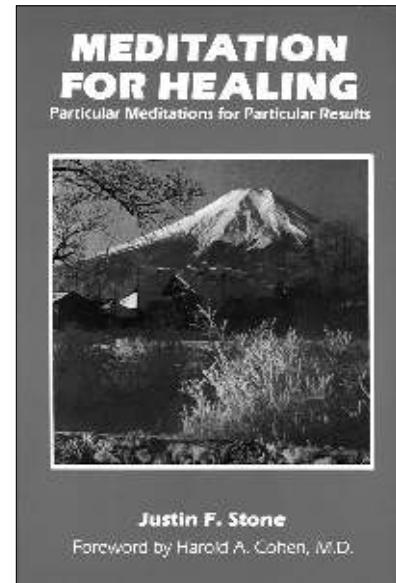
Excerpts by Justin Stone

'A candle does not flicker in a windless spot.' This is a description of the state of mind when there are no disturbances to alter its innate brilliance and steadiness. It is the same as saying: 'When the wind subsides, there are no waves and the surface of the water is smooth and serene.'

The attitude-of-no-attitude is best. Meditation should always be kept positive, for reasons mentioned in the section on 'Danger in Meditation' in the appendix.

Mere wishful thinking or a positive attitude will avail nothing; the meditator should choose the proper tools and use them correctly, hence the detailed instructions.

When other Buddhist philosophies speak of 'mind only,' it is close to what we think of as 'nothing but spirit.' However, Zen warns us against indulging in conceptions, and rigid phrases do build conceptual images.



MEDITATION UNCOVERS JOY!
AND JOY IS THE GREATEST HEALER
AT THE CENTER OF OUR BEING IS JOY;



Meditation retreat, Albuquerque (ABQ), New Mexico, April 1994

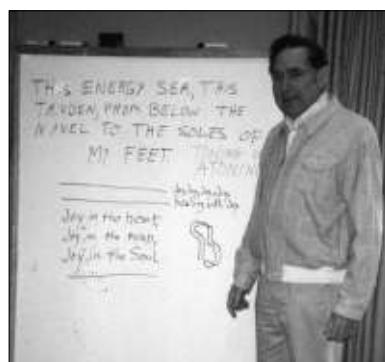
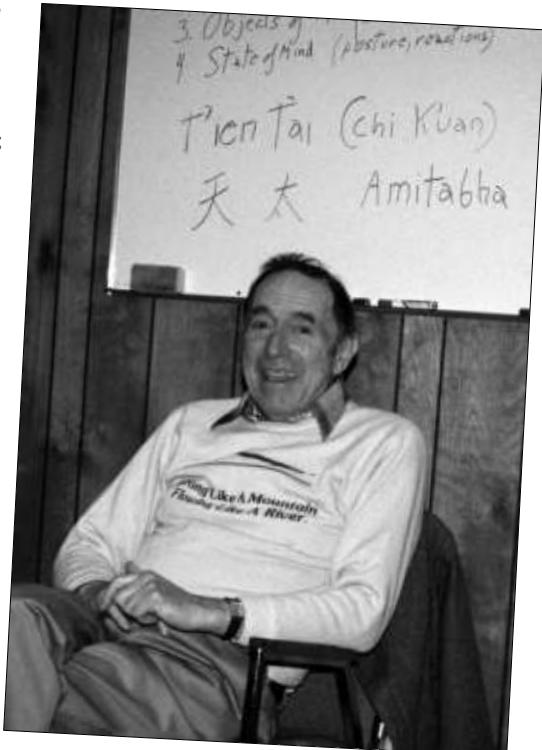
When we find what is important, we must follow it even if we don't know why – except that our heart sings and our being is in harmony when we turn to it. Once Justin came to know the spiritual life, he totally embraced it. Paul Reps, the great Zen writer and Justin's close friend, would often go to the brokerage firm where Justin was working and say, "Get out of here; this isn't where you belong." Justin would argue, saying that the stock market could be a Dharma, to which Reps would reply, "It may be, but you don't belong here." This continued until Justin left the firm, and they remained friends until Reps died.

It is during the darker times that we learn the depths of our knowing. Thank goodness that Justin's caring was very deep. The deeper we go with our practice, the more it pervades our whole life. Many T'ai Chi Chih practitioners have experienced the joys of spiritual life, with its wholeness and love, while we sleep. With resistance removed, learning can be easier. Are we ready to experience it all? All the "greats," including Justin, have said, "There isn't anything else going on." It is time for us to truly follow Justin's lead, to love and share the *Chi*.

PS: Justin's passing was peaceful, and he was conscious to the end. I put my hand under his as he was resting and felt a very slight pressure from him minutes before his last breath. His eyes were in a Zen meditation position (looking down – towards the *tan t'ien*.)

— CARMEN L. BROCKLEHURST, ALBUQUERQUE, NM

Clockwise from top right:
 Meditation retreat, ABQ,
 November 1994;
 Meditation retreat, ABQ,
 with Corine Reeber;
 Meditation retreat, ABQ;
 Meditation retreat, ABQ,
 'Maximum Chi Program'
 at a Seijaku Course; Medita-
 tion retreat, ABQ, No-
 vember 1994; Meditation
 retreat with Jim Houle &
 Connie Hyde, Green Gulch,
 California, April 1993



Justin Stone Speaks on T'ai Chi Chih

Excerpts by Justin Stone

Building a silent and imperturbable Center while active in the disappointments and triumphs of our busy lives – this is real fulfillment.

~ ~ ~

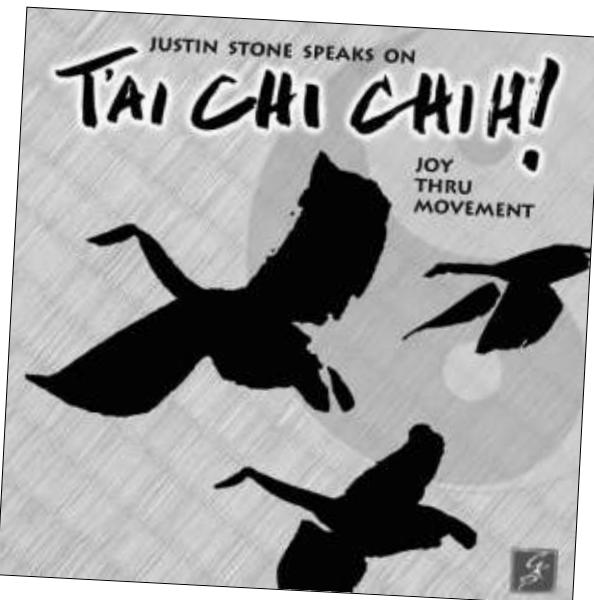
It is not meditation, though it seems to bring the serenity of the most successful meditation.

~ ~ ~

The *tan t'ien*, the spot two inches below the navel, is the all-important place *Chi* is stored. It is the seat of intuition and the most important spot from the Chinese standpoint.

~ ~ ~

The Buddha once said, 'He who keeps his concentration in the soles of the feet while walking, while sitting and while lying down can heal a thousand illnesses.'



Clockwise from left: Justin's birthday at the New Mexico T'ai Chi Chih Center, ABQ, 2005; with Sri Dadubhai, ABQ, 2005; Unknown date & place



Justin Stone Speaks on T'ai Chi Chih



many “ah-ha” moments. Each time I practice, I pray I do justice to him. The practice has been the connection with him and with all of you, and I am so grateful to say it is alive and well and getting stronger. T'ai Chi Chih is one of the most life affirming and life-giving things I do for myself and for my students. His spirit is now free to be with all of us. I feel humble and thankful to be a teacher of TCC. – BECKY WATKINS, ALEXANDRIA, LA

As I begin my T'ai Chi Chih practice I feel a smile in my peripheral vision. Who is there? I am alone. Shrugging my shoulders, I begin, thinking it must be my imagination. Soon the movements are flowing and my mind has stilled. I sense the smile again a little brighter, a little larger, and I realize it is Justin smiling at my practice. As I dance through the movements with softness and continuity, his smile grows until I reach the end and rest in Cosmic Consciousness – when his smile lights his whole face. Justin's smile tells me: welcome to the Joy. I finish knowing that I must share his smile with others. – STEVE WORNOFF

My deepest gratitude to Justin for the incredible transformation and empowerment “tool” of T'ai Chi Chih for us as individuals and as parts of the organic TCC community. *Me ke aloha pumehana no.* – HANNAH HEDRICK, MOUNTAIN VIEW, HI

The world is a better place for Justin to have been here. He will be missed, but he is in our hearts forever.

– SHARON CUSHMAN, KEAAU, HI

I have never felt a closer bond with you than I do at this time of Justin's passing into new life. I was in Atlanta, Georgia, co-chairing an international grief conference when I got the news. I couldn't process it at first but now that I am home, it is reality.

I never got to meet Justin, but then again, of course I did through his life's work. I know him by his deeds, his works, his words. I know him from studying his books and having



San Diego conference, 1996



With Kim Grant

Living the Meditative Way

Excerpts by Justin Stone

We have a duty to find meaning in this very life, this present existential situation. And this requires a disciplined mind.



The Japanese sense of beauty ... usually relies on delicate understatement. What is left out is just as important as what is put in.



All one can do is bring the palms together in a salute to all beings. May they lose the attachment that makes for suffering. Life can be good – if we plant the proper seeds. The way of joy is best. Climb the Joyous Mountain.



A solitary plant growing insanely from seemingly barren rock expresses a great and indomitable Life Force. To be aware of such Life Force, to walk serenely beneath the awesome blue sky, and to listen to the spring raindrops on the over-hanging eaves of the old temple building – these are all meditative experiences if we merge with them.



To live each day with some contemplation, and to try to feel gratitude for the really countless blessings we take for granted, will lead us to treat others as we wish to be treated.



May I be properly grateful for this food, which is the result of the work of others and the suffering of other forms of life. Thank you, thank you, thank you.



The aim of Zen is to free oneself from all conditions – however pleasurable or painful – while living in the midst of conditions. To do this means living in the here and now while transcending the here and now.



Albuquerque, New Mexico

Climb the Joyous Mountain

One memory was Justin always telling me to bend my knees more and more and more. I have always used his DVD to show my classes how he teaches the movements I am teaching so, in a way, I have seen Justin almost every week for the past 18 years.

— DAVID SCHULBERG, SAN LORENZO, CA

I remember my June 1999 teacher training, when Justin joined us as fellow teacher candidates were presenting T'ai Chi Chih to imaginary groups. Justin had a habit of watching a student move and then going over to Ed Altman and (supposedly whispering) saying loudly enough for all to hear, "He's not doing that right. You've got to show him how to ..." Then we'd gather our courage to continue, let alone remember where we were in the scenario. Justin could be tough. But I so appreciated his corrections and his sincere desire to have us move and teach well. He has offered us a lifelong tool of deep wisdom and well-being. I'm forever grateful. — LINDA ROBINSON, SEATTLE, WASHINGTON

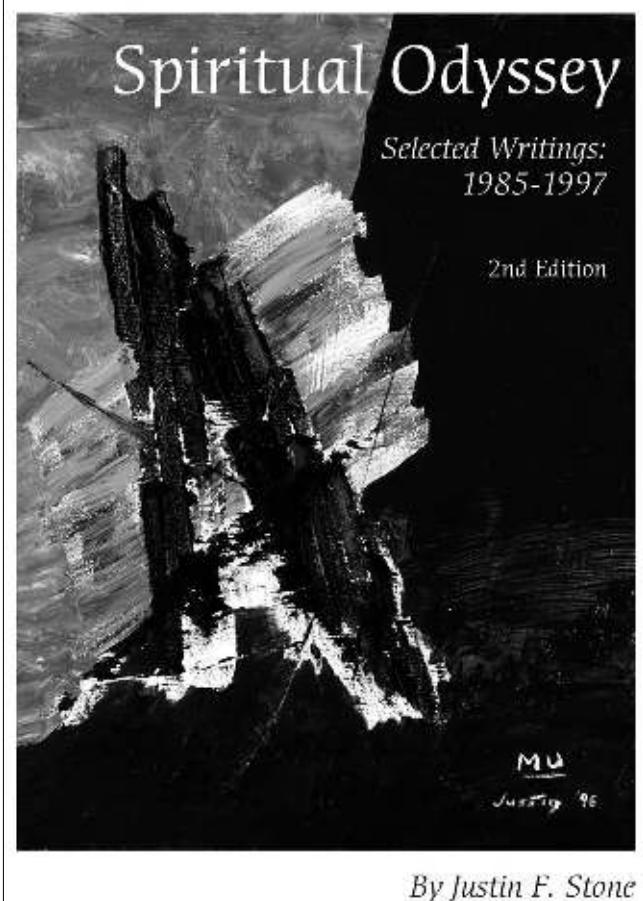
In keeping with enlightenment teachings, Justin advised, "There are two things to accomplish in life: knowing who and what you are (your essential being) and according with impermanence (blending harmoniously with change)." — STEVE RIDLEY, CO

Thank you for the knowledge of T'ai Chi Chih and *Seijaku*. Rest in peace Sifu... — MARK HARRELL, SARATOGA, CA



Clockwise from top right: Justin at his home, Albuquerque, New Mexico (ABQ); with David Fuess and Carmen Brocklehurst, ABQ; with Dick Bock, Bay Area, 1992; with Mark Harrell, 1986; with Tom Fernandez; with Steve Ridley





By Justin F. Stone

Excerpts by Justin Stone

The relationship between teacher and pupil is a very noble one in the history of Spiritual Practice. Never, in the history of such relationships, had I ever heard of a *chela* (or monk, or student) telling, or writing, his Master that 'I know more than you do; I have gone past you.' It would have been unthinkable.

