

Become a *Conscious Conduit of Life's Energy*
Going With the Flow Is More Than a Metaphor

By Rev. Christina Tillotson, DD

“Circulating and balancing the Chi is the great secret of life.”

— Justin Stone, Originator, T'ai Chi Chih, Joy Thru Movement

Have you ever thought of yourself as a conduit *and* conductor of one of life's greatest gifts, energy? Whether you know it (or like it) or not, you are both. Being one with life makes you a conductor of energy—and being *aware that you are one with life* makes you a *conscious* conductor of that energy, determining how it will flow. The result can be a joy that flows from the deepest wellspring of the heart. One practice that countless awakened individuals around the world employ to mindfully conduct that energy is called T'ai Chi Chih.

T'ai Chi Chih, Joy Thru Movement is not a marital art. It is a moving mindfulness meditation. It was originated by the late writer, musician, and master of the martial art form of T'ai Chi, called T'ai Chi Ch'uan, Justin Stone. Justin originated a way of circulating the Chi (universal energy, Life Force) that is easy to learn to and to practice. He designed it so that even if one does not perform the movements perfectly, one can still feel the Chi. It consists of 19 repetitive movements and one pose that harmonize the energy of mind, body, and spirit, and send that healing energy into the world. T'ai Chi means Supreme Ultimate. Chih means knowledge. So, this form of T'ai Chi means Supreme Ultimate Knowledge.

Even Animals Respond to Universal Energy

I felt that joy of being in the flow as a conduit of energy as I frequently performed my daily T'ai Chi practice in the Fall of 2022 near my 21-year-old cat, “Quanyin.” As I practiced the slow movements that generate the universal energy the Chinese refer to as Chi, Quanyin would move from her heated bed on the chair under the kitchen counter and nuzzle between my hands as they circulated the Life Force. She would show that she was feeling the energy in her 21-year-old

bones and skinny body by purring and snuggling throughout my T'ai Chi Chih practice as I consciously conducted that energy toward her.

In early 2023, Quanyin left the planet at the age of almost 107 in human years. On her final day, a caring, supportive gathering surrounded her, including a close friend and Quanyin's long-time veterinarian. Together, we tapped into a powerful energy as I conducted the energy of the Chi with T'ai Chi Chih. Tears fell knowing that she had left us at exactly the right moment; yet still waiting for Quanyin's breath to eventually cease was heartbreaking as her veterinarian helped her to pass over. We were certain she felt the familiar energy ushering her into her next experience. I miss her dearly, but practicing T'ai Chi Chih near my other three cats helps me to remember that energy is never created or destroyed, it just changes form.

When my veterinarian delivered Quanyin's ashes to me, I felt comfort as I conducted the Life Force energy over her box of ashes through T'ai Chi Chih. (To honor such days as my late husband's and my anniversary, I often light a candle and practice T'ai Chi Chih near his ashes.) Quanyin's gift to me was knowing that when we go through such challenges or transitions, we can transform the sadness into the sacred by conducting the Universal Energy through a practice such as T'ai Chi Chih.

There is Inspiration to be Found in Nature

"It has long been apparent to me that everything is vibrant with life. The 'empty' space vibrates with energy and intelligence, and, if one gazes at the silent hills and rocks, one will find that they are singing the Glory of Creation."

-Justin Stone: Spiritual Odyssey

I love going up onto my high deck with the shimmering views of the sunlight sparkling on the ocean. I feel the powerful flow of the energy as I practice my T'ai Chi Chih. When I finish my practice, before I sit down on the chair on the deck to meditate, I notice the energy glistening through the branches of Torrey Pine down the hill that is reaching for the sky. This is Nature at her best - when we are mindful of our oneness with the All. When practicing indoors, I still feel

the life force coursing through my body, mind, and spirit since there is no place that is untouched by the cosmic energy that flows through all of creation. Practicing T'ai Chi Chih every day is a vital part of my self-care and spiritual practice; it's how I get "up close and personal" with what Ernest Holmes referred to as "The Thing Itself."

If you are wondering how practicing a form of T'ai Chi Chih might affect your life in a similar manner and support you in being a mindful conduit of energy, read on!

