

From: TCCcommunity guide@tcccommunity.net
Subject: Sandy's October 2014 T'ai Chi Chih Newsletter
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A Newsletter from the Guide of T'ai Chi Chih



Justin's Insights

The Mystery of MYO

"These days one hears a lot about 'enlightenment, generally, I believe, it is thought that 'enlightenment' is a super-intellectual state where the brain has great knowledge and knows many answers (or concepts). Nothing could be further from the truth; it has nothing to do with I.Q. rating or knowledge assimilated. When the individual energy (*Chi*) merges with the Universal Energy (*Ch'i*), something acts through one, and that something is infallible.

"This is Prajna, the Inherent Wisdom. Give it theological terms if you will. Just as my Zen teacher said, 'Love is Manifestation,' so is 'enlightenment' known by this manifesting, not by words, phrases, logic or dialectics.

"In his fine book, *Zen and Japanese Culture*, D.T. Suzuki speaks of *Myo*, which he says is a hard word to define. 'It is a certain artistic quality perceivable not only in works of art but in anything in nature or in life. The sword in the hands of the master swordsman attains this quality when it is not a mere display of technical skill ... for *Myo* is something original and creative growing out of one's "unconscious."

"(I wish he wouldn't use Western psychological terms.) What he is referring to, of course, is the action propelled by Prajna, not one's discriminating consciousness.

"The fencer, the swordsman whose life depends on instantaneous reaction far more rapid than mental response – intuitive sensing, if you will – and the jazz pianist, who has no time to think as he improvises, all cultivate something far beyond necessary technique. It is not enough to be a mere technician, no matter how skilled. When one goes beyond technique, it is *Myo*, the great mystery. It is the reason enlightened Zen men tend to be artists, poets, etc., all on a spontaneous basis, the manifestation of enlightenment.

"When I tell T'ai Chi Chih teachers

Prajna and habit energies

Bam, " *That hurt.* "

Thud, " *That hurt.* "

Crash, " *That hurts!* "

Do you ever find yourself repeating an action over and over again or repeatedly responding to a situation the same way, again and again? And then finding yourself saying, " *Not again. I did it again.* "

Those habit patterns that we have developed over a lifetime sometime serve us well, such as driving and obeying traffic laws. But sometimes our habit patterns do not serve us well and cause unhappiness to us and others.

Justin gave a talk at the 1992 Teachers Conference titled, Prajna. Prajna is our inner, innate wisdom.

" *Whether you call it God, Prajna, your own true nature, whatever, my advice is to know it and listen to it. This means to come to know who and what you are.* "

But we cannot hear that inner voice when it is

" *covered up by the vashanas. The vashanas are the habit energies, and they so cover the Prajna that it becomes impossible for it to shine through to the conscious mind. But it is there. It is always there, but you don't know it's there if it doesn't come through to your conscious mind and to where you can act in the wisdom of Prajna.* "

So how do we connect with this wisdom within? In Justin's book [Heightened Awareness](#) he states,

" *Consciousness is usually blocked in varying degrees.* " *When Consciousness is dull and obscured, our awareness is extremely limited. As the clouds are brushed away, that is, the habit energies and other obscuring factors are weakened, awareness grows from the inside and it always goes from the limited individual outlook to the far-reaching universal.* "

In [Heightened Awareness](#) there are several practices, the aim of which is to loosen the grip of our thinking, scheming, calculating mind.

" *When we become aware of our vast inner landscape, which most of us ignore, we greatly increase our home territory. As awareness becomes deeper, we begin to realize that there is an inner world, and not one merely of emotions and feelings. The perimeters of consciousness are vast, perhaps boundless.* "

Mindfulness takes work and practice – to consciously be aware of each

Materials

Justin Stone's materials may be purchased from local T'ai Chi Chih Teachers or through Good Karma Publishing.
www.gkpub.com

★ T'AI CHI CHI PHOTO TEXTBOOK APPS for both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

★ The apps consists of time-lapsed photography of the originator, Justin Stone, performing of all the movements. As well as links to some movements on YouTube.