Spirituality is accordance with Reality. This doesn't come through words or intellectual processes. As the *Chi* is circulated and balanced, it comes of itself – rather it is just there.

Attachment to self, with the feeling that where we stand is the center of the universe, leads to suffering, not enlightenment.

When we find out Who and What we are, it is as the Lotus Sutra says: 'Man's voice is a voice filling the Universe, Man's life is a life without limit.'

When someone comes to visit me,
I take my cue from him or her.
If he speaks in a transcendental manner,
We dwell in Emptiness.
Should he speak from *Prajna* (Wisdom),
The flow will be smooth.
I am not here to preach or correct.

Offer gold and I will give back gems.
Linger in the dust,
And we will speak in banal terms.
It rests with you, my friend.

The preaching of no words, the brilliance of no color.

One cannot strive for softness: the very effort of trying to be soft creates tension. It is the absence of any pressure, moving 'slow motion in a dream,' that allows softness to prevail. The best way to forget worries and ease tension is to shun the ego-center, so that no one is doing T'ai Chi Chih, but T'ai Chi Chih is doing itself. In this sense, T'ai Chi Chih becomes a meditation.

Properly seen, all happenings are Spiritual, arrows pointing at the Real.

Within this emptiness is a circle, and within the circle are the mountains and the lakes. There is nothing empty about emptiness!

T'ai Chi Chih and integrity (*teh*), the power of inner sincerity, are one and the same thing.

The task of a T'ai Chi Chih teacher is to teach people T'ai Chi Chih. Period. It is not to ally T'ai Chi Chih with any spiritual or religious movement, which would be fatal to T'ai Chi Chih. It is not to gradually be merged with a religion, spiritual movement, Reiki, Maharishi's teaching, or Yogananda's traditions – these are completely apart from T'ai Chi Chih.

Dear dear

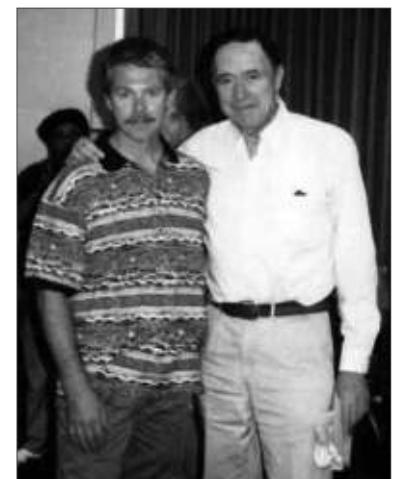
INJUST

I AM IMMENSELY ENTHUSED
FROM YOUR GRACIOUS VISIT

THE WORLDS NEED YOU
IT IS EXTREMELY URGENT THAT YOU MOVE
YOU AND THEM
YOU HAVE CAPTURED THE ANCIENT T'AI CHI
BRINGING IT RIGHT INTO ANY ORDINARY MOTION
ANYONE CAN DO
WHAT WE DO MOSTLY
MOVE
AND STILL
FREE US FROM SELF-MADE BINDS
AND KINDS

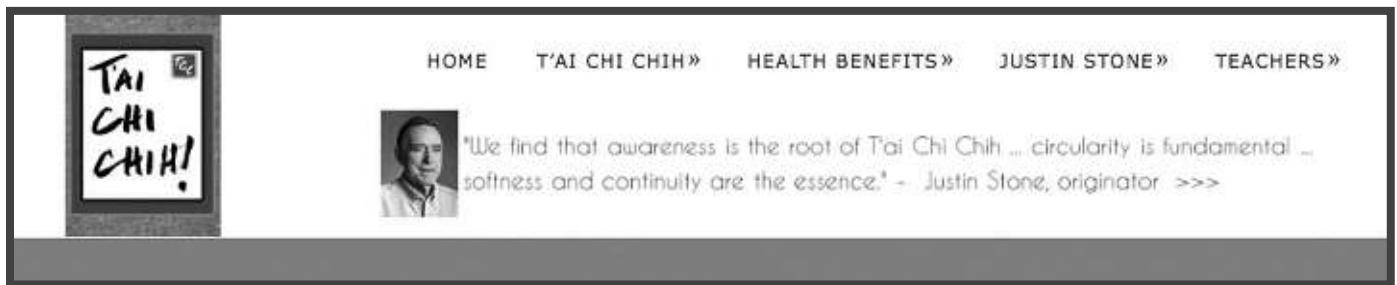
KEEPONMOVINGSTILLBRINGING IMMENSEINJOYTOUSALLWITHYOUWITHYOU

reps



*Clockwise from top right:
with Sri Dadubhai, at
Justin's home, Albuquerque,
NM; with Steve Ridley, at a
conference; Justin,
unknown date & place;
with Ed Altman & group,
unknown date & place; with
Carmen Brocklehurst, 1989;
with Antonia Cooper, at a
retreat, Albuquerque, NM*





Sitting here with a blank screen... There are so many levels of emotion, so many memories waiting to be shared in print, but how can one capture them fully in words? My T'ai Chi Chih journey began in 1990 during a personal growth sabbatical when my daily practice of Centering Prayer was coupled with TCC – which provided the focus, inner peace and quiet that allowed the meditative practice to become an integral part of my life.

Although I was accredited in February 1991, my first encounter with Justin was at the 1994 Denver conference. When I attended a later San Diego conference, the “connection” happened (as memory serves). The talk was about personal growth and evolution, with many statements about how people try to change but to no avail, such as in organized religion – like hearing a sermon on Sunday with no character change on Monday. I wondered if I should say anything, but chose not to. At the end Justin asked, “Do you agree with what I said, Sister?” “Yes. I don't know if you noticed, but I belong to an organized religion.” His quick-witted response? “If I knew more people like you, I may consider joining myself.” This left me red faced.

Over the years we exchanged many letters and visits focused on the great teachers of the Far East, TCC and the evolution that can happen through practice. This is the reason why I treasure *Spiritual Odyssey*. There was always a respect and spiritual connection beyond his Zen practice and my Franciscan Roman Catholic lifestyle: the practice of TCC allowed us to meet in a place of mystical spirituality beyond words or creeds. The ultimate shock came when he asked me to consider being Head of TCC. After exchanging letters and phone calls, I said yes but expressed discomfort with the title “Head.” Justin asked if “Guide” would be all right, adding three responsibilities that go with it: uniting teachers, leading conferences, and bringing TCC into the future. I added that I would only do this if Sandy McAlister and Pam Towne would continue as trainers. This was November 2003.

I want to express my deep gratitude for your dedication to this moving meditation this, spiritual practice that is so simple yet deeply profound. Thank you, Justin, for your life. You now know (*chih*) the Divine Instrument, Mystery, which allowed you to receive the gift you then gifted to the world – by simply being who you were meant to be. With profound joy for the gift and for our friendship.

— ANTONIA COOPER, NORTH PLAINFIELD, NJ



Justin's birthday, Albuquerque, NM



With Rhonda St Martin & group, Albuquerque, NM, 2000

“Being-Consciousness-Bliss.” What are you really? There are many ways you can answer that question. Paul In the late 1980's, when Justin was living in Pacific Grove, California, I was involved in several T'ai Chi Chih conferences. I found it much easier to work with Justin in person when planning events, so he invited me to visit on several occasions for the weekend. I remember the first time: I was thrilled but petrified. What I could possibly say to this man who moved and lived in a whole different world than I? But Justin had a knack for meeting people where they were, on their level so to speak, and he quickly put me at ease. That is to say: I was at ease with him being who he was and me being who I was, knowing we were worlds apart.

One incident that has stayed with me all these years took place during one of those visits. We were talking about a past relationship, and I said the reason I'd ended it was because the person was socially immature. Justin slightly cocked his head and looked thoughtfully at me for some time and uttered an almost imperceptible “hum.” This ended the conversation but his “look” has come to mind many times over the years. I could never quite figure out what he was thinking, but there sure was a thought which he never voiced.

About 20 years later during some soul searching and looking at my past, I realized that my relationships with men have been very immature on certain levels. And I'll be damned: during the moment of this epiphany I saw Justin's face with that slight tilt of his head and that ‘thoughtful’ look. Only

then I knew what he was thinking.
I wonder how many other times I missed the boat over something he didn't say.

— SANDY
McALISTER,
HAYWARD, CA



Clockwise from top: with Sandy McAlister & group, Green Gulch, CA, April 1993; with Jean Katus & group, '29 Palms' meditation retreat, CA, 1999; with Marilyn Irvin, Rita Otis, Alba Cordasco, & Marie Myszkier, Albuquerque, NM; with Donna Aldous & group, at a conference

One Breath, One Movement, One Life

While I happened to be the only one in the room at the moment when Justin died, I don't feel that moment belongs to me. In my experience, Justin was teaching and aware up until the very end, continuing to share ineffable gifts with us all. Over time, these gifts will change and reveal themselves further, unfolding as we are able to sink deeper into their (our) essence.

Justin's body went through a rigorous physical process in the months and days leading up to his last breath. Part of his process included labored breathing. And yet, as I sat there with a hand resting gently on his knee, seemingly out of nowhere there emerged a single, quiet, effortless inhale and exhale. Soft. Simple. Nothing special, nothing extra, yet complete. Rippleless.

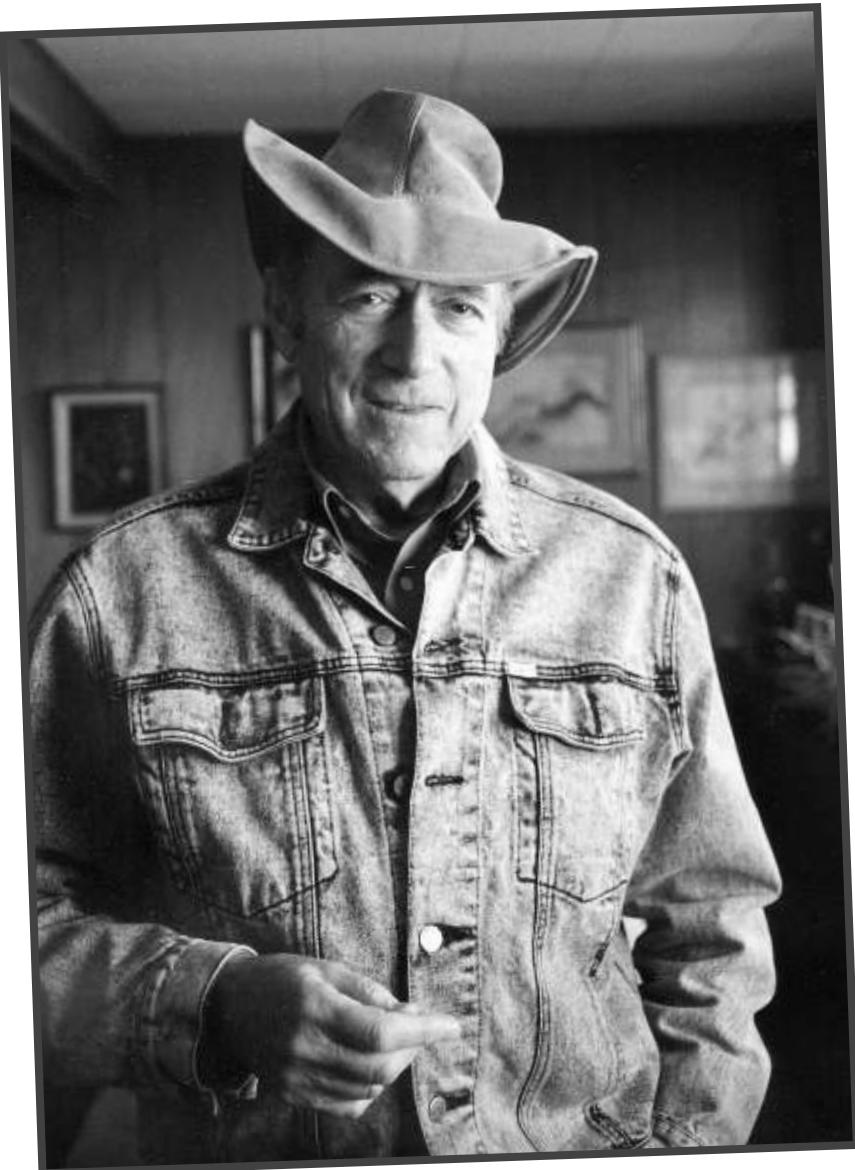
Was that really it? I waited and counted, as he had often experienced the classic stops and starts of breathing of one who is nearing the end of life. And so it was.

