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Justin Stone

Joy Through Movement!

If perchance you meet a man named Stone
Be sure not to take him for granite

By DAVID CUSHING FUESS

Hidden away in a small house in Carmel is a rather remarkable man named Justin Stone. He has developed a form of moving meditation which he calls T'ai Chi Chih (TCC) as opposed to the better known form T'ai Chi Ch'uan which Justin has practiced since 1958. TCC is easy to learn because it consists of 20 simple movements instead of the more lengthy 108 more difficult movements of T'ai Chi Ch'uan. TCC has powerful effects on the human body both physical and spiritual. Since he first originated TCC in 1974 Justin has trained over 200 teachers, myself included, who have in turn taught thousands of others. TCC has spread to Norway, Australia, New Zealand, Chile and Switzerland.

Justin claims that "T'ai Chi Chih is equivalent to complete Zen practice. Several people have had Satori experiences that completely changed their lives. Satori comes from the Japanese word 'to realize,' so obviously Satori is realization. It is an enlightenment experience. It is characterized by great joy which usually brings tears of gratitude which can't in any way be verbalized. It is more a remembering than a new experience. It's like on Friday night someone tells you a joke and you don't get the point of the joke and Saturday night you are walking down the street and you laugh and get it. Nothing has changed."

Years of travel through the Far East and extended stays at various spiritual communities have given Justin Stone a unique perspective. He has recorded his thoughts and adventures in a number of books ranging from *Zen Meditation to Abandon Hope!* from *Climb the Joyous Mountain* to *Meditations for Healing*, to his most recent publication *The Metaphysics of Wall Street*.

The Metaphysics of Wall Street combines Justin's years of experience as a registered stockbroker and his spiritual perspectives. It starts with a conversation between two men talking about the economy, one talks about the "Tao" and the other talks about the "Dow" and they find themselves quite in agreement despite the fact that



photo by: David Fuess

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neither realizes their discrepancy in the choice of words which are pronounced the same.

Justin talks quite poetically about the "Chi" or energy force in the body which people experience when they practice T'ai Chi Chih. "Zen approaches through the mind," he states. "TCC approaches through the circulation of the Chi. It is the reciprocity of mind and Chi. A certain type of mind brings a certain type of Chi and visa versa. People who are pessimistic change. I wish more people would stress joy through movement."

What is "Chi" (rhymes with gee!)? "Chi is that which existed before the universe. It could be called universal energy which we refer to as intrinsic energy or vital force in regards to all beings. The creation of the universe is according to the total karma. It is not physically in existence until it divides into Yin and Yang, positive and negative. It sounds like the story of electricity. It does not become manifest until it divides. From that we get heaven, earth and man. This is why the Japanese flower arrangement is three parted. Heaven is the Great Yang, Earth the Great Yin and the wedding brings about man.

"Sri Aurobindo has said that 'If this universe were to disappear, this Chi would be capable of producing a new

universe in its place.'

"Man is the product of Chi," Justin feels. "And each being is constantly producing itself according to the habit condition of mind energies. This kind of energy will bring this kind of result. This is karma. If we know this we can influence our future by developing the habit energies we want which will bring positive effects. This is where the practice of T'ai Chi Chih has such deep meaning. It is a way to condition the mental habit energies without the terribly long struggle of Zen or Yoga. Very few people are capable of practicing true Yoga or true Zen. Everyone is capable of doing T'ai Chi Chih."

Justin is not always easy to understand. In response to a question posed to him he might counter "Why do you have five fingers?" He can be downright abrasive when he starts to rail against so many self-proclaimed gurus. He loves to quote a friend Paul Reps (Zen Flesh, Zen Bones) who sent him a postcard from India saying "India is full of Saints and Ain'ts."

The practice of T'ai Chi Chih profoundly affects your awareness of your hands and feet. When the stillness of non-movement is broken into a forward and backward rocking motion or side to side, the Yin and Yang forces of the body come into play. Justin has practiced healing work with the Sekai Kyo Sikyo

The technique is called 'Jorei' and when practiced by an experienced healer can be very powerful. The church has branches in San Francisco and Los Angeles.

"I practiced for a while," Justin recalls. "And then I had an exceptionally powerful experience and then I stopped doing it." He feels that the hands "are always sending light." He quotes Paul Reps who says "The hands are raying and feet are raying too!"

"My experience has been that when the Chi is flowing you are capable of imparting great healing energy. The more esoteric side of that is that much of this healing work is done unconsciously such as the work done in dreams. C.G. Jung talked about the distinct feeling of existing in two centuries at once. Sometimes a teacher or a friend will appear in a dream to heal you.

"In T'ai Chi Chih the feet are called the 'bubbling spring.' I think they serve the same purpose as the palms of the hand. I think you could do healing work with the feet. In TCC the only 'firm' parts are

in the soles of the feet which are not only grasping the earth but are at times six inches below the surface of the earth."

Most students feel the flow of energy first in their hands in the form of a tingling. "Tingling manifests first in the fingers," Justin explains, "but originates in the feet, comes up through the legs and is distributed at the waist. The waist and the wrists will tell me the degree of tension."

After having taught T'ai Chi Ch'uan at the University of Albuquerque and at the University of New Mexico, Justin was approached by a publisher to write a book about it. He felt that a definitive book had already been written. As he contemplated the request he found that "this thing just poured out of me and they had descriptive names." So Justin personally evolved the 20 movements of T'ai Chi Chih.

"It is much stronger than T'ai Chi Ch'uan," he contends. "The feeling varies. In the move 'Carry the Ball to the Side,' I feel the energy at the base of the thumb. While doing 'Pulling in the Energy' I get a shock in the heart if I concentrate enough. The total feeling afterwards is an internal warmth, as if you have had an internal bath."

T'ai Chi Chih is one method of allowing us to penetrate the mysteries of the Universe and the healing powers of the hands and feet. It is a way of tapping the Chi force which the mystics and yogis have told us about for thousands of years.

It is a way of understanding the circularity of motion and how the still breaks into motion and returns to the still. It allows us to understand what Justin means when he says that "what appears to be space is a vast continuum of energy." It allows us to experience joy through movement. In the meantime we contemplate Justin's poem: "Going, we return. We meet ourselves coming back!"



photo by: David Fuess

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A PULL OUT SECTION