★ Important points about moving correctly are called out and special essays discuss balancing yin and yang, the Tao, the great circle meditation, serenity, studying with a teacher, function and essence, the power of Chi circulation, body posture, and more.

Purchase the Android application:
[Android app](#)

Buy the application for iPhone, iPad & iPod Touch: [Apple app](#)

Additional excellent references may be found on DVD: Interviews with Justin Stone and Carmen
www.gkpub.com

And on the CD: Justin Stone speaks on T'ai Chi Chih:
www.gkpub.com

Sandy McAlister's Seated T'ai Chi Chih DVD:
[Seated DVD](#)

Pam Towne's DVD:

[Serenity in the Midst of Activity DVD](#)

Lessons with Pam via Skype:
[Skype](#)

Prepare for teacher accreditation, or fine-tune your practice

Teacher Resources:

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www.gkpub.com

to 'Sink into the Essence,' this is what I'm referring to – let T'ai Chi Chih do T'ai Chi Chih."

~Justin Stone

VFJ June 1991

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Chi Reflections

Oneness

Gentle rippling water...
Distant sounds and stirrings...
The dawning of a new day.

Circulating the Chi
Amidst peace and serenity.

Subtle interplay of energies
A new sense of being emerges.
My awareness expands
To encompass it all.

I am one with my universe.

~Tais Hoffman VFJ Fall 1987

Follow Your Bliss

Sink so deeply into your center that you experience a consciousness devoid of thought—an intuition that is illuminated with awareness. This is who you are at your deepest. Let *this* consciousness guide you; allow yourself to grow and change with it. As long as you can move from there, you will know your bliss. Let it enlighten you.

Be Like Water: Practical Wisdom from the Martial Arts ~ Joseph Cordillo

A mind at rest

In the peace and quiet of the forest,
The orchid easily releases its fragrance.
The mind at rest is naturally enlightened.

~Anon VFJ Spring 1987

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...maintain our inner and practice... to consistency of attitude or even action we take and each thought we have. When we can act from a place of awareness, non-clinging, mindfulness, our inner wisdom guides us. Maybe then we won't find ourselves repeating in disgust, "Not again!"

When we act from a place of awareness, love and peace abound.

Sandy McAlister in Hayward, CA

T'ai Chi Chih Events lead by Sandy McAlister, Pam Towne, and Daniel Pienciak

Oct 6, 2014 - Oct 11, 2014: **T'ai Chi Chih Teacher Accreditation** - Old Mission Renewal Center in Santa Barbara, CA Trainer: Pam Towne
Contact: Lisa Otero:
lisa.otero@post.harvard.edu, 805-766-1342 (cell)

Oct 11, 2014 - Oct 17, 2014: **T'ai Chi Chih Teacher Accreditation** - Buffalo, MN with Trainer: Sandy McAlister
Contact: Deb Bertelsen:
debbertelsen3@hotmail.com, 612-805-6366
or Susan Bitney:
smbitney@gmail.com, 612-353-4968

Oct 17, 2014 - Oct 19, 2014: **T'ai Chi Chih Retreat** Estes Park, CO with Pam Towne
Contact: Marie Dotts: mcdotts@hotmail.com, 970-412-9955

Nov 13, 2014 - Nov, 16: **T'ai Chi Chih Intensive** - Albuquerque, NM T'ai Chi Chih Center with Guide: Sandy McAlister
Contact Bruce Childs: bruceia@yahoo.com, 505-797-2060

Nov 19, 2014 - Nov 23: **T'ai Chi Chih Intensive** - Aston, PA Franciscan Spiritual Center with Trainer: Daniel Pienciak
Contact: Stacey Moore: sismot35@gmail.com, 717-465-6890

Other T'ai Chi Chih Events

<http://http://www.taichichih.org/events>

Your attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.

MISSION STATEMENT

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

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[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may have a free subscription to the Guide's monthly newsletter. It's easy to subscribe online using the Newsletter Sign-Up Form found at:
http://tcccommunity.net/Newsletter_Sign-Up_Form.html

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