Today that singular breath reminds me of our singular T'ai Chi Chih practice. So often it is easy for me to forget that T'ai Chi Chih is more than 19 movements and 1 pose. It is more than 9 repetitions on a side. It is more than Graceful Conclusion pauses in between movements. T'ai Chi Chih is one whole. It is, in effect, One Movement.

How does this awareness express itself? Where does the awareness of this unity reside in the practitioner?

As I grapple with my grief (and other, easier emotions like joy, freedom and gratitude), may I remember this One. Or better, may it remember and express itself through us all. Thank you, Justin.

— AMY TYKSINSKI, ALBUQUERQUE, NM

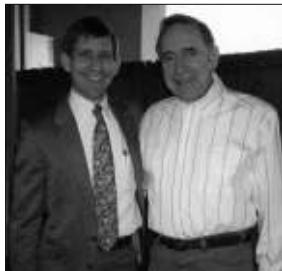


At Carmen Brocklehurst's house, Albuquerque, NM

My fondest memories are when I'd arrive at Justin's for meditation and he'd be playing the piano. People may have been milling in other rooms, practicing TCC, or calmly sitting and listening, but the air was always filled with peace (and quiet). Over the years, Justin would mercilessly harangue us for all of our chattering, and I, as a chatterer, could be calm and quiet when he'd play the piano. Come to think of it, music transcends words; art transcends words; meditation transcends words; and finally, Tai Chi Chih transcends words. And so, Justin, having finally figured this out about you, I vow to practice more and talk less.

— KATHY GRASSEL, ALBUQUERQUE, NM

Page 15, from top left: with Robert Montes de Oca, Justin's birthday, 1997; with Suni McHenry, Justin's 81st birthday, 1997; with Guy Kent, Justin's 81st birthday, 1997; with Kathy Grassel; with Carmen Brocklehurst, Justin's 81st birthday, 1997; with Connie Hyde, Justin's 81st birthday, 1997; with Judy Hendricks; with Malinda Menke & Rebecca Busching, Justin's birthday; with Doug Harned



With the passing of Justin I had a sense of "What do I do now?" and "Who will teach me?" Very quickly the answer came that Justin gave us all the tools (T'ai Chi Chih and mediation) to help "teach" ourselves. We only have to use them. But it goes beyond that. Since his death I've also had the experience of wanting to practice TCC. Not out of obligation or duty, but out of the understanding of the benefits it provides and an accompanying eagerness to experience those benefits. But it goes beyond that. In the actual practice of TCC there is a calm sense of inner contentedness that is a real gift from Justin. Many times this feeling lingers throughout the day. Receiving this gift fills me with a deep sense of gratitude for all that Justin has given. But it goes beyond that.

Justin always seemed to have that child's state of mind. One where the world is bright and shiny – everything is new and life is an exploration. To be around him was to be in the presence of Joy. He was the perfect complement to whomever he was with at the time, always giving what we needed at the time, even if we were not 100% ready to receive it at that moment. Very grateful for his presence and tools/teachings he so selflessly gives.

– DOUG HARNED, ALBUQUERQUE, NM

The essence of T'ai Chi Chih means love to me. It means letting go and letting the movements flow softly and easily. The unspoken love that fills the room full of seemingly strangers at a TCC retreat. I always looked forward to Justin's visit at the retreats. At the beginning of the retreat, I was doing TCC mostly from the waist up. Justin came to visit and he moved all the people from the back row up to the front row. He demonstrated some movements and gave corrections. What a treat to receive a correction from Justin! After his visit, I was doing my TCC very differently. He had helped me to move into a new space with my TCC.

I remember him showing how to turn the waist in Passing Clouds and mentioning how that Working the Pulley was helpful for losing weight. I mentioned to him at lunch one day that I had taken his advice and lost 20 lbs. He smiled and said "no effort." With the help of TCC, it really is the Effort of No Effort. Thank you Justin for the gift of TCC and your teachings.

– MARY WHITE, ALBUQUERQUE, NEW MEXICO

Justin Stone was the real deal. He didn't flaunt his knowledge or experience; he freely shared and encouraged each to find out whatever it was one needed to learn: "why would you doubt your own experience?" Justin's life work – with his books, publications and T'ai Chi Chih practice – will continue to provide access to the essential Justin we are now missing. Just because his body gave out doesn't mean the content of what he left behind is any different.

I was most taken by Justin's true compassion. The video record of Justin's visit inside Folsom prison speaks volumes about who and what he was. I can't quote Justin directly but at this event Justin said he was most grateful for the people that he had met during his life. With his passing, and reading the beautiful tributes listed here [on the website], we can all be grateful that our lives have touched each others' through Justin Stone. I am also in awe of the love and compassion and Joy that surrounded Justin – especially in his final days. Beautiful and moving. Well done Justin, and well done caregivers.

– GUY KENT, ALBUQUERQUE, NM





Justin's birthday, 1997

I had a dream I was talking to Justin. He said, "I had a cat." I said, "I didn't know you liked cats!" Justin said, "That is not what I said." This seemed very clear to me: be aware of Justin's exact words. Don't change his words or his movements. That was clear to me.

— JUDY HENDRICKS, ALBUQUERQUE, NM

I met Justin in 1989 at the urging of my friend and former head of T'ai Chi Chih, Ed Altman. I remember sitting down and thinking "show me what you got." He looked around the room and said, "I'm on trial with one." Of course, I told no one I was thinking that and I knew I was with someone unusual. ... Another time, I was having vivid sexual fantasies and walked into his house. Before I could say anything, he said, "Vic, I've come up with a new song. I'm going to call Pornographic Jazz." ... When I was meditating with him in the desert, he kept telling a story about when he laughed all day with his teacher and sure enough, the next day, I laughed all day. ... I could go on and on with countless examples where he knew exactly where I was at without me saying a word. He was special and I will miss him.

— VICTOR BERG, ALBUQUERQUE, NM

Justin never apologized for his humanness. Humans do die. Farewell, Justin, we will keep in touch in spirit. Love and Gratitude.

— JAN AROTT, ALBUQUERQUE, NM



From left: with Amy Tyksinski; with Rhonda St Martin & Sri Dadubhai; with Vic Berg, Justin's (& Vic's) birthday

oh,
dear friend
how I miss
you so. I still
have so much
to learn.
[]

** The last line is blank on purpose.

— DORA DERZON,
ALBUQUERQUE, NM

there
is no
death in death
it is all here,
all now
here

— CARMEN BROCKLEHURST,
ALBUQUERQUE, NM



I saw Justin on Thursday for meditation. He was sitting in a chair in the hallway; this was not where he usually sat down. His caregiver helped him back to his bed. When he was lying in bed, I asked him how he was doing. He looked at his hospital bed that had been placed in his bedroom some time ago, and looked at me, smiled, and said "Great!" Since he was being sarcastic I knew he was doing okay. Then he asked what the weather was like outside. It was warm and sunny.



On Friday things changed dramatically. He stopped getting out of bed. This was not what Justin usually did. Hospice said he was now doing the death rattle, and they said he had days left to live. My friend had called me Saturday night to tell me about the huge change in Justin and that it would be wise to see him Sunday, not to wait even a day. I was not able to go to meditation on Saturday. I was thinking: I had just seen him up and walking a few days ago.



I went over for mediation on Sunday. Justin was sitting up in his bed. I was doing TTC in his bedroom. The caregiver and a TCC teacher gave him some water and then fed him some soup, vegetables and ice cream. Then more people showed up for meditation, so we went to Justin's meditation room and meditated. I believe doing TCC and meditation at Justin's house brings peace and joy to everyone there.



I went to see Justin on Tuesday. He was lying peacefully in bed while I did TCC in his bedroom. The caregiver told me that they thought Justin may have had another stroke on Friday. They were worried he had stopped speaking, but he was speaking today. When the Hospice caregiver came to give him a sponge bath, Justin told her "That hurts my back." He was resting a lot and was being given morphine for his back pain, but he did look some of his visitors in the eyes and say "Hello."

Since Justin had not gotten out of bed since Friday, most of us realized the end of his time in his physical body was nearing. Wednesday morning many friends were at his house, some who had not seen him in awhile. Around lunchtime, many people were saying their goodbyes and left. Some people remained at his house. Shortly after that, Justin took his last breath. When doing your Tai Chi Chih practice, see if you can feel his presence with you. I can.

— JUDY HENDRICKS, ALBUQUERQUE, NM

From top to bottom: with Mary Ruiz; with Rick Cramer, Open Mind Bookstore, second teacher training course, ABQ, 1975; with Jan Arrott, Justin's birthday, 1997; with Dora Derzon

Forever grateful to Justin for his gift of T'ai Chi Chih for humanity and his personal teaching of meditation.

— GINNY MORGAN, ALBUQUERQUE, NM

The Sea of T'ai Chi Chih

T'ai Chi Chih

Serenity in the midst of activity

T'ai Chi Chih

Well being, peace, and harmony

T'ai Chi Chih

A connection with the Spiritual,
The Supreme Ultimate

The Sea of T'ai Chi Chih

Flowing and ebbing
Ebbing and flowing
Flowing and ebbing

Ebbing and Flowing

The Sea of T'ai Chi Chih

A beautiful drop of water
you came to be

Two drops of water
you and me

Through Infinite Wisdom
we came to be

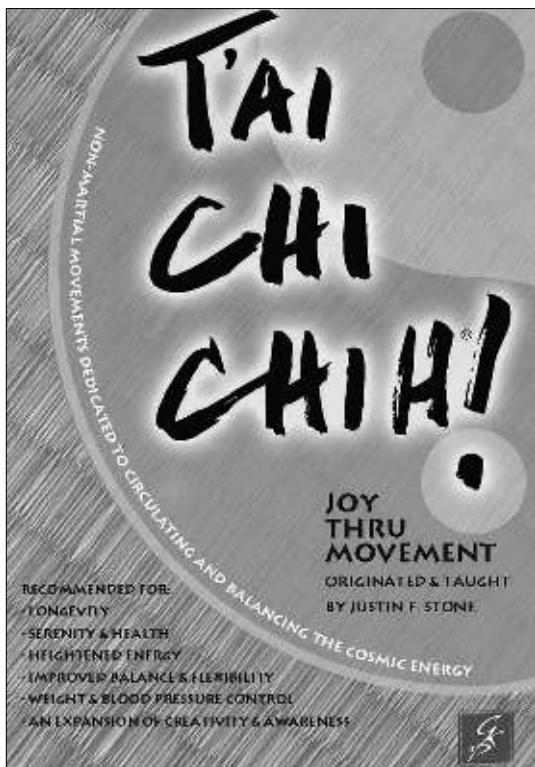
Two drops of water
flowing to the sea

Flowing and ebbing
Ebbing and flowing

The Sea of T'ai Chi Chih

— ROBERT MONTES DE OCA, ALBUQUERQUE, NM

Justin's Definitive Instructional DVD



tration is in the soles of your feet, which are called the *Hseuh* in Chinese, meaning the Bubbling Spring.

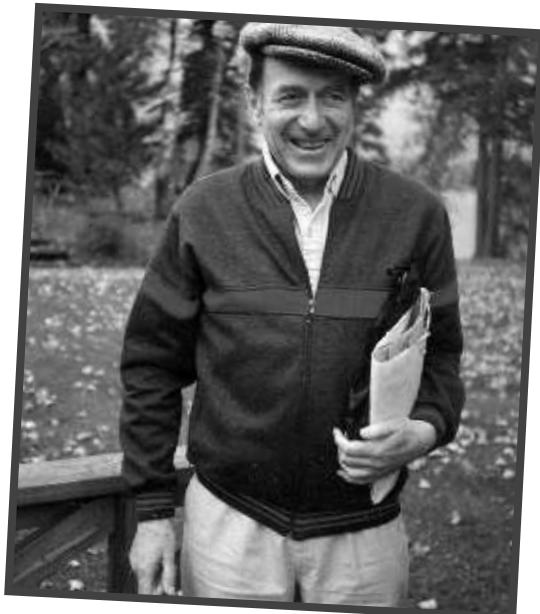
Excerpts by Justin Stone

Greetings, I want to congratulate you on beginning your study of T'ai Chi Chih. The benefits may be greater than you expect, if you practice.

All the movements in T'ai Chi Chih are soft and relaxed, and yet you have the feeling that you're swimming through very heavy air.

Try to softly flow though very heavy air with no effort.

The top of the body is straight up and down as though suspended from the ceiling.



Nothing could be more important than storing the *Chi* below the navel and in the bones of the body.



Page 18, clockwise from top right: Justin, 1986; with Catherine Fedewa, at a New Jersey conference; with Sr Margaret.

Page 19, clockwise from top right: with Bobbie & Andy Anderson; with Lois Mahaney, Bay Area, CA; with Catherine Boillot (France) & Marie-Ann Main (South Africa), at a conference, 1998; with Lois Binford.

