

THE JOY OF T'AI CHI CHIH®
by Justin Stone
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Sincerity is important in any endeavor. One who enters T'ai Chi Chih training with the attitude of "wait and see" is not apt to get as much from it as he could. If I ask someone whether he or she practises regularly, and get a reply such as, "Oh, once or twice a week, but I haven't forgotten it," I wonder why that person began taking lessons in the first place. The attitude must be one of bringing as much to T'ai Chi Chih as it promises to bring to you.

It is important for one to work toward the Essence of the training. The reward is there, and, if the teacher is a particularly good one, the student will receive much more than mere instruction in the movements. Though most students come to T'ai Chi Chih with the idea of being cured of something—with a very good chance of success—there is much of a spiritual nature that is communicated by the training.

I know Carmen [Brocklehurst] gives reading assignments to her students, which makes the teaching much broader in scope, and most students seem to appreciate it. T'ai Chi Chih will definitely broaden the viewpoint of the student, and that will make him or her a better teacher later on.

T'ai Chi Chih has no connection with religion. We are working with the CHI, and we do not have to guess whether it circulates—we feel it. If we once begin to get the idea of what we are gaining, we will concentrate more on doing the movements sincerely. For instance, in doing Pulling in the Energy, we envision ourselves pulling in the energy from the most distant star and taking it to the soles of our feet, hitting the T'an T'ien on the way. The T'an T'ien is connected to the soles of the feet by the Tumo Channel, and the T'an T'ien is felt to be a great center of power. This year I will be 90 years old, and I can continually feel what that power has done for me. T'ai Chi Chih is a powerful connection. You can decide for yourself what the connection is. Practise regularly and do the movements correctly and it will all come to you and every day will be a joyous one.