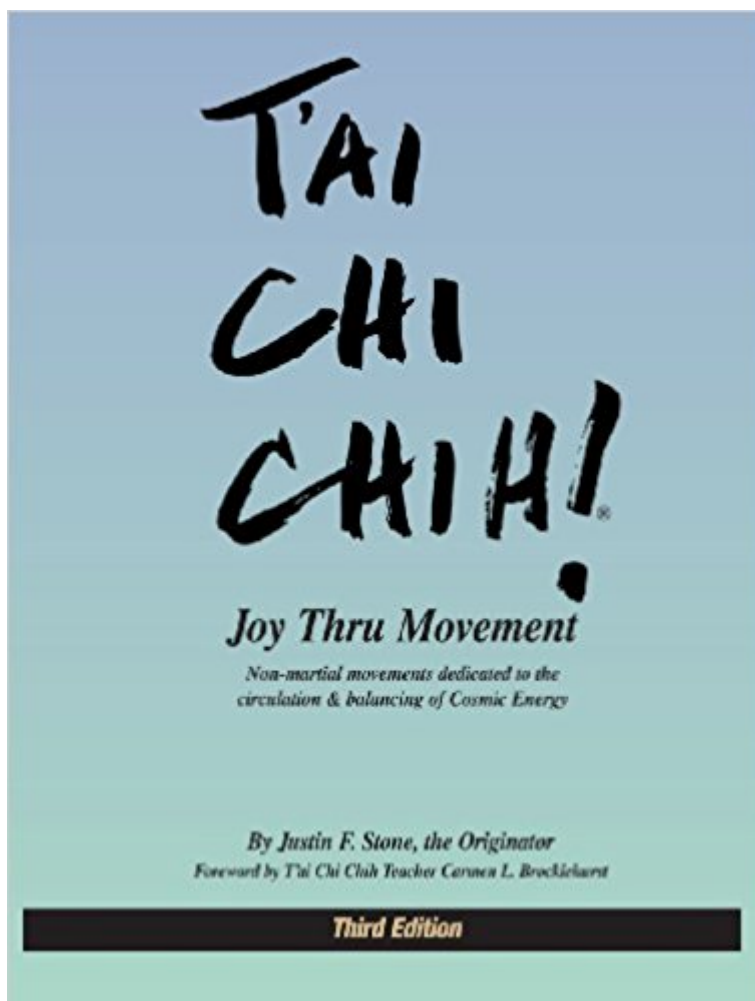


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# T'ai Chi Chih! Joy Thru Movement



## Synopsis

Pairing time-lapse photography with concise commentary, this photo-text offers complete instruction in the simple yet utterly profound movements. Additional essays on the background and philosophy of T'ai Chi Chih are quite illuminating. This meditative T'ai Chi Chih discipline circulates and balances our internal energy (the Vital Force or chi), helping alleviate excess stress, aiding in relaxation, and improving our health, creativity, performance, and intuition.

## Book Information

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## Customer Reviews

These are not ancient forms; they were originated by me, but they do use the very old yin-yang principles and a few ideas from T'ai Chi Ch'uan. The purpose was, and is, to provide easily learned movements that afford the practitioner great benefits. How great these benefits are spiritually, physically and psychologically we did not know at the beginning, and it has been gratifying through the years to constantly receive new reports of hitherto unsuspected benefits experienced by those learning T'ai Chi Chih. Whether one understands the reasons for such benefits or not and whether or not one has faith, regular practice of T'ai Chi Chih should bring great rewards. Just do it and let your own experience convince you. Many have stated that they like T'ai Chi Chih because no beliefs are needed and words play no part in successful practice. Truly, the aim is "Joy thru Movement," and such movement is easy....T'ai Chi Chih can be a loving, as well as a healing, experience....We trust the reader of this book will join us in this simple practice. If enough people do T'ai Chi Chih, we might even have peace and love in the world. --Excerpt. © Reprinted by permission. All rights reserved. From the introduction

Justin F. Stone originated T'ai Chi Chih® (knowledge of the Supreme Ultimate) in 1974. After spending many years in Japan, India, and China studying Oriental spiritual disciplines and mastering T'ai Chi Ch'uan, Justin created this new discipline so that everyone, including elderly people, could easily learn and practice the simple movements. Everyone can receive, and deserves, all the benefits that come from circulation and balance of Intrinsic Energy. Over 2,200 teachers worldwide are accredited in this discipline. Justin Stone is also an accomplished painter, ASCAP composer, and financial advisor. He has originated a language learning method for Japanese and has taught Eastern Studies at two universities. Justin resides in Albuquerque, New Mexico, where he leads regular Tuesday morning T'ai Chi Chih classes for teachers at the T'ai Chi Chih Center in Albuquerque and holds informal meditation sessions at his home. Justin believes: The circulation and balancing of the chi is the great secret of life. And this T'ai Chi Chih discipline, a moving meditation with far-reaching benefits, works with the chi. It's a very valuable exercise that affects the inner organs as well as the muscular structure. The slow, soft movements of T'ai Chi Chih have real effects on blood pressure, weight control, and other physical elements, but T'ai Chi Chih goes much deeper than that. Students who realize that practice is absolutely necessary often experience profound changes during a beginning course. Since most students feel the effects of the practice very quickly, it is not necessary to accept results as a matter of faith.

I have been learning Tai Chi Chih for several months. I am just delighted to have the book for reference. I was happy with the quality of this used book. One word of caution though. If you do not already know the Tai Chi Chih basics it would be difficult to learn it by reading the book.

This is a very gentle form of Tai Chi. I've been taking a weekly class for 5 weeks and enjoy it so I bought the book to help me remember the moves. The book is very clear and easy to follow.

Definitely purchase the issue with the photos showing the motions.

Great.

While taking a T'ai Chi Chih class where there were not handouts for continuing practice during the week, this book was perfect for recalling the motions and foot movements in each of the forms. Also, the information relating to the history of T'ai Chi Chih was so inspiring. I found this was a

necessary accompaniment to the class!

Lovely summary of this practice. It's so simple to learn the basics, but hard to master all the intricacies - this book definitely helps.

This is a good book if you have attended a class on Tai Chi and you want to get a better idea of the moves required. However, if you expect to pick up the book and read it and master all of the moves, it lacks a little. Mostly, the photos give a good idea of what to do, but the text does not do a great job of completely explaining the photos.

Very detailed. As a teacher of this practice, I welcome the opportunity to learn from the master and refine my practice. The DVD is also helpful.

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