Justin's Definitive Instructional DVD

I will miss your smile and gentle greeting of "Big Sister."
To kneel at your feet and kiss your hand and know that
Even though I could not possibly understand the depth of your Being,
I was loved in the most impersonal and personal way.
We will have to meet again, or not, to renew this knowingness
That began so long ago and continues as a ribbon winding through time,
until there is no time and just us as ONE.

— CORINE REEBER, PORT HUENEME, CA

Take time to sit and sip a cup of tea with me.
The silence between us speaks volumes.
I relish the subtle taste of warm jasmine that trickles down my throat
as it gently warms my insides to correspond with the gentle warmth of your presence.
How special it has been to share the dancing sunbeams
reminding us that the Light is always with us.
All this with a cup of tea and thee.

— CORINE REEBER, PORT HUENEME, CA



Pyramid Poems BY PETE GREGORY

bye
Justin
you walked it
you showed us truth
and you beared
the fruit
love

all
music
begins with
first silent note
hear the heart's
sacred
song

hug
a tree
five minutes
then walk away
hug again
t'ai chi
chih

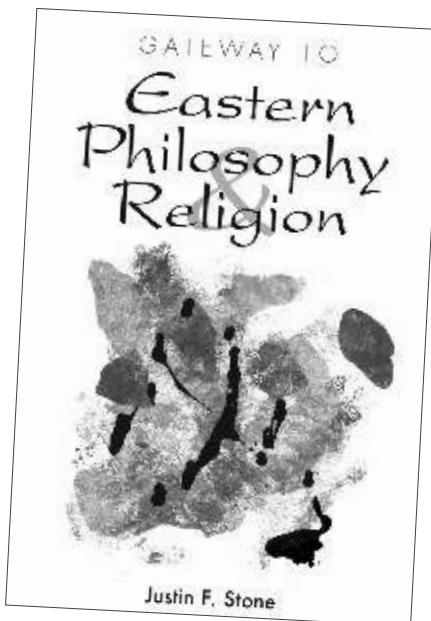
lab-
yrinth
labyrinth
same labyrinth
and always
a new
test

dear
Justin
you walked it
you taught us truth
and you beared
the fruit
love

I'm
not in
it for the
income I'm in
it for the
outcome
free

all
is well
til it's not
untie the knot
til it's not
all is
well

good
karma
t'ai chi chih
knowing supreme
ultimate
vital
force



Excerpts by Justin Stone

I'm going to break apart some of the mantras and tell you their meaning. Remember, mantras were not invented. The most familiar way of using a mantra is the repetition of the name of God.

~ ~ ~

When the mind becomes one pointed (*ekagrata* is the word in Sanskrit), it goes on to become no pointed. Once it becomes one pointed then no pointed (those of you know who've done deep meditation), the world disappears.

~ ~ ~

Shinran was a very great spiritual man. Shinran said, "Unhindered space, like the light cloud, free from all impediments, none is there unblessed by the light. Take refuge in the Inconceivable One." Of course, that could be Christianity, couldn't it?



Gateway to Eastern Philosophy & Religion

Justin entered my life 28 years ago when I was introduced to Tai Chi Chih. Little did I know what far-reaching influence he would have on my life. I first met him in 1984, in person at my accreditation in Santa Barbara, CA. He was very hard on me because I didn't move well, and I was greatly surprised that he accredited me. Later he told me that when he first saw me move, he didn't have much hope for me. But when I gave my presentation, he saw that I had an understanding of the spiritual nature of TCC, and that with time, how I moved would catch up with my understanding, and I would be a good teacher. Over the years, Justin has been a friend, teacher and mentor. Through knowing him, and the practices of TCC and *Seijaku*, every area of my life has benefited. I have thought of him as a Renaissance man.

The day Justin died, I reread the many letters he had sent me over the years. What came across very strongly was his personal support and encouragement (especially when my former husband wanted me to stop teaching TCC and get a "real job"), his unwavering confidence in TCC and *Seijaku* to benefit those who practice them, and his great love for us as teachers.

In memoriam I say to Justin just as I did while he was alive: Thank you for your gift of TCC to the world. Thank you for your gift of *Seijaku*, especially for TCC teachers. Thank you for your Love. Thank you for your Life.

— PAM TOWNE, OCEANSIDE, CA



I remember at the Xavier Center in New Jersey, Justin asked the entire room to stop moving. Teachers that had been around awhile were talking about how they didn't want Justin to give them a movement correction, but at the same time that they welcomed it. So what happened? He gave us all a correction on Daughter in the Valley. I tell my students this story, and let them know that when I correct them on that movement, that Justin is still giving the correction...

I remember being in Albuquerque at a teacher practice. Afterwards Justin said that I did not have enough tension in Joyous Breath, although I had been doing it like someone had shown me. I love that I got a correction from Justin. He was so gentle about it too.

Bringing Justin huge birthday cards was great fun. It would take weeks of carrying it from class to class and to collect signatures. Then Justin would write a thank you note back to the students. Getting people who would never meet Justin involved through birthday wishes connected them to him. Will miss him, but for many reasons we will not forget him. His ascension on my birthday was another gift from Justin. I am in awe about that.

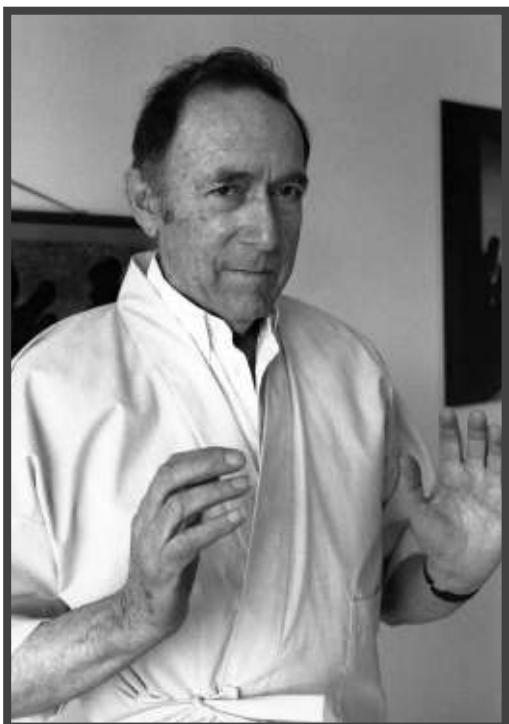
—DONNA McELHOSE, WILDWOOD, IL

Clockwise from p. 20, top left: Justin, 1972; with Pam Towne, November 1986; with Donna McElhoe, Justin's 83rd birthday party, 1999; with Sr Agnes, Albuquerque, NM, 1991; Justin, 1975; with Hilda Pertha, Mendocino, CA; with Marty Beery



Toward a Higher Consciousness

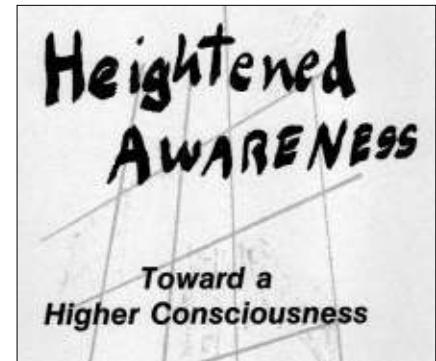
Excerpts by Justin Stone



It may seem strange to those who do not comprehend, but as one progresses,
he begins to live more and more intuitively.

~ ~ ~
The version of the Great Circle Meditation to be taught here is a simplified one
and slightly different from what I have taught in other books.

~ ~ ~
No Matter
How Small
A Drop of Water
It Reflects
The Entire Moon



~ ~ ~
Being aware is sentience. Plants probably have it in a muted form; in rocks it is mostly latent. Yet the hills are vibrant with life and the trees seem to sing the Glory of Creation. In truth there is nothing that is not alive, pointing to One Life and One Essence. Underneath the rhythmic sounds of the Indian music we have one unchanging note droning on. As we attain

a heightened awareness, perhaps the music of the spheres will be heard and the earth will be felt to turn gently on its axis. The rain will bring with it hints of things to come as renewed life bursts into bloom. What a glorious outlook we may share!

The first thing I want you to do when you get this book is to WATCH YOUR POSTURE and frequently determine your STATE OF MIND.

~ ~ ~
Zen says: When the horse in Szechwan catches cold, the cow in Hunan sneezes.

Pages 22-23, clockwise from top left: Justin, early 1980s; with Connie Hyde, Sr Alice Holden, & Dora Derzon, Albuquerque, NM, September 2002; Justin, 80th birthday, Albuquerque, NM, November 1996; Justin demonstrating, with Kathy Grassel, Albuquerque, NM, November 2009; with Pete Gregory & group, Albuquerque retreat, NM, 2010; with Mary White, Joyce Veercamp & Mary Ruiz, ABQ, November 2009; Albuquerque retreat, NM, 2009



I am so very grateful to him for this practice and also for the pyramid form of poetry. My faith tells me that he is closer to each of us than ever before. So, what I say to myself, I say to all: "Practice TCC with great reverence" and "Turn your thoughts to JOY!"
 — ALICE HOLDEN, SAN ANTONIO, TX



Thank you, Justin. Your *Chi* is still in the universe, and we will continue to share you and T'ai Chi Chih with all we meet. What love!

— TERRY SLANEY, SUGAR GROVE, IL

The core of my life has been soften by continued mastering of the gentle movements of the inner discipline called T'ai Chi Chih: Joy Thru Movement. Your legacy to humankind will be passed on by the crowning "jewels of TCC – its teachers." Thank you, Justin. With deep respect.

— ROSE J. ALVAREZ-DIOSDADO, LAS CRUCES, NM

I never planned to be a teacher, but the Universe provides us a path if we chose to follow. After learning and practicing T'ai Chi Chih I began wanting to be of service to others by sharing the peace and joy through movement I have found when doing TCC. When I went to teacher training and met Justin I was moved and inspired by his desire that TCC not become a business, that it a gift to humanity. I honor this wish through my volunteer teaching of TCC, and I am thankful we have been blessed to have had Justin as our guide and leader for so many years. May we all continue to honor his gift to humanity through our practices of TCC.

— MAY SWANSON, PHOENIX, AZ

The tapestry of each person's life is woven in secret, and only the Great One knows the full measure of its beauty and worth. The threads of your life, Justin, have created a rich and varied tapestry for all to see. Those of us privileged to know you are blessed with the deep and vital practice of T'ai Chi Chih. Sharing this moving meditation with others has given us all a blessing of joy and wellbeing that is beyond measure. Love and gratitude.

— LINDA BRAGA, CASTRO VALLEY, CA





It was my honor to meet this intelligent, strong, talented and peace-loving man in Albuquerque in November 2010. Justin Stone was always a true teacher and a man willing to share his life through his stories, his experiences, his art, books, his wit and his wisdom. I am so pleased that he made the decision (many years ago) to share these beautiful, healing movements through his books, art, teachings, DVDs and CDs, and to have the vision to guide and wisdom to know that this was an honourable practice that would bring great joy, peace and good health to people.

I feel honoured and pleased to be a teacher of T'ai Chi Chih and *Seijaku*. And I acknowledge the words that Justin would say: "TCC teachers (and students) are the jewels of TCC" and that the teachers will carry it forward into the world. This is a serious commitment for us.

— GAIL TERRIFF, EDMONTON, ALBERTA

We heard that Justin had taken a turn for the worse on the weekend, so at our Tuesday session at Mesa Spirit RV Resort we offered our practice to Justin. These were the comments some of the students had: 'Thank you Justin for all your dedication to T'ai Chi Chih ... I can only imagine the number of lives you have affected and enriched ... I have learned T'ai Chi Chih while wintering in Arizona and feel I will practise it the rest of my life ... I might even continue the practise and take the instruction needed to become a teacher.'

— EVA SMITH, ALBERTA, CANADA

My students have changed their lives because of T'ai Chi Chih, and I am right there with them. Having taught for 10 years now, I just cannot imagine my life without the positive influences that my daily practice gives me. You have left us with your legacy, Justin, and we will keep the candle burning.

— DONNA ALDOUS, MEADOW LAKE, SASKATCHEWAN



T'ai Chi Chih is truly a gift that keeps on giving! A profound and simple "Thank you" says it all and yet hardly comes close. Life transforming and healing indeed ... for so many as together we go deeper into this New-Found-Land. May we all continue to allow the energy of TCC to overflow into our own lives and into our world. Justin's "Effort of no Effort" has become paramount in so much of my life and for all of us here.

— SHEILA LEONARD, PBVM, NL, CANADA



Page 24, clockwise from top right: with Gail Terriff, Justin's birthday, November 2010; Carmen Brocklehurst, Dora Derzon, Justin, Judy Hendricks, Malinda Menke & Ginny Morgan, ABQ; Corine Reber, Justin, Carmen Brocklehurst & Anna Mares.

