

Gratitude Quote From Justin Stone

... it's very easy to have a good life. One word tells you how: Gratitude. If you live with gratitude and express the gratitude, you can't be unhappy. You can't be unhappy and feel gratitude. The two don't go together. I say (many times during the day) what I'm grateful for. True gratitude doesn't come from getting a new car, or from when something good has happened. That lasts two or three days before it wears off. True gratitude and bliss are synonymous. I would say from my experience: If you're looking for a good life, be grateful. Particularly, the people here should be grateful. ...I believe that teachers who've taught you T'ai Chi Chih have helped your lives very greatly. Do you agree? If you're doing T'ai Chi Chih and getting the benefits of it, it's not hard to be grateful. That's the secret of a happy life. ... Justin Stone, from the 2005 T'ai Chi Chih Teachers' Conference in Albuquerque, his talk was entitled "The Play Within The Play".

[Link to Star Chart Teaching Strategies and Checklist introduced at 2010 Teachers Conference](#)
The Star Chart for Teachers is based on educational practices and standards that many businesses and teaching disciplines use successfully. These strategies produce the best results when working with groups of people in a learning context. These are the most natural, efficient and effective ways to stimulate learning and social cooperation. These are called Best Practices.

Living in the Present with Gratitude

A few weeks ago 82 teachers gathered for our 25th Annual International T'ai Chi Chih Conference at Lied Lodge, Nebraska City. It was familiar territory because we had been there the previous year, and it felt somewhat like 'coming home.'

This was the Conference of Gratitude, and how appropriate for us to mark this silver anniversary focusing on Gratitude.

A quote of Paul Reps that Justin often used whether at conferences, in lectures, or even around a restaurant table is: "*How grateful I am with no thing to be grateful for.*" Adding that he didn't say "*with nothing to be grateful for.*" *Sp.O. p52 [1]*

This quote on Gratitude and several others found in *Spiritual Odyssey* will be used in upcoming newsletter communications because *Spiritual Odyssey* contains rich sources of Justin's thoughts, his learning, teaching, both in the form of T'ai Chi Chih as well as in its benefits that go beyond the physical. I have personally found a great wealth of teachings in these "Selected Writings" and continue to appreciate the wisdom that can be found in it pages.

We are so fortunate to still have Justin with us. Only those who know the T'ai Chi Chih form deeply (as in Chih[2]) and those who teach it with Teh[3] (inner sincerity), can begin to sense the richness that this form provides for our lives and our beings -- body, mind and spirit. Justin was the chosen vehicle through which T'ai Chi Chih has entered the world in our lifetime. It could be said that we too are gifted to be the recipients of this simple form, a form that brings into harmony and balance that which we personally need.

This is the first of several reflections on Gratitude that will be shared with each of you. If you find them helpful, you are welcome to send them to other teachers, your students or others who may benefit from the practice of T'ai Chi Chih.

Question for Reflection: For what are you grateful?

How is this gratitude expressed?

Focus -- An Invitation for this month: Discuss the "Six Principles of Movement" with others who know and practice the T'ai Chi Chih Form. Notice how are they expressed in the practice.

[1] Quote pages taken from the Second Edition of *Spiritual Odyssey*

[2] Photo Text p 12 (*Third Edition*, © Fall 2009)

[3] *Spiritual Odyssey* p 85 "Teh"