

THE SHOCKING AND UPLIFTING TRUTH

by Justin Stone, September 1999

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Some people are deep and some are shallow. The deep ones, as soon as they begin to do T'ai Chi Chih® and note the effect it has on their lives, realize what it is that T'ai Chi Chih is dealing with. It is not exercise, not entertainment, but a way to grasp and use, even unite with, the basic principle of life. Martial Arts have used this force to develop violence, and defense against violence, thus making the force itself secondary. TCC has one purpose: to circulate this Vital Force and to balance it, even to unite with it when we reach the Essence of T'ai Chi Chih. When you begin to realize what we are dealing with, you will not be surprised that TCC affects your life in so many ways.

I am going to quote, again, from the works of Sri Nisargadatta, certainly one of the most original thinkers India has known. His words may shock some people if they go against long-held concepts, but that is the purpose of a Spiritual Teacher, to shock you out of the rut you have taken for granted. In his words Nisargadatta calls [it] the CHI (Prana) "Life Force," which gives you an idea of what it really is.

"Without the Vital Breath (Life Force, Prana, CHI, Ishwara or God) has no soul; and, without God, the Vital Breath has no existence," he says. "Without the Vital Force [CHI], nobody can worship God. Actually, it is the Vital Breath, the Life Force, which is worshipping God. And, without God, there is no existence of the Vital Breath. When this Life Force seeks the consciousness as God itself, then dawns the light of the consciousness with which the Life Force works and achieves what it wants to achieve—that is, oneness with God. Even if you take the Life Force as God itself, the result will be the same, because the working principle is the Life Force [CHI]."

He continues: "When the Life Force carries on without any obstacles [(blockage)], you have a sense of well-being, you are happy. If there is an obstruction [(blockage)], you become aware of a disturbance in the working of the Life Force, and you have a feeling of un-wellness and you are unhappy."

He writes for many pages along these lines (see Nisargadatta's book *The Ultimate Lesson*, starting at page 161) but his words only re-iterate the importance, even omniscience, of the CHI. Western Medicine will eventually come to understand the importance of this knowledge, but, as of now, it is a blank to so-called Symptomatic Medicine.

Remember, Nisargadatta is considered one of India's greatest God-men. He is affiliated with no religion, and his references to God are made with the highest respect, even love. In one sense he is trying to tell you about the wonderful opportunity to unite with Consciousness, and this directly concerns TCC. When it is realized by many what TCC is offering, there will be tremendous growth and great need for good and sincere teachers.