Page 25, from top: with Jean Katus, Justin's house, 80th birthday, ABQ, 1996; with Antonia Cooper, Annie's Soup Kitchen, ABQ, 2003.

Bless you, Justin. Thank you for answering your inner calling to create T'ai Chi Chih and to bring it to the world. I know that practicing and teaching this form gave my life focus, healing, empowerment and joy. I was working intensively with my spiritual teacher from Gurdjieff and Sufi traditions when I was first introduced to TCC in Albuquerque, NM, in the late 1970s. I soon took the teacher's training with Steve Ridley and Justin Stone, and then went on to practice and teach TCC classes for over 20 years in New Mexico.

The inner knowing from my experiences led me to further studies of *qigong*, yoga, meditation and energy healing. There are many forms and ways of knowing, and circling back around to TCC relatively recently has reminded me of the purity and completeness of this movement meditation. Justin Stone created a beautiful pearl of living wisdom through this form of *qigong* and has enriched and subtly saved the lives of many people, as the gift has passed from one student to the next. Thank you for your dedication and vision, Justin, and for inspiring so many of us to find and live a deeper meaning in all things.

— DONNA JESTER,
CAPTAIN COOK, HI

I will always treasure my face-to-face conversation with Justin, and I am happy I that saved the postcard he sent me. However, my hope is that I will not dwell on the past or on Justin' passing ... rather show my gratitude to him by moving thru life with joy as I continue my daily practice of T'ai Chi Chih. I pray that I will honor Justin's life by sharing this unique gift to present and future students – as we all strive to build a world of peace and love.

— MARY ANN JOHNSON, PONTE VEDRA BEACH, FL



My discovery of T'ai Chi Chih came in answer to a prayer to be of service. I feel so fortunate for the opportunity to carry on a part of Justin's legacy, the class inside Folsom Prison. His visit there is still remembered fondly, and the class has helped the men beyond measure. So here, I convey their immense gratitude as well as my own. Thank you, Justin, for helping to heal humanity.

Yesterday I brought the news of Justin's transition to the

dear
justin
hear my song -
praising – thanking
universe
for your
life.....

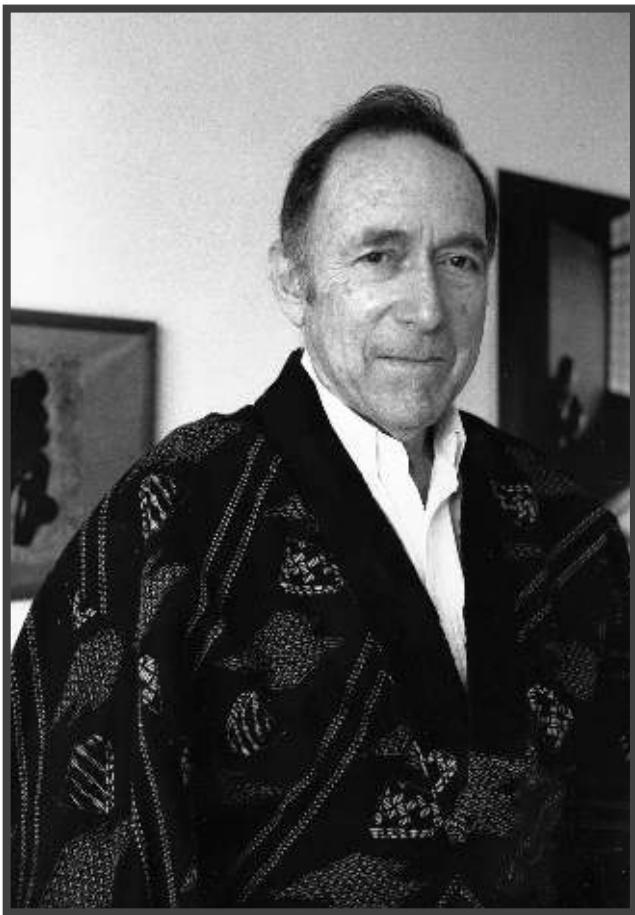
— JANIE DICK, NATICK, MA

men inside Folsom Prison. We always begin class in a circle of chairs, sharing and reading together. They were very somber and quiet as they received the news. Justin's respect for them, and his words, "We are all living one life; your joy is my joy; your pain is my pain," created a great sense of kinship between the men and Justin. They expressed so much gratitude for his life, for the form, for the difference it has made in their lives. One of them, a successful doctor before his incarceration, says that only through his TCC practice while in prison has he truly learned how to be a joyful human being. Justin has given them the gift of freedom within, no matter their circumstances. I printed out and read many of the sentiments expressed here, and we held our own memorial meditation. They cannot say thank you enough.

— JULIE HERVET, PLACERVILLE, CA

I miss Justin even though I didn't know him personally. I never got to attend his meditations, ask him a question and have him hold up his hand. I know him through story, but I also know him through my T'ai Chi Chih practice. When I practice, I can feel the presence of a living, evolving *Chi* willing to come into a new form to serve a different population. When I don't practice, I feel Justin saying "You can't satisfy your hunger by reading the menu." ... So, thank you, Justin. Thank you for TCC. Thank you for a life well-lived. And thank you, Coyote, for trotting through the intensive that day in Albuquerque, 2010.

— LINDA WATSON, WESTMINSTER, CA



Early 1980s



*With Yuko Voss & Carmen Brocklehurst,
accreditation, ABQ, 1999*

sincerity one will be blessed with peace of mind and soul, knowing that when we let go we become who we are meant to be. Sending this in love and sympathy to all those so close to Justin, and to our TCC community. In grace and gratitude.

— JUDY GEORGE, ROSEVILLE, MN

Thank you, Justin, for your wonderful and powerful gift of T'ai Chi Chih. Much gratitude. This quotation from Guru Nanak expresses my deep feelings the best:

Death is nothing but a gateway to birth.
Nothing that lives ever dies, it only changes form.
When a person's body is weary the soul leaves
the body to receive newer and fresher garments.
And so on goes this great play of God -
from eternity to eternity.

— MARY J CASE, DANVILLE, CA

At my teacher training in December of 1990, Justin remarked that I would be a good teacher "once I settled down." This teaching, among so many others, has been a guiding force for now nearly half of my life. How can it be that you are not there Justin? You of all people seemed omnipresent. But you are there. You are there. I send my deep love out.

— AMY HACKENBERG, BLOOMINGTON, IL

Justin, the man will be missed. T'ai Chi Chih will continue to change the lives of all who practice it regularly. I can't imagine a day without a practice. To be able to align oneself with the harmony of the universe is a gift beyond gratitude. My heart expands to meet you.

— HOLLY DAVIS, DOUGLAS, MI

Gunalcheesh from Alaska for Justin giving us T'ai Chi Chih. This has gift has been a blessing in my life and those who practice with me.

— NANCY JO BLEIER, SITKA, AK

When teaching T'ai Chi Chih, I often would refer to what Justin would say if he were to walk in the room. He would look at two things: our wrists and our waist. As I was sharing this, I choked up and tears welled in my eyes. I remember on my accreditation how he corrected my hands/wrists when he walked by me, slapped my hands because they were too tense. I will never forget, and neither will my hands/wrists! I am grateful for the many lessons I learned from his corrections. Some were very hard experiences, but in the end an outcome of choice, an outcome that brought growth and healing and outcome of gratefulness. We don't always understand the reason or why things turn out as they do in one moment to the next, but with the right attitude, heart and inner



Justin demonstrating that TCC is all done below the waist, Albuquerque, NM, November 2005

For me, it all began in Minnesota where, Jeannie, my T'ai Chi Chih teacher, encouraged me to become a teacher. So, I went to Albuquerque. My teacher – Justin Stone. From that time (April, 1988) we have kept in a caring contact. There were many groups of TCC those years: in Wholistic Growth Resources in Little Falls, Minnesota, to Harare, Zimbabwe, where the TCC movements have helped those stressed out because of the fearful situations existing there. Justin had also been a source of impressive wisdom for me those eleven years. Now in the States because of a heart condition, I had contemplated a visit to be with Justin ... we must put off this meeting to see each other until some future date, which only God knows ... Thank you, Justin, for so much. I/we shall miss you.

— SR FRANCIS KAY,
TARRYTOWN, NY



I will always be grateful to you, Justin, for the gift that keeps on giving. Thank you. Thank you. You had a profound job to do in this life, and by golly, you did it. So here's to your next great adventure. My love and Blessings go with you.

— DIANA CELMAYER, SANTA BARBARA, CA



Clockwise from top: Justin's birthday, Albuquerque, NM, November 2006; Justin's birthday potluck at Virginia Shilson's, Albuquerque, NM, November 1994; with Edie Budney

I haven't written because I didn't know what to say or how to honor Justin through words. I met Justin only once, at my teacher training. I have known him mainly through the practice of T'ai Chi Chih. My experience of TCC is gentleness and deep connection to the source of life. TCC is a gift; it is healing; it is discovery through practice. So through this experience, I know Justin as generous, compassionate and humble. What an awesome

legacy he has left us. Thank you, Justin, for this gift of TCC. Rest in Peace.

— SARA NELSON, KENNEWICK, WA



Joy Through Movement

Excerpts by Justin Stone

If you will remember to think of yourself as moving slow motion in a dream or slowly swimming through very heavy air, yet without exertion, you will get the idea how to move.

~ ~ ~

The Chinese say, "You cannot appease the hunger by reading the menu!" It is only through practice that you get rich rewards.

~ ~ ~

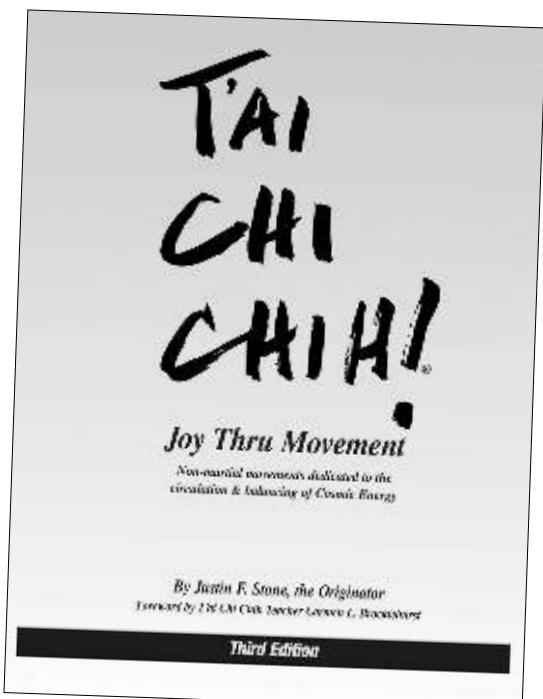
However, it is all important that T'ai Chi Chih be done softly, without effort – what we call "the effort of no effort."

~ ~ ~

Truly the aim is "Joy thru Movement," and such movement is easy.

~ ~ ~

If enough people do T'ai Chi Chih, we might even have peace and love in the world.



Early 1980s



Justin teaching Working the Pulley, teacher accreditation class limited to 52 students, Monterey Peninsula College, CA, 1988

T'ai Chi Chih Photo Text

My deepest sympathy to those of you who have been so close to Justin. What a loss for each of you. Because of T'ai Chi Chih some wonderful Eastern inspirations fill my heart and thoughts and hopefully influence my behaviours.

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." – Buddha

"Great acts are made up of small deeds." – Lao Tzu

"All existing things are really one." – Chuang Tzu

Thank you, Justin, for your faithfulness.

– MARGOT FISH, TORONTO, ONTARIO, CANADA

Justin was a great teacher and friend. In all honesty, if it had not been for Justin bringing T'ai Chi Chih to places few tread, I would probably not be here. Justin changed my life and saved it at the same time. I have few friends by choice and love even fewer, but I did love Justin. He was human and a holy man, as the Native Americans would say. He will not be forgotten as long as one person does TCC.

– JAMES K. HECKER, ALBUQUERQUE, NM

I learned T'ai Chi Chih about two years after my cancer surgery in 1991. I have practiced everyday since and was accredited as a teacher in 1999. Justin provided such a serene and wise method of balancing the *Chi*. I have taught many students and constantly learn from them. Justin has left us quite a legacy from his extraordinary life; his spirit lives on in his work and our thoughts.

– PATRICIA STRAND, EVERETT, WA

Justin once said, "You are not your mistakes." When I first heard this statement nearly three decades ago, I was naive with understanding habit energy patterns. The practice of T'ai Chi Chih grants the ability to dissolve these tendencies – the greatest gift of self-care. I find that when remembering all the gifts and lessons learned there are no words. His essence will remain vital as we continue the journey with *Chi*.

– CHRISTEEN McLAIN, BISMARCK, ND

How to even say a big enough thank you? Actually, I think I know – practice when I feel like it, practice when I don't. Thank you, Justin. And thank you to all who cared for him on site in Albuquerque.