Science of Mind — A Natural Way to Direct Energy

In 1983, I experienced a life-changing two-week Spiritual retreat at the exquisite Asilomar Conference Grounds in Pacific Grove, CA. During that time, my newfound Science of Mind spiritual path opened me to entirely new approaches toward understanding life; an experience that expanded my whole way of being.

At Noon on the first day, I ventured into the large grassy circle at the center of the grounds. I was surrounded by wind-blown evergreen trees and grasses and beach-friendly plants. The salty smell of the nearby ocean mingled with the tangy smell of the pines draped over my senses like an invisible cloak. The Universal energy (of the Infinite One) seemed to course through every needle, every blade of grass, and every tree undulating in the breeze. Near that space, I joined Rev. Harriet Hawkins leading a group of people in slow, gentle movements. Harriet said that this set of movements was called T'ai Chi Chih, "Joy Thru Movement." I experienced the calming flow of energy coursing through my body. As we all moved as one; I could feel the rejuvenation of my soul.

I was hooked. I have continued to feel that profound energy every day for the past 40 years. You can, too.

On the first day of my introduction to T'ai Chi Chih, I was captivated by the simple, gentle movements with names such as "Rocking Motion" and "Pulling in the Energy." On the second day, I felt an amazing tingling sensation in my hands. Each passing day brought deepened

feelings of this same limitless energy and inspired me to continue with daily practice throughout those two weeks. How do we experience the universal Energy?

T'ai Chi Chih As a Mindfulness Practice

There is One Energy back of all that is energized. This Energy is in everything.

-Ernest Holmes: *The Science of Mind*, p. 35.

I loved how T'ai Chi Chih kept me in the present moment and how I felt the Divine Presence whenever I practiced it. Unlike the ballet I had studied for many years when I was younger and had only felt the timelessness after I had spent long hours practicing or rehearsing, T'ai Chi Chih felt timeless by the third time I tried it. It didn't matter whether I performed the movements perfectly. I still felt the universal Life Force that the Chinese call Chi, in yoga it is called Prana, in Star Wars it is called The Force, and some of us simply call it "Practicing the Presence of God."

I was so inspired by that profound practice that I enthusiastically studied and became an accredited T'ai Chi Chih instructor in 1993 at the suggestion of another instructor. Since then, I have had the honor of continuously teaching and practicing this profound way of circulating the Chi. It has served me through challenges such as becoming suddenly widowed at the age of 50, navigating career challenges, dealing with three Holmes Institute reaccreditations, and transcending some health challenges. It is one practice that has helped keep me energetic, healthy, and strong all these years and continues to do so now at the age of 76. It is a vital part of my Ministry.

I have shared T'ai Chi Chih with hundreds of students over the years at the local Senior and Community Center, fitness clubs, the Chopra Center, businesses, the Camp Pendleton Marine Base in Oceanside, CA, and on-line. Sharing T'ai Chi Chih continues to be an honor as I commit to do my part to enhance lives and transform the world through the subtle art of mindfully moving energy in such a life-affirming way. After all that ballet when I was younger, I am grateful to have discovered a way of moving that fits my current body, mind spirit and allows

me to spread it out into the world. To my students, T'ai Chi Chih is a welcome respite from rules and pressure. They're reminded to just breathe deeply and allow the Chi energy to flow naturally; no force or effort is allowed.

Since We Are Already Conducting Energy 24/7, Why Not Learn to Flow it Mindfully?

We are all energy conductors/conduits for ourselves and the world - because we don't have a choice. Through simple, intentional practices to harmonize our bodies, minds, and spirits, we become conscious conduits. There are numerous energy pathways available such as T'ai Chi Chih, chi gong, yoga, Reiki, meditation, and immersing oneself in nature or music. Those pathways can lead us on our way to care for ourselves and our world by conducting the universal energy in a manner that honors the Creator and all of Life.

There is not a day that passes when we are not one with Life. The question is, are we aware of it? This is one of the gifts of T'ai Chi Chih when practiced mindfully. As you contemplate self-care and ways to reveal the wholeness of your mind, body, and spirit, consider exploring each day with a beginner's mind—allowing the energy of the One to have its way in, through and as you.