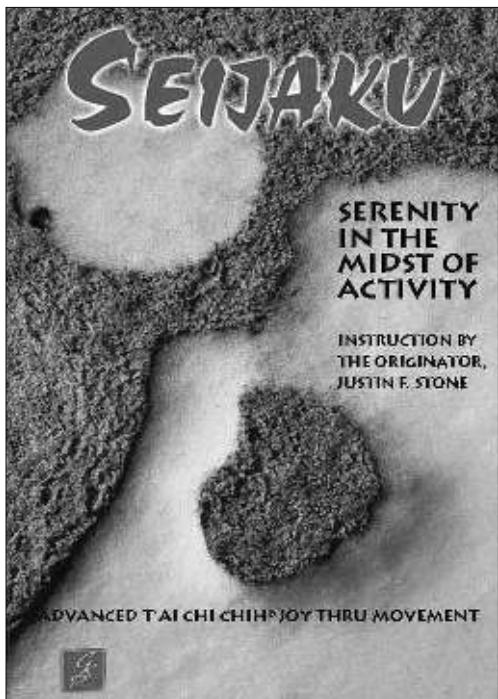
– LINDA WATSON, WESTMINSTER, CA

Imet Justin Stone at the 11th annual teachers' conference in San Diego in 1996. It was a pivotal time. Years later I enjoyed his wisdom sharing in San Raphael at the Dominican College. My daily T'ai Chi Chih practice has transformed my body/mind/soul. I thank Justin for this simple yet profound moving meditation, which I teach to hundreds of students in San Francisco. My favorite quotes from Justin are: "Analysis is paralysis; just do the practice" and "You can't enjoy the meal by reading the menu. Practice, practice, practice." Your spirit lives on in all whom it has touched, and more so. With gratitude, love, and light.

– JUDITH SCHWARTZ, BERKELEY, CA



From left: Justin teaching Passing Clouds, 2009; Justin, New Jersey conference, 2000



Serenity In The Midst Of Activity

With gratitude for Justin's life, wisdom and Tai Chi Chih! Simple words from *Spiritual Odyssey* that carry profound wisdom and meaning for me are:

- "The importance of TEH -- inner sincerity and integrity."
- "All healing, in the end, is self healing ... From a healing standpoint, we are not healed; we are made whole."
- "Within this emptiness is a circle, and within the circle are the mountains and the lakes. There is nothing empty about emptiness!"

— DEB BERTELSEN, MAPLEWOOD, MN

Justin, your spirit and teaching have enhanced my faith life like no other. I'm grateful to have known you; you make my light shine. Your spirit will be with all of us, forever. We will continue to share your spirit with all of our students.

GONE, BUT NOT FORGOTTEN !!!

FOREVER GRATEFUL FOR YOUR TEACHINGS !!!
PEACE AND JOY !!!!

— RON BARKER, COLUMBIA HEIGHTS, MN

Clockwise from top right: with Laurie Jacobi, conference, Minneapolis, MN; Lois Mahaney's 1999 birthday party at Barbara Riley's house, Bay Area, CA

At the 2005 Albuquerque conference we had been working on a move, and Justin called out from across the crowded room to tell me I wasn't sinking down low enough. I was mortified! I was in serious pain from a back injury but didn't say anything at that moment. Later, in the hallway, I told him what was going on. He was very sweet and complimentary. He could be such a charmer! I feel so grateful to have known him. Thank you, Justin, for what you have given us. I feel a renewed dedication to my practice, to upholding the integrity of T'ai Chi Chih and to sharing this supernatural gift with the world.

Justin Stone will live on through his work and teachings. TCC never fails to put the pieces back together for me and for my students. Thank you for your life and thanks to *The Vital Force* for its unfailing recording of the memories. Justin makes me whole every day with Joy Through Movement.

— LESLIE KEITH, ST PAUL, MN

"Gratitude is a way to a happy life." This is my favorite quotation from Justin. It has truly changed my life.

— LAURIE JACOBI,
MINNEAPOLIS, MN



A man of many talents leaving this world only to begin teaching others in the next. I am profoundly grateful for the gift of Tai Chi Chih. I am blessed and honored to pass on this wonderful moving meditation. Thank you, Justin, for providing a path toward universal healing. — DEB BERTELSEN, MAPLEWOOD, MN

What a wonderful, powerful, thought provoking, soul-awakening gift you gave to us in Tai Chi Chih, Justin. I am ever grateful for this magnificent part of my life. I had never planned to be a teacher, but TCC would not let me just enjoy the flow alone; I needed to share it with the world (my little corner anyway). I have learned so much about myself and the world through TCC and you. In deepest gratitude from your humble teacher.

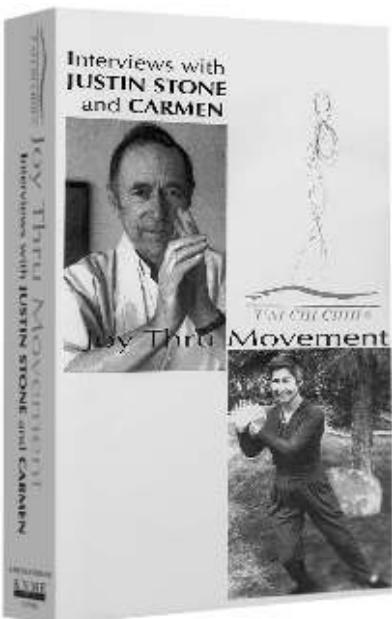
— SUE BITNEY, RICHFIELD, MN



Interviews with Justin Stone & Carmen Brocklehurst

Excerpts from developing *Chi or Prana*

Chi is a very deep subject that we could talk about for a very long time. The great Chinese scholar and teacher [Professor] Wen-Shan Huang, from whom I learned a lot, used to talk about the *Chi apriori* and the *Chi aposteriori* – meaning the *Chi* with which you came into this life and the *Chi* that you accumulated during this lifetime. And T'ai Chi Chih is very helpful in this respect – a great deal of *Chi* is accumulated and stored either two inches below the navel or in the bones. Being stored in the bones, of course, it hardens the bones and, as you know, as people grow older sometimes their bones become rather brittle. And this is probably responsible for the fact that the dentist has trouble getting the dental floss through my teeth.



My first lessons were in 1989. I had purchased a T'ai Chi Chih VHS tape from my teacher that I reviewed countless times before meeting Justin in 2001. By that time, I felt I had known him for 12 years already. Though I thanked him for bringing us TCC, I always wondered if he knew how many people have been affected so wonderfully. I speak of him often in my classes and still thank him for his gift and dedication to the TCC community.

— CHRIS NORKUS, WHISPERING PINES, NC



I remember going to see Justin back in 1997 or 1998, and we did T'ai Chi Chih and meditation at his house, and he gave me one of his paintings. I still have it on my wall, looking at it right now. Thanks, Justin.

— DALE, FL



I am so grateful that Justin originated the 20 moves that help us to slow down. Recently a man shared with me that it helped him to release anxiety after a T'ai Chi Chih practice session. In January 2012, I started a short session of TCC with a class of Montessori students, ages six to nine. One young girl shared with her mother that, "I feel so peaceful after doing TCC in class." I later learned that she hurries her brothers to get ready for school on the mornings we practice TCC in her classroom. May Justin be richly rewarded for the gift of TCC he has enabled us to enjoy. Gratefully.

— SR. CARLETTA LACOUR, HOUSTON, TX



Your physical presence has left us, however, your spiritual presence will always be with us. Thank you for changing my life, Justin. Because of you I am more.

— JERRY JONNSON, GRAND FORKS, ND

While you and I never met, Justin, I have been following you closely for 20 years. I am grateful for the part T'ai Chi Chih has played in my life and in the lives of my students. From where you are now, you will see the effects more clearly. Rest in peace and joy.

— SR. KAY MORRELL, KINGSTON, ONTARIO, CANADA

T'ai Chi Chih has been the most life-changing experience for me, and I am eternally grateful to Justin for this special and wonderful gift. Each day I am reminded of the great benefits by my students who have had relief from pain, diabetes, fibromyalgia, depression and help with balance, Parkinsons' and osteoporosis. It is a great joy to teach to others, and I will always have Justin in my thoughts and heart during my own practice.

— CAROLYN PERKINS, NEW YORK, NY

From top: with Carmen & Brock Brocklehurst, Pacific Grove, CA, July 1994; with Carmen Brocklehurst, first teacher conference, Albuquerque, NM; with Carmen Brocklehurst, Albuquerque, NM, late 1970s

The Way to Fulfillment...



by Justin F. Stone

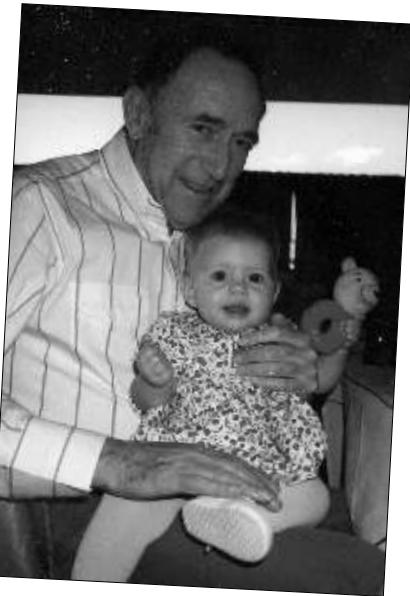
Excerpts by Justin Stone

Those who have to have a "rational" explanation for every event will never know such experiences and never know the contentment that such devotion can bring.

~ ~ ~

Do Not Push
It will come of its own accord
If it is meant to come at all
How we struggle to manipulate
That which cannot be manipulated

~ ~ ~



Coincidence? Two coincidences? It seems to me I had become one of Mother's children in spite of myself, and that guidance has never left me since then.

~ ~ ~

This Suffering is not merely the "pain" in the pleasure-pain syndrome; the Buddha said that, in the long run, pleasure, too, is Suffering.

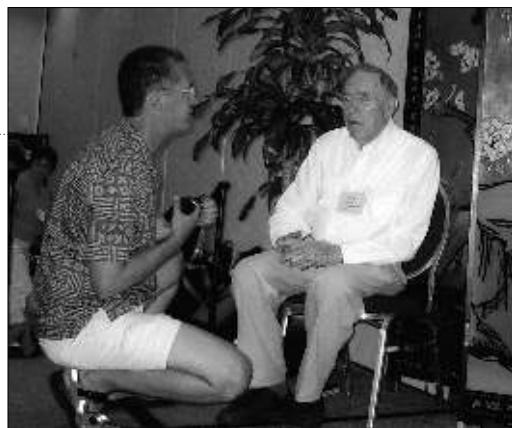
Where there is sincere, heartfelt belief, such devotion cultures the heart and completely changes the character of the believer.

~ ~ ~

Abandon the past and the future, live fully in the "Now" with no hope of anything, and the "Now" reveals itself, containing in itself both the past and the future. This is true renunciation, and this is Ananada, Joy, the Bliss of what is, not the hope of what might be.

~ ~ ~

PLEASURE IS REACTION;
JOY IS WITHOUT CAUSE.



Clockwise from upper right: with Chelsea Berg, Justin's 81st birthday, 1997; with Brock Brockhurst, Pacific Grove, CA, early 1980s; with Doug Harned, ABQ conference, 2005



With Pete Gregory, ABQ retreat, 2010

bye
justin
you walked it
you showed us truth
and you beared
the fruit
love

— PETE GREGORY,
HIGHLAND, IN



With Jerry Bumbalough, ABQ retreat, 2009



With Jerry Granok, ABQ retreat, 2010

While staying at Green Gulch Farms [where Justin held early meditation retreats], I took many pictures including one of a small stone Buddha statue nestled at the base of a tree in the gardens, almost invisible for the foliage. In memory of that occasion and to honor Justin with another Pyramid Poem, I offer this:

the
stony
Buddha sits
doing no-thing
observing
seasons
pass

— JERRY GRANOK, PAGOSA SPRINGS, CO

Seventeen years and eleven months ago I received a certificate signed by Justin Stone certifying that I was accredited to teach T'ai Chi Chih. I wonder sometimes just how far the ripples of my teachings have spread into others' lives, but that is only a fraction of the ripples spreading forth from the long life of Justin Stone.

— DAVID WHITE, JACKSON, TN

When asking why the right hand is on the outside in Daughter on the Mountaintop, Justin said, "Because the right hand is on the outside." We each remember certain things about Justin. What keeps coming to my mind is his statement that T'ai Chi Chih is a gift to humanity. I

would like to suggest that all accredited teachers, in addition to normal classes that they charge for, find a way and location to teach those less fortunate than we. For example, I teach two classes of seniors that have Alzheimer's or dementia. All I ask of the center is to pay my gas bill for the round trip of eight miles. I also have terminally ill people that are homebound. I cannot tell you how much they appreciate the attention and movements. I feel that this is the best way to perpetuate Justin's philosophy.

— JERRY BUMBALOUGH, GREENFIELD, CA

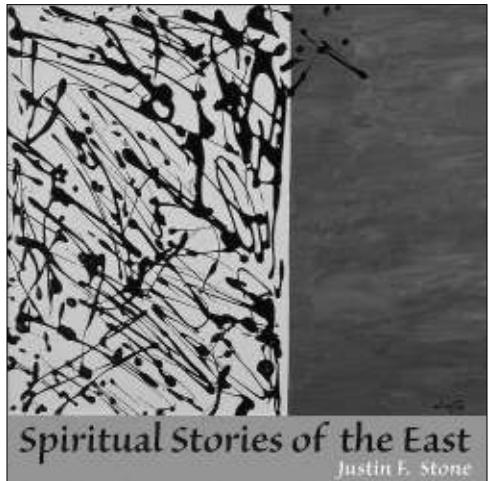
Iwasn't prepared for the shock of hearing about Justin's death. It made me sad but also made me glad that he is no longer in pain and is onto the next part of this journey. Hopefully he can pave the way for us on that part, too. I had my moment of tears, and then I was so grateful to have had the chance to meet him and be in his presence. I will never forget listening to him at lunch telling the story of him riding in a car past a young kid in India, in the pouring rain on the back of the cart. I had read that story many times, but hearing him tell it the same way it was written made me appreciate his writings even more. His physical presence

will be missed, I'm sure. But what he left the world will carry on for many generations. His presence will be felt every time I begin my practice.

— NEAL ROY,
PORTLAND, OR



With Neal Roy, ABQ retreat, 2009



Excerpts by Justin Stone

From the Lotus Sutra

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

One day Nasrudin was seen sprinkling powder on the ground around his house. "What are you doing?" his friends inquired. Oh, the powder will keep the tigers away. "There are no tigers around here," pointed out the friends. "See, works well, doesn't it!" crowed Nasrudin.

Hakuin at the time was deep in *koan* practice and steeped in concentration on his problem as he knocked on the door of a small house in the village. So intense was his concentration that he did not hear "Go away!" from the busy woman inside. Again he knocked and again the woman shouted Go away! When he knocked a third time the old lady grabbed a broom, and seeing Hakuin standing outside the door, broke it over his head. At that moment, the bottom dropped out of everything for Hakuin. Later, he said, "After this, seeing the things of the world was like seeing the back of my own hand."

~ ~ ~

Hakuin's Song of Enlightenment

[Justin says on the CD this always knocks him out when he hears it.]

All things are primarily Buddhas.
It is like water and ice. There is no ice apart from water.
There are no Buddhas apart from beings.
Not knowing how close the Truth is to them, beings seek it afar.
What a pity!
They are those who, being in the midst of water cry out for water, feeling thirst.
Those who for once, listening to the Dharma in all humility, praise it and faithfully follow it, will be endowed with innumerable merits.
But how much more so, when you turn your eyes within yourselves and have a glimpse into your Self Nature.
You will find that the Self Nature is No Nature, the Truth permitting no idle sophistry.
For you then opens the gate leading to the oneness of cause and effect.
Before you then lies a straight road of non-duality and non-trinity.
When you come to understand that form is the form of the Formless, your coming and going takes place nowhere else than where you are.
When you understand that thought is the thought of the Thoughtless, your singing and dancing is no other than the voice of the Dharma, how boundless is the sky of Samadhi.
How refreshingly bright is the moon of the 4-fold wisdom.
Being so, is there anything you lack?
As the Absolute presents itself before you, the place where you stand is the Land of the Lotus, and your person is the body of the Buddha.



From top to bottom: with Mrs Hayashi, Baby-san, Oba-san Hayashi, Rev Hayashi, Tenrikyo, Kyoto; unidentified person, Justin, Kycho-san, Kyoto; Rev Hayashi, Paul Reps, Justin, unidentified person, Tenrikyo, Kyoto

All photos on pages 34 & 35
from the early 1960s

Dear Justin, your body now no longer serving the physical world – it does not matter. Your spirit lives into infinity. Every time we practice, think of you, read your words or meditate with you, in mind you are with us over and over again. Thank you for your life and the gift of T'ai Chi Chih. It has changed my life. May all be comforted in their sorrow and raised up in their Joy.

– ROBERTA TAGGART, EUGENE, WA

I am lost in no words. My heart overflows with joy whenever I see a photograph of him or hear his voice or read Justin's words. What I know is that Justin Stone resides in my heart forever.

– TERRY JENNINGS, HONOLULU, HI



*Arthur Sussman, Justin, Judith Sussman,
unidentified person; Kyoto*

T'ai Chi Chih there would be peace in the world." I taught two classes today and spoke of Justin and the simple soft movements that he has gifted us with. Justin told me he never met anyone with so much joy as he saw in me. May you all know I will carry you in my heart each day. May Universal Love guide your path.

– MEG COSTELLO, PHILADELPHIA, PA

So grateful for your life, Justin. Your presence is always with us, through every T'ai Chi Chih practice. I am grateful, I give thanks.

– SKY YOUNG-WICK, PARKVILLE, MO

I met Justin back in the 1990s at the Southwest Yoga Conference in Albuquerque. He was doing a demo of T'ai Chi Chih and I felt the *Chi* in the demo that I had never experienced before. Somehow I was drawn to Justin. He was very kind and had a warm energy. I had no idea that meeting Justin would change my life and that of those around me. Today, in starting class, I tried to make the announcement that Justin passed, but I was filled with emotion. We listened to a Justin CD, watched one of his first videos, and we read a comment from his 75th birthday: "Life is temporary." Maybe so, but his legacy and TCC will live forever.

– LARRY SAVA, LUBBOCK, TX



*Kycho-san, unidentified person, Oba-san Hayashi,
Justin, unknown person, Rev Hayashi,
unknown person; Kyoto*

As a Chinese growing up in Indonesia and then migrating to the U.S., I have found the East in the West through Justin's work on T'ai Chi Chih. I was glad I found my identity and get re-connected with my Mom from a distance by learning TCC. Justin will be always in my heart.

– A. WONG, BETHESDA, MD

Unforgettable, that's what you are.

– TERRY GAY PUCKETT, SAN ANTONIO, TX

My heart and prayers are with you all as you grieve the loss of a great man. Justin has given us a gift to share with joy. Every time I begin a class I say, "Justin would say, "If everyone did

Every time I begin a class I say, "Justin would say, "If everyone did



Kyoto

Justin's Solo Instructional DVD

Joy through movement ... Let's continue. Thank you Justin.

— JEAN-MICHEL VICTOIRE, LA CELLE, FRANCE

Justin prepared us so well for his death, for our own deaths, for the death of everything and everyone we hold dear. In doing so, he really encouraged us to live. "Suffer the leaves to fall ..." This was the heart of his teaching. I am so grateful for all he taught me while he was alive, and all that he continues to teach me through his death.

— LISA M. OTERO, OXNARD, CA



In a world of "Saints and Ain'ts," Justin was not an Ain't. My first solo encounter with Justin was at the Albuquerque conference in 2005. The elevator door opened; he was riding alone. I got in. Ten years, finally meet him, and I got nuthin'.

I think I said, "Fancy meeting you here." As the elevator started down again, he smiled and assured me, "Don't worry, the elevator doesn't go down any faster for me than anybody else." I remember the twinkle in his eye like it was yesterday.

— PETE GREGORY, HIGHLAND, IL

Justin's presence in my life has been, and shall continue to be, through his Essence ... It is tangible, yet of the Formless ... True alignment with Universal *Chi*, flowing unimpeded ... Opening me to Truth ... the One ... His gift to me is that through TCC practice we transform the quality of our *Chi*, and negative tendencies and patterns "cannot grow in the new balanced soil." I value deeply that over the years I had several clear moments of conversation with Justin ... We spoke of keeping T'ai Chi Chih pure ... and I feel honored that he knew my sincerity, my *Teh*. We also connected through music, since I, too, am a pianist. His life taught me simplicity ... Crystal precise alignment ... Being. Thank you Justin. Peace.

— BEVERLY WEIL, BREWSTER, NY



I am forever grateful for all that Justin Stone has given me through T'ai Chi Chih, his books, and his vision. I meditated for 16 years before finding TCC, and the profound peace I experienced in only a matter of weeks was incomparable. TCC sent me on a journey of self-discovery that I will always treasure. I never knew Justin personally, but my life was forever changed by his prodigious vision for human kind. Thank you, Justin. Thank you to all who helped communicate the practice and its principles to me. You have allowed me to change others' lives as well.

— KATE VAN FRANK, MONTCLAIR, NY

From top right: Justin, New Jersey conference, 2007; with attendees, New Jersey conference, 2000 ;
Justin and teachers, New Jersey conference, 2000

Justin's Solo Instructional DVD



My favorite memory of Justin was at the August 2001 teacher's conference in Morago, CA. One morning, all of us (about 175 teachers) were seated in the conference room. We were asked to break out into smaller groups to discuss specific T'ai Chi Chih-related topics. After finishing the discussions, we gathered again as one big group. One volunteer from each small group then spoke to all the teachers about their group's topic. Afterwards, I walked over to Justin. I mentioned something to him, but his response had nothing to do with what I had said. He was annoyed, and I thought it was with me! He then said (in response to listening to the teachers speak), "Do you realize how many 'umm's were said?" I quickly said, "Justin, we weren't saying umm, we were saying OM ..." He laughed, patted me on the shoulder, and said, "That's pretty good."

Of course this is a time to reflect. I am grateful that I found Justin and Carmen on the PBS TV series, where I first learned how to do TCC, which brought me much joy and which changed my life.

— SHARON SIRKIS, COLUMBIA, MD



The five days at Green Gulch changed my life. I am forever grateful. Thank you Justin Stone.

— JOHN ROGERS

Dear Uncle Justin: It is so beautiful the way you have touched the lives of so many. I know that your teachings will continue to bring health and healing for generations to come. My hope was to finally meet you this spring. My life has been in difficult transition for the past several years. I look forward to building a practice of your T'ai Chi Chih and connecting with you in that way. It is clear to me that you will live on in the hearts of your students and friends. I'm happy to know that you are so well loved. I'm so glad to have named my son Justin after you. With respect and gratitude.

— PATTI MILLS FORDHAM

Justin ... what can I say except "Batavia Downs!" ... "My mind understands (your passing) but my heart cannot speak..." Go into the Light, my friend and teacher.

— RAY WATSON, BATAVIA, NY

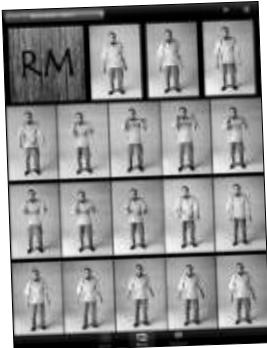
I did not know Justin Stone but I do feel his presence when I practice. I thank him for T'ai Chi Chih and Seijaku and everything he put out there for us to read. For he knows what he's talkin' about. Thanks again, Justin, and I wish you well on your journey.

— DENNIS PRICE, READING, PA



From top to bottom: with Ron Barker, Nancy Werner-Azarski, Justin and friends; with Garret Taylor, Sheila Leonard, unidentified person, Margo Carpenter, unidentified person, Chery Ann Hoffmeyer, Justin and Domna Aldous at ABQ Conference, 2005; ABQ retreat, Fall 2010

Good Karma Publishing



we
have lost
our justin
he showed us a
path of truth,
beauty ...
... Chi

— ERIC IMBODY, DENVER, CO



When I lived in California (1980-88) I was humbled and delighted to visit with Justin several times at his Carmel home, see many of his paintings and hear him play jazz piano. We also practiced T'ai Chi Chih of course! I am both saddened by his passing and buoyed by these special memories with Justin, TCC Originator. Such experiences with him to never come again. Justin said there is only one prayer: "I give thanks, I give thanks, I give thanks!" ... I do!

A Haiku for our TCC Originator:

Justin driving fast
Painting, Playing Jazz, alone
Spring brings Reunion!

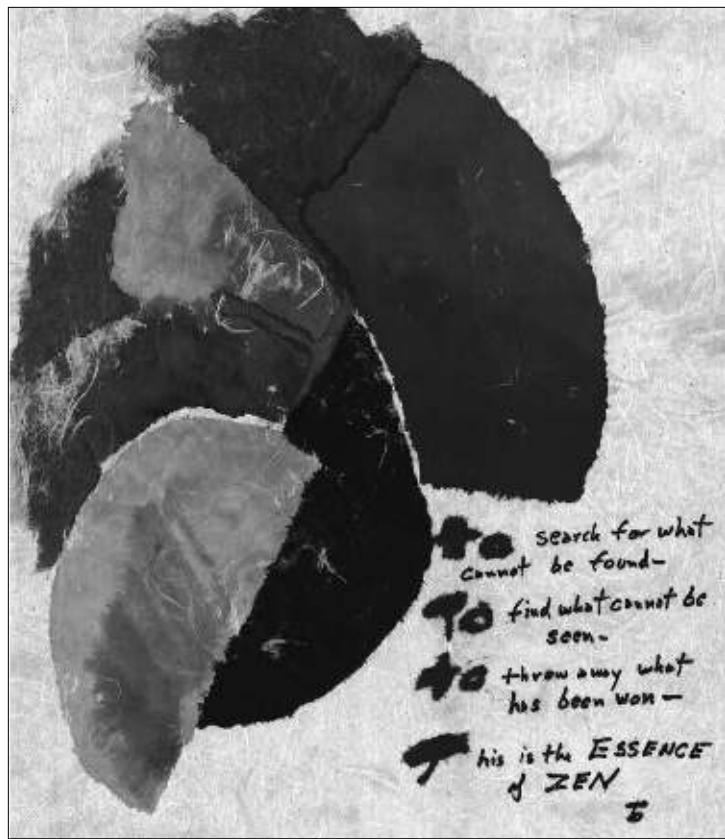
— LUCY HOCKING, WEST ALLIS, WI



Farewell Justin. As Ghandi said, "There are no goodbyes; where ever you'll be, you'll be in my heart."

— TONY RISOS, TOMS RIVER, NJ

Clockwise from top left: Pauline Quimson, ABQ retreat, March 2008; Pat Finstad, ABQ retreat; Sheryl Adair and Caroline Guillot, ABQ retreat; Nancy Frost, ABQ retreat, Fall 2010; Mary Wickmann, ABQ, November 2006



I only met Justin once at an intensive in 2010, but when I held his hand and we locked eyes, it was as if we could see into each other's souls. It gave me chills.

— DEE BURTON,
ORLAND PARK, IL



With Dee Burton, November 2010

Justin is riding the river of *Chi* to the heart of the universe and back, just as we are

in while we practice circulating and balancing the *Chi* ... Why identify with the leaf? Why not identify with the tree? I felt him leave before I heard the news. The energy is soft and continuous. My intermediate class practice shortly after his passing was dedicated to gratitude for his life.

— BARBARA LIPPERT, CAMARILLO, CA

We had just returned from a lovely in-the-moment



With Sandra Freda, Conference



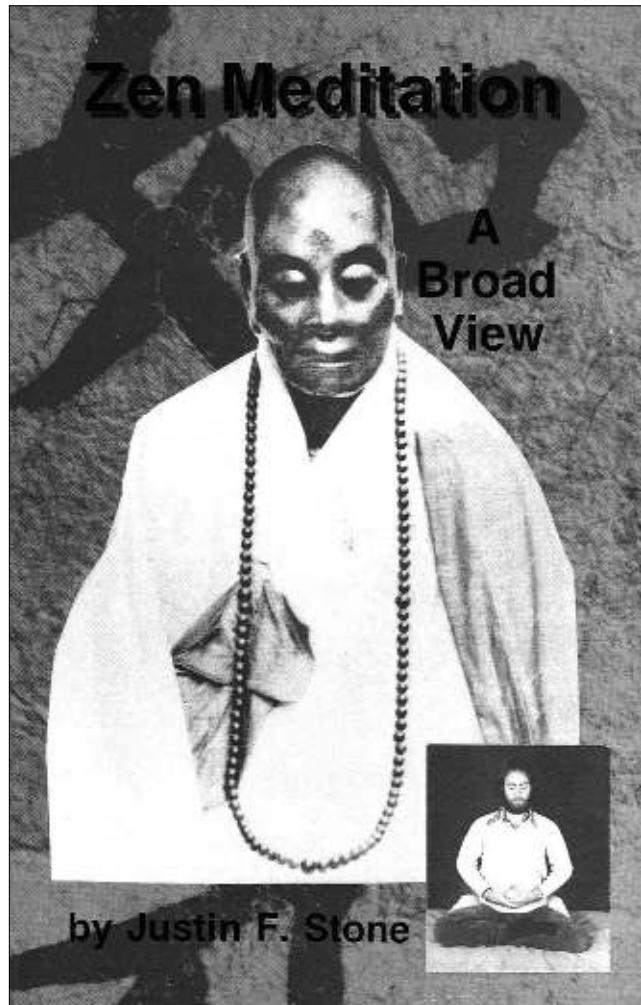
With Sher Dano, Conference



With Alla Meerson, Conference 2005



With Pam Yahnke, Justin's Birthday



Both photos: with Roshi Joshu Sasaki (Mount Baldy, CA and Jemez, NM); at Justin's home in ABQ, October 2010



Excerpts by Justin Stone

All Beings are primarily Buddhas:
It is like water and ice.
There is no ice apart from water:
There are no Buddhas apart from Beings.
Not knowing how close the truth is to them,
Beings seek for it afar – What a pity.

~ ~ ~

If one can chant from the depths of the diaphragm and with the whole heart and body, without emphasizing individual words or sounds, he or she will feel an overpowering rhythm that has a life of its own, and there will be a steady flow of deep sound from this serious practice, engulfing the chanter and causing that person to die the great Zen Death.

~ ~ ~

One's objective is nothing less than Total Enlightenment. Let the corollary benefits come, if they will. Let the psychic experiences multiply, if they do – we will ignore them. After all, they are products of one's own mind and just represent ignorance.

Having broken my foot a week ago, I have been struggling with patience and self-pity. Today, March 28th, feeling very stiff and in a very low space, I could hear Justin's voice saying, "Practice when you want and practice when you don't want." I had no choice but to pull up a chair and bingo! I felt the old familiar release of tension and clarity just as I usually do when in a standing position. It had been some time since my last practice, and I felt like a huge weight had lifted from my body. To hear of his passing today after this experience validates the power of my "connectedness" with him as well as with the greater T'ai Chi Chih community. There is no separation in true love. Justin and I had never met in the physical realm but yet his hand-written note acknowledging my teacher accreditation and his wisdom will sustain me, as well as his gift of T'CC. I tingle all over when I read the quotation [on the TCC website homepage], which I heard inwardly before the news. My condolences to all those who worked with and supported Justin these last few years.

— BETH PRESTON, SHOHOMISH, WA

The February 2012 issue of *The Vital Force* arrived in Costa Rica late (which is not unusual). I had just picked it up from my mailbox in San Isidro and skimmed it, thinking about Justin, whose picture was on the cover. Actually I could not get him out of my mind that day or the next. I thought of the last letter I received from Justin — after I had sent him a magazine article with photos of a course I was offering in Florida. It included a photo of someone who knew him well as a young man. Justin's letter was warm and intimate, handwritten at his advanced age. It touched me. The next day, March 28th, I received the notice of his death.

— ANITA VESTAL, POINCIANA, FL

With sadness and yet with hope I have heard of the passing of Justin via Sr. Kay Morrell who was my teacher and mentor in Toronto. I moved in 2009 to Israel and am trying to spread T'ai Chi Chih here. I would like to share an experience I had regarding Justin's passing. I am practicing TCC every morning before heading out to the "war" out in the streets. In the past month or so, for no apparent reason, I have been thinking of Justin and his wonderful gift of TCC. However, the thoughts went beyond just thought, and I felt a presence when I was practicing — very calming and reassuring presence.

I picked up his book with the photos and it came alive. I even told someone that the founder is well over 90 years old and still practices, although I said that according to him you can practice it in your head too ... I think it's remarkable that Justin would be in my thoughts especially so close to his passing. I never had the privilege to meet with him, but I always thought that he was a remarkable human being who made his mark on the universe.

TCC for me is not only the connection with Divine Order; it is my way to inner peace and health and to my being. Thank you all in the TCC community for continuing to pass Justin's torch of light to the world. Peace and blessings.

— DINA AJLENBERG, HADERA, ISRAEL



Jamie Morgan's journal, ABQ retreat

Thank you, Justin, for saying "yes" and following where it took you so that I and so many others can do the same. May you eternally enjoy the jazz tunes the angels sing.

— DEBORAH MASSEY, MALVERN, PA



With Hosen, Jemez, NM (Bodhi Manda Zen Center)

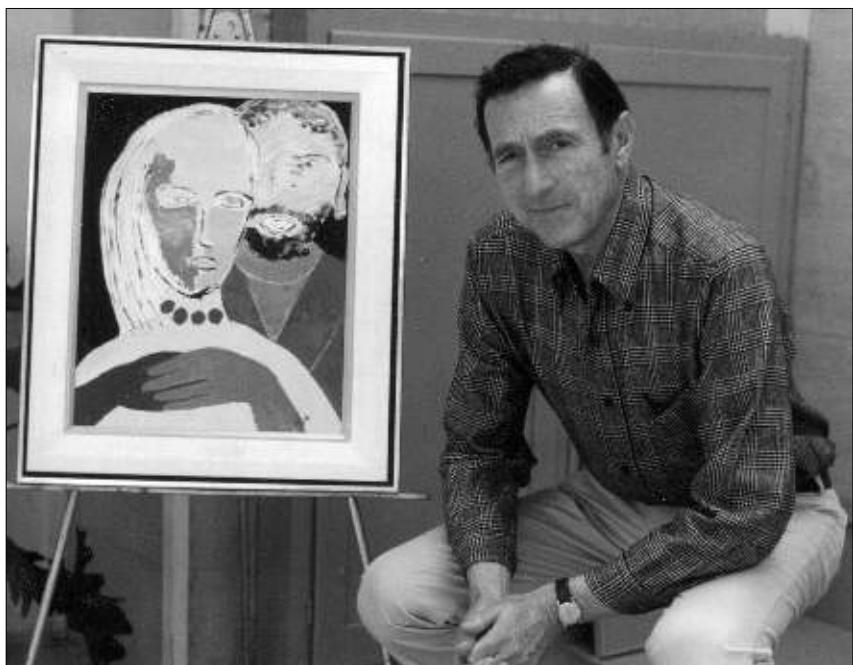


With Antonia Cooper

Tentatively Forever |



Tentatively Forever : Paintings by Justin F. Stone



Clockwise from top right: Monterey Peninsula, CA, September 1981; Storm Townsend, Justin, Ou Mie Shu, ABQ, September 2004; with Leah Ashman, ABQ; with Lisa Otero, Justin's house, ABQ, May 2011



To Kim Grant and those who were with Justin to the end, I wish to express my deep gratitude for the work of this great human being, Justin Stone, who, having mastered the ancient practice of T'ai Chi Ch'uan, developed the unique practice of T'ai Chi Chih for us. The practice has done so much for me as I do my meditative movement each morning. Right now I also do it with some elderly Sisters who suffer from many illnesses. We find it so physically and spiritually helpful. They have assurances from their doctors that this practice is so good for them. May Justin reap his eternal life with the joys he so faithfully shared with the TCC community in many parts of the world.

— SR AGNES FLEMING, TARRYTOWN, NY

Remarkable man. Amazing gift. And how wonderful to be part of it. I am eternally grateful to Justin for this rich reservoir of peace and serenity in my life.

— ELIZABETH EBRAHIMZADEH, SACRAMENTO, CA





With Caroline Guillot, Justin's house, ABQ, 2008

Justin had a great influence on so many lives, including mine. The T'ai Chi Chih practice was always what he cared about most. Every time we met he would ask, "Are you doing your practice? Are you teaching?" While in Albuquerque, just before a teacher practice, I asked him to correct anything I was doing wrong. From across the circle, he said, "You are leaning, dear." Oh boy; I had asked for this. The first thought that came to mind was, "If I am leaning, everybody in this room is leaning." Nice ego, Caroline. This will take you far. Then I thought, "Well, if you cannot even take this, what in the world are you doing here? You only have thirty more minutes to spend with him. You'd better pay attention." So I focused on him and only on him; I synchronized my pace to his. And I saw how absolutely effortless he was. His movement was completely natural. It was so easy. And in that moment, moving in unison with him, I received the answer I needed.

— CAROLINE GUILLOT, LAKE CHARLES, LA

There are really no words to express what Justin Stone means to me. He has changed my life in so many beautiful and meaningful ways since T'ai Chi Chih found me on that lucky day in 1999. A couple of days after Justin's death, I decided to take a walk in my neighborhood to quietly reflect on Justin, hoping to feel better in the fresh air. I kept passing patches of clover along the way. Thirty minutes later I had a "bouquet" of 43 4-leaf clovers. Now what are the odds of that?

One of Justin's many gifts to us is Pyramid Poetry. Particularly at those times when I feel something inside that just wants to get out, I will write a Pyramid Poem. It seems so simple but it really helps. Thank you, Justin, for helping us express.

sweet
sixteen
syllables
pyramid style
poetry
Justin's
gift

~
his
selfless
example
lingering on
long after
he is
gone

— SHERYL ADAIR



With Sheryl Adair, ABQ retreat, October 2005

Contacts

ORIGINATOR: Justin Stone

GUIDE: Sr. Antonia Cooper, OSF
99 Harrison Ave, North Plainfield, NJ 07060
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@gmail.com

TEACHER RESOURCES:
Contact changes@taichichih.org to receive
the hidden url with information specific to
teachers.

THE VITAL FORCE:
P.O. Box 92674, Albuquerque, NM 87199
vfjmembership@yahoo.com

GOOD KARMA PUBLISHING, INC.:
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888-540-7459 or 505-797-7300
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Justin F. Stone

1916-2012

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for your life.

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emails for current subscribers when sending Justin's death notice.



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